



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

The time could not have been better. The night was clear A few clouds lingered and slowly moved across the indigo sky before darkness fell for the night. My niece and I dragged our blankets and pillows out to the dock to join the others for a long anticipated evening of watching and hoping to spot the first Perseid meteor.

We waited in silence for a chance to see just one of the many mysteries of the universe visible to the naked eye. After midnight they came, one right after the other, amazingly brilliant. Some had tails of orange and red, others fizzled out as quickly as they came. Some who joined us, saw what they came for and went in, leaving just my niece and me alone with our blankets and a magnificent dome of stars rarely seen in the cities and suburbs.

The silence prevailed for a few more hours. The longer we watched the more amazing it became, as one right after the other streaked across the sky in a random orderliness that only the universe could create. My niece and I shared a wonderful experience that led to all the questions and speculations about the sky, the earth... us, our birth, our lives and our demise.

There were no real answers as they were not necessary at that moment. We had all we needed: the light show above us, the waves lapping gently against the dock, the companionship of one another, and a mutual realization that in between all the dailyness of life, miracles still do happen.

I hope you all had a wonderful summer and I so look forward to seeing you on September 12.

See you all in church, Sincerely, Holly



**INTERGENERATIONAL
INGATHERING SERVICE
SUNDAY SEPTEMBER 12th
at 10:30**

**First UU Garage Sale
October 8th and 9th**

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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.

Consulting Minister:

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

Secretary:

Ruth Yamaguchi

Music Director:

Rebecca Karpoff (firstuusic@twcny.rr.com)

Director of Religious Education:

President: Susan King (pilasters@gmail.com)

Vice President:

Diana Bellini (dianabellini@yahoo.com)

SUNDAY MORNINGS AT FIRST UU

SERVICES START AT 10:30 AM

- Sept 5** (service at 10:00) "A Chalice Circle Sampler " - **Peggy Flanders**, Facilitator of the Wednesday Chalice Circle, joined by others who attend Chalice Circles, hope to give others the special "feel" of our ongoing Circles.
- Sept 12** Ingathering Sunday, INTERGENERATIONAL INGATHERING SERVICE at 10:30
-Rev. Holly Baylies
- Sept. 19** "Here if You Need Me" After the sudden death of her husband, Kate Braestrap, author of "Here if You Need Me" became the first UU Chaplain for the Maine State Forestry Service. This is a story of grief, triumph and miracles. -Rev. Holly Baylies
- Sept. 26** "Our Universalist Legacy" BRING A FRIEND SUNDAY- ON FRIENDSHIP Please bring a friend and I will do my best to welcome them and to introduce them to Unitarian Universalism! -Rev. Holly Baylies

Holly's sermons are available. Please email her at firstuurev@twcny.rr.com to request a copy.



INTERGENERATIONAL INGATHERING SERVICE SUNDAY SEPTEMBER 12th at 10:30

The formal church year will begin the Sunday after Labor Day on September 12 with the INTERGENERATIONAL INGATHERING SERVICE. This year please bring something of significance to you to share at the Ingathering service. In past years we have brought only "water for child dedications." This year you are welcome to bring anything from nature, or from family or friends that has fed your spirit. So please take the time this summer; to carefully select an item to bring and or to share at the Ingathering Service. The children are encouraged to bring something as well to share at the Childrens'

Focus.

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 or revholly1@aol.com
Office phone: 446-5940
For emergencies: Holly's cell phone is 617-548-5113*

President's Report

Welcome back to the new formal church year! True to the Unitarian part of our heritage, we function on a schedule that is still substantially academic. Services and other activities take place all summer, but September is the time when our minister, choir, and the religious education program all begin anew. Our members return from their vacations and summer cottages, the children go back to school, and we have our Ingathering service. It all seems to go well together.

