

# THE ADIRONDACK COMMUNITARIAN



A Monthly Newsletter of the Adirondack Unitarian Universalist Community

**Volume 157**

**February 2016**

<b>Calendar</b>	<b>Membership News</b>
<p><b>February 7</b> Freb Hunt-Bull "When Life is Hard"</p>	<p>During the month of February a membership education session and ceremony will take place (dates to be determined). Freb and Nicholas Hunt-Bull, Craig Milewski and Cris Winters will be joining AUUC as members. We're very excited to welcome them into our membership family and hope you will be present to participate in the ceremony which will be announced via an email from Jean Chamberlain, AUUC Secretary.</p>
<p><b>February 14</b> Reverend Dave Weissbard "Huddled Masses"</p>	
<p><b>February 21</b> Speaker and topic to be announced</p>	
<p><b>February 28</b> Speaker and topic to be announced</p>	<p>Susan Arnold, Membership and Caring Coordinator</p>

## TIDBITS

Our Treasurer Sue Grimm-Hanley spoke with our former minister, Jane Dwinell, and learned that she is in Greece aiding refugees. Jane and her husband, Sky, still have a home in New Orleans where they had moved to provide aid following Katrina.

"Dear Abby", in a recent column, suggested to a writer who "missed the community and ritual of the faith and the church" but felt guilty attending one when she didn't hold the beliefs, that she "explore a denomination that has no dogma or creed....One, in particular, Unitarian Universalism has been mentioned before in this column. Unitarian Universalists believe in the dignity and worth of every human being, and encourage and support others in following their personal spiritual paths."

## Refugee Summit

Five AUUC members attended the January 18 meeting at the Keene Valley Congregational Church. Also attending were 65+ others from north country churches. A group also came from Saratoga Springs although they will be partnering with other groups in their own area. Facilitators were: Martha Swan, Martha Gallagher, Naj Wikoff and Rev. Milton Dudley. Great music and singing provided and lead by Martha Gallagher.

The three-hour session was broken into two parts; part one was an introduction of the attendees and what we might already have done to deal with the ongoing refugee problem. In the second segment, people were invited to share their dreams for helping refugees. In the second main part, attendees broke into three groups: how to make the Adirondack Park a more welcoming place for refugees; international relief efforts; advocacy and political change. Ginger and I attended the last group which was facilitated by Martha Swan. My group was very interested in our efforts to invite Mufti Mohammad Abdullah to do a presentation at our community. Other AUUC'ers in attendance were: Barb Curtis, Adrien Vlach and Joan Kelly. Lasagne dinner followed. The leaders will e-mail a summary and plans for the future. What can we do as a small community? Keene Valley has thought about forgoing new thermopane windows and using that money to help a refugee family. Another idea was to get the Essex County Board of Supervisors to pass a resolution welcoming refugees. More information is available at [kvcc1299@gmail.com](mailto:kvcc1299@gmail.com)

-submitted by Elaine Holmlund



Carrie DeClerque, life-long Unitarian, with a new addition to her family, Miss Kitty Cat, who purrs and thinks Carrie's the cat's meow.



## AUUC BOARD RETREAT

Your new Board met January 16 for our regular business meeting and to review our operational performance and set goals for the coming year. As New Business we reviewed two proposals, both of which were approved.

Freb Hunt-Bull has offered to form a youth group and is seeking others to assist in leadership. She has a well defined plan toward introducing this proposal to the congregation.

Ann Mullen presented the UUA Welcoming Congregation program which for more than twenty years has helped Unitarian Universalist congregations become more welcoming of people of all sexual orientations and genders. There are certain requirements to become recognized as a Welcoming Congregation by the UUA. The steps to accomplish this can be tailored by the congregation over an eighteen month period. Ann has agreed to take the leadership.

Other items of note:

A Bylaw change is proposed to change the Annual Meeting date to January so that the end of year fiscal report can be shared with the congregation.

Board members approved changing our in house collection of contributed goods from the Food Pantry to Grace Pantry, which provides items of toiletries, diapers and other household products.

There are only two Standing Committees, Religious Explorations and Worship. The Board expressed the desire for Social Justice to continue to be addressed through Sunday services and other programming.

Specific goals for this year:

Rejuvenation and management of our web site.

Multi-site programming with the Canton and Plattsburgh Congregations.

Broadening our base of congregational participation in providing worship services and other programming, e.g., small groups and Sunday morning tasks.



