

THE ADIRONDACK COMMUNITARIAN



A Monthly Newsletter of the Adirondack Unitarian Universalist Community

Volume 134

January 2014

January Schedule

January 5

Chris Cox

Sacred Inquiry

Social Justice Committee meeting 11:15
RE Room.

January 12

Jamie Whidden

My Dance with the Orixas: Afro-Brazilian
Struggle and Celebration through Religion,
Music, and Movement.

January 19

Rev. David Weissbard

Homelessness and Special Collection
Social Justice Committee Meeting 11:15
RE Room

January 26

Jenn Tissot and Kelly White

Mindfulness Meditation

February Schedule

February 2

Julia Goren

Topic TBA

Social Justice Committee Meeting 11:15
RE Room

February 9

Joyce Henklein

What Turns You On?

UUA @ a Click

Did you know that the UUA has a web page
with many resources for small congregations?
Check it out!

<http://www.uua.org/growth/small/128307.shtml>
!

Listen, Clarify and Inspire!

With busy lives, it can be hard to find time to
volunteer. However, the benefits of volunteering
are enormous to you, your family and your
community. The Enhanced Mentor Program at
Citizen Advocates Inc. offers a chance for people
in the Saranac Lake and Tupper Lake communities
to volunteer their time to mentor at-risk students.

The Enhanced Mentor Program envisions a
community in which every child experiences one-
to-one nurturing relationships, which in turn
allows each of them to develop to their full
potential. The relationship that can be developed
between a mentee and mentor can positively
influence the youth's development, and transition
to adulthood, while improving communities and
societies at a whole. The rewards from becoming
a mentor are immense. Contact me the Program
Manager, Meghan Samolis for more information
on how to become an Enhanced Mentor, (518)354-
4166 or meghansamolis@citizenadvocates.net

I look forward to hearing from you!



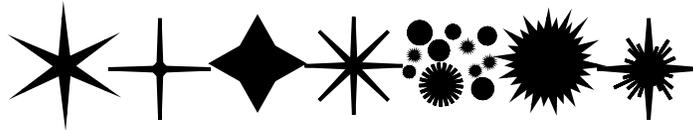
Summer Camp for UU Youth and Families

Registration for UU summer camp experiences for our youth and families is under way. Sessions fill quickly at many of the UU Camp and Conference Centers and now is the time to register to avoid waiting lists.

Many youth from the region attend Unirondack, a UU Camp and Conference Center in the forever-wild Adirondacks in upstate New York. The camp provides an opportunity for children and families to live our UU values in a creative, accepting and nurturing community outside the doors of our congregation. For more information about Unirondack, and to register for summer camp or weekend programs, visit their website at <http://www.unirondack.org/>.

Other Camp and Conference Centers in the region include Rowe, Ferry Beach, Star Island, and Murray Grove. In addition, for folks looking for experiences further from home, there is DeBenneville Pines in California, U-Bar-U in Texas, Unistar in Minnesota, and The Mountain in North Carolina.

Many of the centers have year-round programs. All provide an opportunity for personal growth, fellowship and community.



Special Collection on January 16th, for the Proposed Homeless Shelter in Saranac Lake

Area churches have united through the Ecumenical Council to raise funds to provide a shelter for the up to 100 people in the Tri-Lakes area whose only shelter now is in cars, vans, sheds, abandoned buildings and hunting camps, garages, and even tents in the woods. Currently there is no homeless shelter in Essex County and just one in Franklin County, Barnabas House in Malone. When people who are homeless ask for help from Tri-Lakes churches and county social services, they are usually set up at local hotels.

In 2012, the council attempted to partner with a local nonprofit to apply for federal Housing and Urban Development funding. The application itself is quite daunting, requiring specialized knowledge the Council doesn't have internally. Thus, the Council would have had to hire a grant writer, which would have cost up to \$30,000.

The Council instead decided to focus on trying to raise the money to purchase a building itself. There is a site the Council has settled on in Saranac Lake near the heart of the village in a commercial area, but Council members are worried that the house, which is on the

market, will be purchased by someone else before the funds are raised.

Our service on January 16 will focus on homelessness, and a special collection will be taken to add to the funds already collected. At least \$14,000 has already been contributed by other churches in Saranac Lake, either through special collections, contributions from church operating funds, or both.

The January 19th collection is our chance to help.