The Board of Trustees met in both July and August to think about our goals for the year and to put employment terms in place for our returning staff and recruit two new staff members. We were mostly successful. Rev. Baylies, Music Director Rebecca Karpoff, and Office Administrative Assistant Ruth Yamaguchi all have their terms in place for 2010-11.

The Board and the Youth Religious Education Committee continue to search for an Acting Director or Coordinator of Religious Education. Be assured, however, that everything is ready for the students. Before she left, Sonja Lamicela made sure that teachers and curricula were in place for the fall. We still need a co-leader for the Teen Group. Talk to Claudia Klaver, Diana Bellini, or Bonnie Foley, the current co-leader, about this opportunity.

The Building and Grounds Committee and its friends painted the lower entry hall, replaced a carpet in the Montessori School's room, and did extensive landscaping. Thank you all for these improvements! The Fall Work Party is coming soon. Watch for the date.

The Board needs to fill one seat for the remainder of 2010-11. Board membership is serious business, but it is also highly rewarding. One of you is the perfect candidate!

Several people came to FUUSS for the first time during the summer. We welcome them and others who will try us out in the fall. We need everyone to look for new people and help them feel at home here.

Susan King, President of the Board of Trustees

Officers and Members of the Board

Diana Bellini, Vice President ♦ Jim D'Aloisio, Treasurer ♦ MaryGail Perkins, Finance Secretary ♦ DeAnn Buss, Clerk
Members at Large: Scott Dickinson, Barry Lentz Marilyn Lyman, Eileen Taveniere, Ruth Mudge

WORSHIP SERVICE COMMITTEE: OUR NEEDS AND YOUR NEEDS CAN MEET IN THE MIDDLE!



This year Worship and Music Committees combine forces. Please consider helping us work out our new roles on any of our Special Teams:

- ♦ **Flower Team:** People sign up, dedicate and bring in flowers. Our arrangers make them beautiful.
 - ♦ **Usher Team:** We need 2 ushers and 2 greeters every Sunday. Mary McLatchie, Coordinator, will be having foot surgery this fall so we all need to pitch in to help in her absence.
 - ♦ **Sound Team:** Recording, volume and even lighting lessons! This team is "invisible" and important.
 - ♦ **Music Team:** Rebecca Karpoff will lead changes and coordination with her innovative thoughtfulness and your input.
- ♦ **Worship Associate Team:** 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 has 12 Sundays off during the "Liturgical Year" (Sept. through June). Our Associates also take up the challenge of **providing lay-led services of quality and variety for the summers as well.** We need your creativity and insight. Contact Peggy Flanders, 488-8077 (h), 254-4660 (c), pegflanders@twcny.rr.com.

Together Everyone Achieves More !!!



COMMUNITY OUTREACH CONTINUES ALL YEAR FROM FIRST UU

- ◆ **Food Pantry** deliveries are made to St. Lucy's.
- ◆ Women's clothing in good condition is delivered to the **Dress for Success** program at Elmwood Presbyterian Church on South Avenue.
- ◆ Many activities happen to support the **Eastern Farm Workers Association:** This month we focus on donations needed for low income students in Central New York. The donation bin is the closest to the stairs leading to the office. They need all standard school supplies, (pencils, paper) and backpacks, etc. Also school clothing your own child would be proud to wear to the new school year along with shoes, sox, etc. School districts are even asking for hygiene and paper products this year!

