

THE ADIRONDACK COMMUNITARIAN



A Monthly Newsletter of the Adirondack Unitarian Universalist Community

Volume 112

March 2012

Upcoming Services and Events

March 11

Service by Pam Collins
Topic TBA
Social Justice meeting after service.

March 22

Social Justice Forum
7PM

March 25

Service by Peggy Lynn
Topic TBA
Social Justice meeting after service.

April Services

April 8

Trip to Canton

April 22

Service by Sigrin Newell
Topic Earth Day

Unitarian

Universalism

in the Media

If you missed this **On Point Radio Show**, here is a link for online listening. It was a fantastic show about where religion is today. Unitarians were referred to on numerous occasions.

<http://onpoint.wbur.org/2012/03/01/leaving-religion-behind>

About Pam Collins

Pam Collins is a member of the First Unitarian Universalist Society of Albany and teaches English and Communications at SUNY Cobleskill. After her family and her partner, Dave, her passions are pottery and swimming.

Getting to Know

Get to know...Peter Morales, president of the Unitarian Universalist Association. Elected in 2009 to a four-year term, Rev. Morales is the first Latino president of the UUA. To learn more, and to view an eight minute video about Rev. Morales, click here: [About Reverend Peter Morales](#) . (url for print editions: <http://president.blogs.uua.org/about>)



March Presidential Letter

My friends,

This past February was a really great month in the life of our church. Our first congregational meeting in a long time was a great success. It really lit a fire of commitment under many of us and renewed that fire in many others.

We welcomed a new visiting minister, Lynne Ashley to our cadre of wonderful visiting ministers. We are so lucky to have people like Lynne willing to visit us in our remote little outpost. The Pot Luck welcome dinner we threw for Rev Ashley the night before the service was another great event. Relationships were deepened and good cheer shared. A Lynne's service and sermon were both winners.

It occurs to many of us that we should make a more regular thing out of that kind of informal get together. Any chances we get to deepen our relationships are chances we should take. The after service discussions seem to be one of those opportunities taking root as a regular event. They have been very worthwhile and lively conversations.

We are looking forward to Rev. Pam Collins visiting us again in March. She is another of that cadre I mentioned earlier. We are also looking forward to our road trip to the big church in Canton for Easter. They know we are coming and they are looking forward to our visit.

I have not forgotten that you hope to see a board agenda for our board meeting at 8:15 on Sunday March 11th. I will send it to the Communitarian list this week. Any member wishing to attend the meeting will be welcomed.

Finally it cheers me to have new people coming to our services on a regular basis and taking part in the life of AUUC. It is so good having Jean Chamberlain and Suzanne Fitzsimons in our midst.

Let's keep the fire blazing!

In faith,
Jason Brill

Laura's Granola Bar Recipe

By popular demand, here is Laura Reid's popular granola bar recipe. It's delicious and healthy

4 ½ rolled oats (not the quick cooking variety)	¼ cup ground flax seed
¾ cup sunflower seeds	¾ -1 tsp. Salt.
1 ½ cups chopped nuts	¾ cup nut butter (any variety)
¾ cup wheat germ	½ cup agave syrup
½ cup shredded coconut	1 cup brown rice syrup
	1-1 ½ cups dried fruit

1. Toast dry ingredients individually (oats thru flax seed) in oven at 250 degrees. Check frequently to prevent burning.

2. Mix the dry ingredients with the wet ingredients. Start with a spoon, but you'll eventually need to use your hands to get it thoroughly mixed.

3. Pack the mixture into a jellyroll pan (or the like), lined with wax paper or parchment. Pack down firmly (a rolling pin works well for this.)
4. Let set about 5 hours before cutting into squares. Pack in airtight container between sheets of wax paper.

Note: Experiment with different types of nuts, seeds, nut butters, syrups, and dried fruits, and add any other ingredients that sound good to you. The ratio of dry to wet ingredients is the important thing. It needs to be wet and sticky enough to hold the dry ingredients together. You'll quickly get the feel of it, literally.

Mark your calendar!

Sunday April 8th

Over the river and down to the flatland
to Canton UU we will go!

Easter Sunday Field Trip

to visit our UU kinfolk in Canton.

We will bring salads and sweets, they will supply
the rest for an after service shared luncheon.

Stay tuned for transportation information!

There will be no regular service that day
here in Saranac Lake.



Social Justice Committee Update – March 2012

The AUUC Social Justice Committee Meeting is meeting after every service. We had our first film forum on February 23, will have a second film forum on Thursday, March 22.

At the February 12, 2012 meeting, we discussed the logistics and publicity for the February film forum, “Adoption for the Life of Me.” Adrien had been in touch with Gail regarding borrowing A.V. equipment from the Green Circle. Fliers are distributed and everyone commits to posting a few. Adrien offers to open the building and bring snacks.

At the February 23, 2012 film forum, five people attended and we discovered that the Green Circle is renting us the projector for \$25.00.

At the February 26 meeting, the committee discussed the February forum:

Things we liked and want to replicate: screen & equipment, introductions, set-up & clean-up, refreshments, and length of film (roughly 1 hour).

Things we want to improve: start on time; find less expensive source for equipment; improve quality of discussion; less crosstalk; more dialogue and less monologue; and assign discussion facilitator.