The shelter would give homeless people a place to live for up to 60 days. There will be a supervisor on staff during the day and be overseen at night by another person who would live rent-free in an upstairs apartment in the shelter building. Shelter residents would have to leave the house during the day and work on things they need to do to improve their situations. During the day, the shelter's front office would serve as a clearinghouse to refer people to other local charities and services.

Homelessness isn't very visible in the North Country, the way it often is in cities, but local church pastors have long seen people come to their doors begging for a place to spend the night. A shelter would be cheaper for the churches and the counties; they would reimburse the shelter \$10 per person per night.

Please make any checks payable to the Ecumenical Council and note "Homeless Shelter" in the memo. If you can't attend the service, and still want to help, please send your check directly to Ecumenical Council of Saranac Lake Inc., P.O. Box 194, Saranac Lake, NY 12983.

Thank you for your support.

NOTE: This article quotes extensively from an opinion piece which appeared in the Enterprise on September 5, 2013.



Quote from Martha Graham

I found Christopher Cox's service on the 5th very moving. He introduced a spiritual practice which is based on reading, reflecting and responding to a sacred text (in whatever way you define that term). I was drawn to a part of the passage from Marianne Williamson that he read about not withholding unique gifts. It reminded me of a quote Jason Brill used in a service about a year ago: "There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and it will be lost. The world will not have it. It is not your business to determine how good it is nor how valuable nor how it compares with other expressions. It is your business to keep it yours clearly and directly, to keep the channel open."

Martha Graham

UU Women in History

A GREAT WOMAN GONE-LUCY STONE BLACKWELL DIES!

On 10/18/1893 this headline flashed across telegraph wires and the N. Y. Times. Journalists across the nation wrote that the women of America would some day honor her with a national statue at the Capitol!

Today, we say who WAS Lucy Stone?? While preparing a presentation for our AUUC I ran across her name on WIKIPEDIA in a list of famous Unitarian women...My curiosity was piqued and I decided to include other unknowns in my presentation. Three other "famous" AUUC'ers joined me in researching other famous UU women. We chose: Lucy Stone, Lydia Child (Susan Arnold), Olympia Brown (Sue Grimm) and Susan B. Anthony (L. J. Swanson)-probably the best known of the four.

The NY Times obit goes on to say that Mrs. Blackwell had 12 pallbearers: six men and six women. Two of the men included the sons of William Lloyd Garrison, the famous abolitionist with whom Ms. Stone worked. Her corpse lay for two months while awaiting the completion of Massachusetts' first crematory. Of course, she was the first female to be cremated!

Lucy was born into a subsistence farm family in 1818 in Brookfield, MA. She had eight siblings and an abusive, hard-drinking father. From an early age, she was said to be single-minded, a perfectionist with feelings of inadequacy. She suffered from migraine headaches and depression. At her birth, her mother was said to have said, "Oh dear! I'm sorry it's a female. A woman's lot is so hard!"

Lucy later wrote about the lot of women, in general: "I have been a disappointed woman in education, marriage, religion-in everything! I am disappointed with the lot of women; it shall be the business of my life to deepen this disappointment in every woman's heart until she bows down to it no longer!"

From an early age she objected to assigning women to inferior roles; she left the Congregational Church when she learned that women could not vote on church matters. She was able to go to Oberlin College through very hard work and was the first female to graduate. She studied Greek and Hebrew in order to better understand biblical passages, particularly the ones about women's roles. Much to her chagrin she was unable to take elocution and was not allowed to read her own graduation essay to the audience at graduation. However, while at college she and several other undergrads formed a group which spoke publicly on abolition, women's rights and related issues. By the time she graduated, she was an accomplished public speaker in much demand.

Lucy became part of the wandering group of public speakers denouncing slavery; she soon met Henry Blackwell, the brother of the famous Elizabeth Blackwell, first female doctor. Lucy did not want to marry, but Henry was adamant. Lucy protested what she saw as the custody of a wife's person (by her husband), the wife's lack of control over her property and children and the husband's absolute right to the products of her industry. Lucy was right: Henry, although well-meaning and loving, managed to squander much of Lucy's money and property due to his many misguided money-making schemes. They were married, however, in the Unitarian Church. Lucy insisted on keeping her own last name and they wrote their

own marriage ceremony a marriage of equals.

Lucy went on to have a very successful career as a lecturer; she organized the Mass. movement for racial justice and women's rights and was the major force behind suffrage for blacks and women in New England. She was the editor of "The Woman's Journal" which was very involved with these issues.