2 (Thur)	7:00 pm	Folk Dancers (FH)
4 (Sat)	9:00 am	Yoga (FH)
5 (Sun)	10:00 am 12:00 pm	Worship (S) Chalice Circle (P)
8 (Wed)	1:15 pm	Chalice Circle (P)
9 (Thur)	7:00 pm	Folk Dancers (FH)
11 (Sat)	9:00 am	Yoga (FH)
12 (Sun)	10:30 am	Worship (S)
13 (Mon)	7:00 pm	Chalice Circle (P)
16 (Thur)	7:00 pm	Folk Dancers (FH)
18 (Sat)	9:00 am	Yoga (FH)
19 (Sun)	9:15 am 10:30 am 12:00 pm 6:30 pm	Caring Team Meeting (P) Worship (S) Chalice Circle (P) Junior Professional Artists (S)
20 (Mon)	7:00 pm	Board of Trustees Meeting (ER)
22 (Wed)	1:15 pm	Chalice Circle (P)
23 (Thur)	7:00 pm	Folk Dancers (FH)
24 (Fri)	5:00 pm	Wedding Rehearsal (S)
25 (Sat)	9:30 am 1:00 pm	Yoga (FH) Wedding (S)
26 (Sun)	10:30 am	Worship (S)
27 (Mon)	7:00 pm	Chalice Circle (P)
28 (Tues)	7:00 pm	PFLAG (P)
30 (Thur)	7:00 pm	Folk Dancers (FH)

Key:
 P=Parlor
 S=Sanctuary
 FH=Fellowship Hall
 ER= East Room
 (room at the end of the
 RE Wing hall)
 K=Kitchen
 MR=Music Room
 N=Narthex
 TR=Teen Room
 L = Library
 (room behind
 sanctuary)

Deadline for submissions for next issue:
Friday, September 17,
 for the issue that will cover events from **October 1, to October 31, 2010,** at firstuu@twcny.rr.com, or in the office.

WHY TRY YOGA?



The simple answer is because it is good for you. If you're interested in reducing stress, becoming less stiff, feeling better in your body, sleeping better and lowering blood pressure, increasing mobility or if your just tired of feeling bad then this class is worth trying. Yoga is often taught as a workout. Our classes follow the classical approach not like found in a gym. The classes offered here at the church are more about the experience than the work. Led in such a way that anyone with any body can find what they are looking for. We teach you how to breathe, meditate, stretch and relax. The classes are appropriate for any age (10 to 99) or level of ability (in a chair or on the floor). The most common reason for not doing yoga is the one you are thinking - don't talk yourself out of trying it for yourself! Please come give this a try, you have nothing to lose.

Infinite Light Yoga Classes at First Unitarian Universalist Society
 Saturdays 9:00 – 10:30 am

Start anytime. No commitment. First class Free.

For more information go to www.InfiniteLightYoga.com

Or call Tony Riposo at 480-1996 or 449-0040

Chalice Circles at First UU



A recent Wednesday Chalice Circle not only had a rousing discussion about the various religious definitions of the Golden Rule but practiced it by rescuing a small bunny who had fallen into the window well near the driveway. We did a successful catch and release thanks to Emily who was visiting that day!

What is a Chalice Circle?

CHALICE CIRCLES are small groups of 8 - 12 that offer a great place to know people in depth, to search for your spiritual growth in a community of encouragement, and for inspiration and companionship. It is spiritual and personal reflection and learning at its most immediate.

Who Can Join?

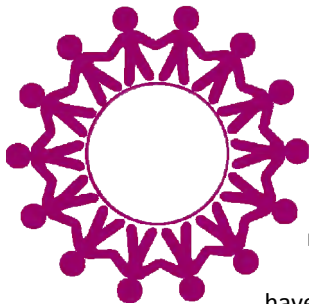
Chalice Circles are open to anyone who wants to participate.

When Do They Meet?

There are three wonderful Chalice Circles in the church this year (so far!!!) Plan to join the Monday Night Chalice Circle for its first meeting on September 13 at 7:00 in the parlor. Mondays meet regularly on the second and fourth Mondays of each month. Other Chalice Circles are First and Third Sundays 12:15 p.m. and Second and Fourth Wednesdays 1:15-3:15 p.m. (September meetings are 3rd and 5th Wednesdays!) Questions, contact Peg Flanders, pegflanders@twcny.rr.com, 488-8077, time coordinator for the latter groups.



GREETINGS FROM THE FIRST UU CARING TEAM!