March Forum

We discussed alternatives for publicizing the film forums. An alternative to paid mailing is putting together grab-and-go distribution check lists. We need to identify places to promote our events via email, to compile the various suggestions in a single list, and to divide the master list into smaller sublists that people can use when promoting stuff. Since this won't be ready for March, we'll try to use it in April. Alternatives to keep costs down are discussed including using library equipment at the library and approaching the Green Circle about renting the equipment at a lower rate.

Food Pantry

There is an opportunity to raise produce for local agencies feeding the hungry by partnering with Cornell Cooperative Extension and Common Ground Community Garden. It's a 15 x 15 demonstration garden; CCE provides seeds and signage; CGG will provide a plot and has a grant lead for the materials for raised beds. Locations are discussed and it seems that there is a slight preference for CGCG's Old Lake Colby Road site. Adrien will explore site locations with Ellen Beberman. The UMC community meal is suggested as an alternative recipient for garden produce.

Dates to Remember:

03/11/12 - 11:15 AM - SJC Meeting

03/22/12 7:00 PM - Social Justice Forum

03/25/12 - 11:15 AM - SJC Meeting

Five Lessons About the Way we Treat People

1 - First Important Lesson - Cleaning Lady.

During my second month of college, our professor gave us a pop quiz. I was a conscientious student and had breezed through the questions until I read the last one:

"What is the first name of the woman who cleans the school?"

Surely this was some kind of joke. I had seen the cleaning woman several times. She was tall,

dark-haired and in her 50's, but how would I know her name? I handed in my paper, leaving the last question blank. Just before class ended, one student asked if the last question would count toward our quiz grade.

"Absolutely, " said the professor.. "In your careers, you will meet many people. All are significant.. They deserve your attention and care, even if all you do is smile and say, "Hello.."
I've never forgotten that lesson... I also learned her name was Dorothy.

2. - Second Important Lesson - Pickup in the Rain

One night, at 11:30 p.m., an older African American woman was standing on the side of an Alabama highway trying to endure a lashing rain storm. Her car had broken down and she desperately needed a ride.

Soaking wet, she decided to flag down the next car. A young white man stopped to help her, generally unheard of in those conflict-filled 1960's. The man took her to safety, helped her get assistance and put her into a taxicab.

She seemed to be in a big hurry, but wrote down his address and thanked him. Seven days went by and a knock came on the man's door. To his surprise, a giant console color TV was delivered to his home. A special note was attached.

It read:

"Thank you so much for assisting me on the highway the other night. The rain drenched not only my clothes, but also my spirits. Then you came along. Because of you, I was able to make it to my dying husband's' bedside just before he passed away.... God bless you for helping me and unselfishly serving others.."

Sincerely,

Mrs. Nat King Cole.

3 - Third Important Lesson - Always remember those who serve.

In the days when an ice cream sundae cost much less, a 10-year-old boy entered a hotel coffee shop and sat at a table. A waitress put a glass of water in front of him.

"How much is an ice cream sundae?" he asked.

"Fifty cents," replied the waitress.

The little boy pulled his hand out of his pocket and studied the coins in it.

"Well, how much is a plain dish of ice cream?" he inquired.

By now more people were waiting for a table and the waitress was growing impatient..

"Thirty-five cents," she brusquely replied.

The little boy again counted his coins. "I'll have the plain ice cream," he said.

The waitress brought the ice cream, put the bill on the table and walked away. The boy finished the ice cream, paid the cashier and left.. When the waitress came back, she began to

cry as she wiped down the table. There, placed neatly beside the empty dish, were two nickels and five pennies..

You see, he couldn't have the sundae, because he had to have enough left to leave her a tip.

4 - Fourth Important Lesson. - The obstacle in Our Path.

In ancient times, a King had a boulder placed on a roadway. Then he hid himself and watched to see if anyone would remove the huge rock. Some of the King's' wealthiest merchants and courtiers came by and simply walked around it.. Many loudly blamed the King for not keeping the roads clear, but none did anything about getting the stone out of the way.

Then a peasant came along carrying a load of vegetables. Upon approaching the boulder, the peasant laid down his burden and tried to move the stone to the side of the road. After much pushing and straining, he finally succeeded.

After the peasant picked up his load of vegetables, he noticed a purse lying in the road where the boulder had been. The purse contained many gold coins and a note from the King indicating that the gold was for the person who removed the boulder from the roadway. The peasant learned what many of us never understand! Every obstacle presents an opportunity to improve our condition.

5 - Fifth Important Lesson - Giving When it Counts...

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness.

The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister.

I saw him hesitate for only a moment before taking a deep breath and saying, "Yes I'll do it if it will save her."

As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away".

Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her.

Most importantly....Live with no regrets, Treat people the way you want to be treated, Work like you don't need the money, Love like you've never been hurt, and Dance like you do when nobody's watching.

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**We the member congregations of the Unitarian
Universalist Association, covenant to affirm and
promote**

-The inherent worth and dignity of every person.

-Justice, equity and compassion in human relations.

*-Acceptance of one another and encouragement to
spiritual growth in our congregations.*

-A free and responsible search for truth and meaning.

*-The right of conscience and the use of democratic
process within our congregations and in society at
large.*

*-The goal of world community with peace, liberty, and
justice for all.*

*-Respect for the interdependent web of all existence of
which we are a part.*



From the "Church of the open mind, loving heart, and helping hand" to

**Adirondack Unitarian Universalist Community
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