# What Does it Mean to be a People of Resilience?



What does having a “resilient faith” mean to you? Does it mean finding your way back to a previously held belief by seeing it anew? Does it mean finding a way to trust and love life again? Or does it mean being able to move on from what was? i.e. have the adaptability to grow and evolve into new forms of faith? What is life trying to teach you right now about the importance of a resilient faith?

Resilience (n.)

1. the power or ability to return to the original form, position, etc., after being bent, compressed, or stretched.

2. ability to recover readily from illness, depression, adversity, or the like.

Synonyms: elasticity, buoyancy, flexibility, pliancy, adaptability

Wise Words:

“The greatest glory in living lies not in never falling, but in rising every time we fall.”  
— Nelson Mandela

“It’s not the load that breaks you down, it’s the way you carry it.” –Lena Horne

“You drown not by falling into a river but by staying submerged in it.” –Paul Coelho

“When I stand before thee at the day’s end, thou shalt see my scars and know that I had my wounds and also my healing.”  
--Rabindranath Tagore

From SoulMattersSharingCircle

When did we decide that resilience was a solo project?

It’s not that we ever consciously decided that this was the case. It’s just what we’ve been taught. The dominant culture around us may be well intended, but it takes us down the wrong path. “Pull yourself up by your own bootstraps,” it says. “You’re stronger than you think.” “If it first you don’t succeed, try, try again.” This is how resilience is most often framed: It’s all about individual mental toughness and inner strength.

Our faith tradition sometimes plays into this heroic form of resilience. We reject the idea that human beings are depraved, broken and weak. Instead, we champion the view that we are strong--not just inherently worthy but also inherently resourceful. We have, at times, promoted

a “You can do it!” theology.

And yet at our best, we are more nuanced. When it comes to resilience, our most saving message has always been, “You can do it and you do not have to do it on your own!” There is a common metaphor about resilience; the one about being a tree that is willing to lean and bend rather than hold tight in place and break. We UUs take a different approach to this strategy of leaning. Yes, be willing to lean back and forth, we say. But most importantly, be willing to lean in –and on- each other! It is a reminder that resilience does have a lot to do with what is inside us, but it has even more to do with what is between us. The true path of resilience is the path of connection. This is where our Soul Matters framing is so important; we are indeed a people of resilience, not just a person of resilience.

We survive our pain by knowing it is shared. We continue to walk through the dark only when we sense we are not alone. Internal grit only gets us so far; empathy, assurance and love from others gets us the rest of the way. Resilience has everything to do with the water within which we swim and the web of connections that surround us.

So friends, this month, let’s look around as much as look within. Get that idea of resilience as a solo project out of your head and heart. Our covenantal theology asserts that we belong to each other. Let’s also remember that our resilience also belongs to and depends on each other.

A poem from the Hopi Nation starts us off on the right foot. It reads:

*“The elders say we must let go of the shore.  
Push off into the middle of the river,  
and keep our heads above water.  
And I say see who is there with you  
The time of the lone wolf is over.”*

Amen!

Your Question on Resilience does one of these "hook" you?

Are you ready to take the next step? One definition of resilience is the ability of something to return to its original shape after it has been pulled, stretched, pressed, bent, etc. Where are you in the journey of resilience? Starting to feel pulled? Already significantly bent? Stretched and worried about snapping? Slowly returning to form? Gratefully back? **What one thing do you need from those around you (friends, family, church) to move you on to the next step?**

**Is holding on getting in the way of your resilience?** Many of us remember Kenny Rogers’ famous line: “You got to know when to hold ‘em, know when to fold ‘em, know when to walk away, and when to run...” Resilience is about the ability to return. Hard to do that when you’re not willing to let go of what’s got you stuck.

SoulMatters poses questions for personal reflection and group discussion

## UUA and SLD News and a Date to Save

Those new to AUUC, and many not so new, may have little familiarity with Unitarian Universalist Association (UUA) and St. Lawrence District of Unitarian Universalists (SLD). Small congregations in particular tend to be passionately engaged with UUA/SLD only when it comes time to budget for the requested "fair share" dollar contributions to each of these parent organizations. On January 24 I participated in a "Regionalization Webinar", in which Presidents of our local cluster of multi-site congregations were introduced to the changes happening in all aspects of UUA/district/congregational relationships.

"Regionalization" is a movement initiated within our own St. Lawrence District that has now become a UUA-wide endeavor. The goals are to improve the services to congregations, to increase congregational inter-connectedness, and to live out our theology of interdependence (our 7th Principle).

For AUUC, the outcome will mean more access to programs and personnel resources. Not least, there will be one annual financial contribution request based not on membership numbers, which had encouraged "no growth", but on a formula based on congregational budgets.