News from Your Caring Team: This past year our team made over a dozen visits, delivered over twenty flower plants, helped with two memorials, sent over a dozen cards.

First UU is very grateful to each member for making contact with our hospitalized and home bound members. We arranged rides to doctors, car appointments, therapy and one amazing trip to Pittsburgh! The Clausens prepared and delivered several meals. This important ministry lets our members and friends know they aren't forgotten when they can no longer attend services, or are experiencing a rough patch health wise. We would like get started again in September. We try to have only one or two meetings a year. Our Fall meeting is scheduled for 9:30 on Sunday, September 19 in the Parlor. If you are looking for a way serve and brighten the day of someone in need of a little assistance, please contact Diane Case, 479-7594 or Nancy Clausen, 637-9263. If you know of a member in need of a visit or some assistance please call the office and give Ruth Yamaguchi the message for us: 446-5940. Diane and Nancy are most appreciative of everyone who said yes when we asked for help. We simply couldn't do it without your support.

UU Leadership "Workout" - October 2, 2010

First Unitarian Universalist Church of Syracuse, NY

Come join us as we build leadership, strength, flexibility and muscle! "Workout" leaders include our new Interim District Executive, Connie Goodbread, District President, Karen Palmer, and a dozen other terrific SLD leaders. For further details and to register, follow the links below.

Flyer: http://www.sld.uua.org/pdfs/2010/UULeadershipworkoutflyer10_2010.pdf

Mail in registration: <http://www.sld.uua.org/pdfs/2010/UULeadership10-2010PrintFillInForm.pdf>

Online registration: <https://sluud.wufoo.com/forms/uu-leadership-workout-online-registration-form/>



We Eat Well

Eighteen shares of wonderful fresh organic produce arrive at First UU every Tuesday from Grindstone Farm as part of the local Community Supported Agriculture program. An attractive sign informs everyone that this project is sponsored by First UU's Green Sanctuary. The food is good; the farmer has a guaranteed market; the earth benefits from the absence of pesticides; the carbon footprint is small as this food comes from nearby, not from across the country or around the world. So much that is positive from one project! Good for us!

Save Saturday, October 30

YOU are invited and urged to attend a wonderful worthwhile local event: Spinning the Interdependent Web: Eco-Justice And Unitarian Universalism will give each of us an opportunity to consider in depth our Seventh Principle, "Respect for the interdependent web of all existence of which we are all a part."

This daylong event at May Memorial is sponsored by the St. Lawrence Social Justice Council with the UUA Ministry for the Earth. First UU's Green Sanctuary team will serve a continental breakfast followed by an inspirational worship service, keynote address by Rev. Kate Braestrup, that wonderful minister and chaplain to the Maine Warden Service and an award-winning author. The remainder of the day will focus on local action plans and workshops. Lunch will be served. We are most fortunate to have this event occur in our town! See you there!

Teens, you are especially invited as the future is yours!

B&G NEVER SLEEPS !!!!

Your Building and Grounds Committee, with assistance from members of the congregation, has been busy all summer working on several projects in and around the building. Please give Cliff Mellor a big thank-you for painting the lower entry (ceiling, walls and trim) and the hallway outside the furnace room. The area looks so much cleaner and brighter. The kitchen needs painting too. Any volunteers?



Liz Kalish, Tim Rice, Bettina Frisse, Susan King and Marcia Tupper have kept the front gardens and landscaping in tip-top shape through the sunny, hot summer. We're proud of how well the grounds look.

Rick Sears and Liz Kalish spent several hours with chain saws cutting down saplings, trees and vines growing up between the arborvitae hedge that edges our parking lot. They created a huge pile of debris just in time for the Town of Dewitt to pick up and turn into mulch. (See photo)

Gary Potter worked on getting estimates for replacing the flat roof over the narthex and sealing and striping the parking lot. More on that as we look at the estimates. He also made arrangements to replace the carpeting in the Montessori School. The carpeting we installed last semester was defective and was replaced at no charge to us.