However, Lucy Stone has been forgotten by history probably because she and Elizabeth Cady Stanton did not get along. ECS and Susan B. Anthony were against the 15th Amendment (granting suffrage to blacks) while Lucy was for it. Elizabeth and Susan B. felt that women should have the vote first. "We do not want to be under the heel of another million and a half men." In addition, Stanton and Anthony wrote the "History of Women's Suffrage" with little mention of Lucy Stone. This book became the "bible" of the women's movement.

-submitted by Elaine Holmlund



Recipe for Ginger Beet Soup

Ingredients:

- ◆ 1 pound beets
- ◆ 1 pound carrots
- ◆ 1 medium onion
- ◆ 6 cups chicken or vegetable stock
- ◆ Grated fresh ginger
- ◆ Orange or lemon zest or ½ cup of orange juice

Directions:

Saute onions, garlic and ginger; add the other ingredients. Cook until beets and carrots are soft. Puree the result and voila, a very tasty and low cal soup. About 100 calories a cup. YUM.



“ No one tests the depth of a river with both feet.”
-African Proverb

From Church of the Larger Fellowship:

"Born Again Dogs

30 May 2013 | Lynn Ungar

by Taz



I confess I'm not personally the kind of dog that has much experience of re-birth. I got born, lived happily with my mama and siblings until I was about three months old, came home to my forever family of the Mom, the Running Mom and the Kid, and just kind of went on about my generally awesome dog life. Apparently there was this guy named William James a long time ago who said that there are once-born people and twice-born people. I'm a once-born kind of dog, happy with my lot in life.

But I know there are twice-born dogs as well as twice-born people. Dogs (and people) who go through such a radical shift in how they understand and experience life that they could just as well be whole new beings after the experience from who they were before. Like maybe you heard a few years back about Michael Vick's pit bulls. For some strange reason this man thought it was a good idea to have dogs fight each other, and he did some horrible things to these dogs to get them to fight—and even worse things if he thought they weren't fierce enough. He tried to turn them from dogs into killing machines. But then he got caught, and people put a stop to his nastiness.

But what about the dogs, those ones he'd turned into killing machines? Some people said they should all be put down, which, it turns out, does not mean that they should be insulted, but rather something much worse. But other people decided to give most of those dogs a chance at a new life as lovers, not fighters. It took some time, and a lot of effort on the part of the people who took in those pit bulls, to teach them that the world was a safe place where people and other dogs were friends, not food. But those dogs got born again. They got born again as pets and even as therapy dogs who went out into the world to spread the love. They got born again as the dogs they were to start with, loving furry beings, not killing machines.

I think that's how it is with re-birth. You don't actually get born again as something you weren't before. You get born again as something that you really were all along, but maybe you didn't know how to be who you truly were. Or maybe other people, like Michael Vick, worked so hard to turn you into a stranger to yourself that you couldn't even remember the real you. Or maybe it was just the circumstances of your life that pushed you away from yourself, without that really ever being anyone's intention. However it happens, a whole lot of people as well as a whole lot of dogs end up as something not really true to themselves. But it's never too late to be born again. Sometimes people have a great rush of insight that tells them that the world and their place in it is totally different than they imagined. But mostly getting born again happens because somebody is willing to take us in and love us where we are, and show us the possibility of a different world where we can be new.

However you got to that world where love lives, whether you were born there and just stayed or whether you wandered in and out half a dozen times, however you got there you have the same job—to keep inviting folks to get re-born there with you, to love them in such a way that they can find their way to who they really are."

Taz is an eight-year-old Belgian Tervuren, the companion of Lynn Ungar, the CLF's minister for lifespan learning. While he has competed in a variety of dog sports, his favorite jobs are as running companion to Lynn's wife Kelsey and manager of the household cats.

Notes from Rochester

Things are pretty settled here. Much like the rest of the US, Rochester's weather has been unusual. It's rare the temperature dips below zero here. On the employment front I'm still looking for a marketing communications position, but have found ample opportunity to volunteer my skills in relation to my personal interests.

I've also chosen to participate in First Unitarian's Provocateur Series, which encourages congregants to delve deeper into the monthly themes. In a way it's fitting that I'm being encouraged to closely examine my own ideas and values during a time of great transition in life. More info on their Provocateur series can be found here:

<http://rochesterunitarian.org/wp/provocateur/>

-Courtney

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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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