**On April 1-2, at the St. Lawrence District Annual Meeting in Syracuse, a vote will be held to dissolve the St. Lawrence District. This is a necessary step to proceed with the UUA reorganization over the next few years. As many delegates as possible are needed to register to cast votes.** A webinar is being developed for delegates to precede the April meeting. More on this will follow in the March Communitarian.

## President's Letter

When Freb Hunt-Bull offered to present a service on February 7, she noted that what she had to say could come under the theme of Resilience, one of the SoulMatters themes that had been selected during our Annual Meeting.

It is a particularly apt theme for this month. Following the election of a new Board in December, as we looked at calendars, we realized that a large number of those of us who have provided constant leadership and ongoing task performance will be away during February, March and April. Among the absentees will be our steadfast Worship Committee Chair, Elaine Holmlund. Elaine, who has chaired the Worship Committee for a number of years, has also announced that she will remain on the committee but will no longer chair after she leaves for her six week trip starting mid-February.

Resilience is indeed an appropriate theme as we begin addressing the needs created by the Winter exodus. There is no question that there is a wealth of creativity and skills among our congregants. This is a wonderful opportunity for some fresh contributions to our Sunday services. It is not entirely without guile that a Worship Workshop was planned for January. The remaining Board and Worship Service coordinators will need particular assistance in the setup and clean up on Sunday. If you have not been aware of the tasks that Board members perform on Sunday, take a look at the list posted on the cabinet in the kitchen.

So, please resilient ones, team up, volunteer your help and identify yourselves before we  
How grateful we will be.

And ...speaking of “resilience”...what a treat to have Jen Kretser and Shannon Bartholomew present their program on the Paris Summit which so highlighted what a small and remote Adirondack community can generate. If you have not already seen the Mountain Lake PBS Documentary film “The Resilient Ones” that features the Adirondack Youth Climate Summit and the effects of climate change in the Adirondacks, check it out on YouTube <https://youtu.be/E-GW.g>.

Warm regards, Phyllis



## Donations to Grace Pantry in 2016

The AUUC board decided at their January, 2016, board meeting to change the recipient charity for 2016 to the Grace Pantry in Saranac Lake. Grace Pantry is a volunteer, privately funded organization of the Saranac Lake Ecumenical Council providing household and personal items not eligible for SNAP food stamps for community members in need at no cost to them. St. Luke’s Episcopal Church allows Grace Pantry to use space in the Baldwin House at no charge. It serves an average of 45 families a week, representing an average of 150 household members.

There will be a large plastic container labeled “Grace Pantry” located in the kitchen every Sunday and members and friends of our community can bring items that are needed at the Grace Pantry and place them in the container. As the container is filled, the items will be donated to the Grace Pantry.

The following are items needed at the Grace Pantry:

\*- these are the most needed items!

Dish Detergent

\* Laundry Detergent

Toilet Paper

Paper Towels

Tissues

Bar Soap

Toothpaste

Feminine Hygiene Products

Deodorant

Razors

Shaving Cream

Shampoo

Tooth Brushes

\*Diapers - especially sizes 5, 6 and Pull-Ups

Baby Wipes

I have attached the January newsletter from the Grace Pantry to provide more information about this vital organization that we can support through our on-going generosity. Thank you for your help! -Submitted by Jean Chamberlain

## Contact Numbers

[www.adkuu.org](http://www.adkuu.org)

President:	Phyllis Mangus	354-1379
Vice President	Joan Kelly	572-6054
Secretary:	Jean Chamberlain	354-8061
Treasurer:	Sue Grimm Hanley	637-2794
Trustees:	John Wood	946-2275
	Joyce Henklen	891-7761
Caring & . Membership:	Susan Arnold	891-3744
Communitarian:	Courtney Miller	<a href="mailto:starrypoetics@gmail.com">starrypoetics@gmail.com</a>
Double Ewe: Knitters	Joyce Henklein	891-7761
Place:	Randall Swanson	891-3512
	Glenn Arnold	891-3744
RE:	Vanessa Houghtlin	891-1195
	Julia Goren	845-216-3810
Social Justice:	Stephen DeHond	<a href="mailto:sdehond@hotmail.com">sdehond@hotmail.com</a>
Social Media:	Kelly Metzgar	891-0454
	Sue Grimm Hanley	637-2794
Worship Co.	Elaine Holmlund	891-6717



**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  
89 Church Street  
Saranac Lake, NY 12983**