If you need to get in touch with us we are: Beth Geis-Waldron, Liz Kalish, Dave Kieber-King, Fred Lyman, Janet Mallan, Gary Potter, Jim Vossler, and Scott Dickinson, Chair.



The Church Mouse



Thank you for your help!



- Rev. Charles Howe was minister at First UU from 1970 to 1983. He passed away August 10th in Raleigh, NC at the age of 88. Our condolences to his wife of 63 years, Ann Clark Howe, and his family. Donations in his memory may be made to the Southern Poverty Law Center or the UUSC.
- Condolences to former member, Cynthia Crosby, who was at the Memorial Service for her parents in Auburn this week when she received word her husband, Dr. Jim Myers, died in Knoxville TN.
- Thank UU's to all who participated in any way in the Summer Services, speakers, participants, team support for everything that needs doing behind the scenes from Peggy Flanders who was privileged to orchestrate the services. Special thanks to the Wolf Family for the Spirit of Music Service, violin by Jonathan Wolf and participation of even the youngest grandchildren in ushering and refreshments.
- Thank UU's to the Caring Team for your many acts of kindness and compassion. To the B&G Committee that "never sleeps". and the many invisible elves that keep the building running during the summers!

GREETINGS FROM YOUR NEW TREASURER!

For this fiscal year MaryGail Perkins and I have changed roles and titles, with MaryGail now filling the role of Financial Secretary.

At our August meeting, the Board approved a minor shift in budget lines within the Music program, approving a contract with Rebecca Karpoff to provide Music Director services during the 2010-2011 year for \$6,800, leaving \$1903 for the Music Accompanist budget line. This shift of roughly \$700 maintains the overall cost of the music program within the budget the Congregation approved in June, and ensures quality music offerings in our services throughout the year. Welcome, Rebecca!



It is my intention to keep the Congregation informed about financial issues and Board decisions. I will do my best to maintain your trust. Feel free to contact me for questions or comments.

- Jim D'Aloisio



CANDLES

You may have noticed the candles on the table in the back of the sanctuary. As you come into the sanctuary, before the service begins, please feel free to light a candle for a silent joy or concern that you would prefer not to share in words.

SPIRITUAL SIGN-LANGUAGE: STAYING CONNECTED TO LOVED ONES IN SPIRIT

The First Universalist Society of Central Square, located at Rt. 49 West and Rt. 11, will be presenting a workshop Spiritual Sign-Language: Staying Connected to Loved Ones in Spirit on Friday, September 24th at 6:30. The workshop will be led by Mary Grace, a parapsychologist and spiritual counselor with over twenty years of experience in the mental health field. The workshop will address such topics as adjusting to a changed relationship, keeping the love bonds alive, and ways to stay connected. It will teach techniques such as after-death communication, creating a special "sign", and will offer opportunities to contact a spirit friend through guided meditation and time to share personal paranormal stories. Mary Grace is a certified student medium from Plymouth Spiritualist Church and is a member of Spiritus Christi Catholic Church in Rochester, N.Y. She is the author of Talking to God and Grandma: The Communion of Saints Speak in a New Age of Catholicism.

The “Band” Returns !!!



The time is fast approaching. Soon it will be October—time to welcome the return of (l-r) Dan, John, Rick and Trish, our friends of the Susquehanna String Band!

The “Band” returns on Saturday, 16 October, 2010, with the annual concert in our Sanctuary at 7:30 PM. Bob and Jane Pickett are organizing a fun potluck supper preceding the concert at 6:00 PM. Watch for details, and bring your family and friends to what we all know will be an evening to enjoy!

As in years’ past, our Sunday Service on October 17th will feature music by the Susquehanna String Band, at 10:30 AM. Rev. Holly Baylies will inspire us spiritually, aided by wonderful, traditional music!

WELLSPRING: INSPIRATION AND GUIDANCE FOR A SPIRITUAL JOURNEY SOUL DEEPENING FOR UNITARIAN UNIVERSALISTS

Wellspring Program

A Special UU Experience With May Memorial

First UU and May Memorial UU are jointly sponsoring an intense spiritual deepening program for this coming year. Kelly Kilmer Hall, ministerial intern, for May Memorial and Jennifer Hamlin Navious, DRE for May will co-facilitate these sessions.

Visit. <http://www.uuwellspring.org/wellspring-program-information.html>

The first meeting is a 6-hour retreat is planned for Wednesday September 8th. This retreat will be followed by 19 bi-weekly sessions, planned for Wednesdays at this point. If there is enough interest an evening group might be formed.

Contact for First UU: Gracia Sears 445-1242, ghsears1@verizon.net.


FIRST UU's GARAGE SALE NEEDS YOU!


OCTOBER 8TH AND 9TH




It's time for our annual Garage Sale. We need clean, gently-used, working items to sell. Prices will start at fifty cents. If you have new items or high quality used ones that command a higher price, please let us know what you feel they are worth and we will not sell them for less. If an item doesn't sell, it will be returned to you.

SUGGESTED DONATION ITEMS:

- 
- Furniture, lamps, area and throw rugs, home décor items
 - Kitchen utensils, dishes, gently used cookware, small appliances
 - Hand tools and small electronics

- 
- Hobby, yarn and craft items
 - Bedding, towels, table linens, decorative pillows
 - Children's toys, games, books, stuffed animals

- 
- Collectibles, antiques, art, jewelry
 - Holiday items, house plants
 - DVD's, CD's

PLEASE DO NOT DONATE:
clothes, shoes, books other than children's, large appliances, mattresses, car seats, large exercise equipment, computers, cameras, tires

Volunteers are needed before, during and after the sale. The volunteer schedule will be posted in the Fellowship Hall on Sundays, September 19th and 26th and October 3rd.

Donations may be dropped off at First UU on Monday October 4th from 5:00 to 8:00 and Tuesday October 5th through Thursday October 7th from 9:00 a.m. to 8:00 p.m. Tax deduction forms are available.

Join us in making this fundraiser a success!

If you have any questions, call Jane Pickett at 446-1920.

Are you looking for a good book or an entertaining movie or making any other purchases from Amazon?

amazon.com

Start your search from the FUUSS Homepage and Amazon.com will provide a donation of 10% of your purchase back to First UU!

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



BJ's MEMBERSHIP

Members of First UU can receive a membership at BJ's Wholesale Club for just \$20 (regular price: \$45). There are many benefits - just the reduced gasoline prices will quickly pay for the membership.

If you wish to join, please stop by the office to pick up a form for the reduced rate.

TO ALL WHO USE FIRST UU:

- ▶ **WALLS:** Do not use tape of any kind, push pins or nails to hang posters, papers or paintings. Do use bulletin boards, easels and picture hangers
- ▶ **WINDOWS:** Be certain to close and lock them
- ▶ **DOORS:** Be certain to lock and secure them
- ▶ **LIGHTS:** Please turn them off
- ▶ **TABLES/CHAIRS:** Please put them away
- ▶ **RE-ARRANGED A ROOM?** Please restore it as found
- ▶ **TRASH:** Take it to the cans and recycle bins outside
- ▶ **KITCHEN/KITCHENETTE:** Take home leftover food; clean up; turn off coffee pots; do the dishes
- ▶ **SIGNS FOR YOUR EVENT?** Put them up? Please take them down.
Thanks for your help and care

FIRST  NEWS

NEWSLETTER NEWS

109 Waring Road
Syracuse, NY 13224

Phone: 315-446-5940 Fax: 315-449-0874
Email: firstuu@twcny.rr.com

RETURN SERVICE REQUESTED

{ We're on the Web!
www.firstuusyr.org }