

# THE ADIRONDACK COMMUNITARIAN



A Monthly Newsletter of the Adirondack Unitarian Universalist Community

**Volume 158**

**March 2016**

## Service Calendar

**February 28**

Nicholas Hunt-Bull

The Seven Deadly Sins Part One: Why Sin?  
Why Seven?

**March 6**

Nicholas Hunt-Bull

The Seven Deadly Sins Part Two: Are They  
Really Bad?

**March 13**

Steve DeHond

UU Climate Justice Kick Off: Exhaling and  
Mourning Water

**March 20**

Nicholas Hunt-Bull

The Seven Deadly Sins Part Three: Really  
Really Bad?

**March 27**

Virginia Slater

Eastertide: A Journey to Liberation

**April 3**

Tim Fortune

## Events Calendar

**March 4**

Game Night

Have some indoor fun this winter! Friday, March 4 at 7:00 p.m., join us for a board games party. We will have a large variety of board games for all ages and tastes (including serious and casual gamers). There will be food and drink, too. Hosted by Freb Hunt-Bull

**March 5**

Double Ewe Knitters begin Saturday AM  
knitting lessons (see article)

**March 15**

1pm Plattsburgh Fellowship UU Workshop. "Give Light: Spiritual Nurture in the Climate Crisis". "Rev. Fred Small will invite us into meditation, reflection, prayer and song, strengthening our spirits for the struggle to heal the earth and Human relationships. " UU minister and singer/songwriter who gave up his Harvard Square ministry to commit himself fully to issues surrounding climate change and climate justice.

**March 20**

Board Meeting

Following service, meetings are open.

## A Message From Ann Mullen

Hello from Florida. I wanted to let you all know that my dad, Ellsworth Munroe, died on January 30th in Milwaukee, and to keep me in your thoughts. He lived a very long life, but he's still missed. Ann Mullen .

## SERMON SERIES: SEVEN DEADLY SINS

In the first of a three-part series, AUUC member Nicholas Hunt-Bull explores the Seven Deadly Sins. What are sins...why is there a traditional list of them...and what do they mean to us today?

In the second part of a three-part series, Nicholas will explore the idea that today most of the Seven Deadly Sins no longer count as sins ...but now represent positive traits. What does this say about our traditional values, and what does it say about our society?

In the conclusion of a three-part series, he will try to find enough energy to consider apathy, the one of the seven deadly sins which our society still firmly rejects.

### Looking Ahead

**St. Lawrence District Assembly:** April 1 & 2, Important vote to dissolve the District in a path toward UUA regionalization. **Members Sue Grimm Hanley and Joyce Henklein will be in attendance.**

**Worship Service Planning Meeting:** April 3 following the service. Bring a bag lunch for an extended session. All AUUC members are welcome to participate.

**Adirondack Green Circle Film Series “Wake-Up Film Fest” at Pendragon: 7pm**  
discussion following each screening.

March 10: Inhabit                      March 24: Just Eat it

**Plattsburgh UU Fellowship: 4 Palmer St. Sundays at 2pm**

March 6: Merchants of Doubt    April 3: This Changes Everything    May 1: Divest



### President's Letter

What an inspiring few months this has been as we start our 2016 AUUC year. Seventeen AUUC members and friends as well as guests from the Canton and Plattsburgh and congregations participated in the January Worship Workshop so skillfully presented by Freb and Nicholas Hunt-Bull. A number followed up by attending a worship planning meeting held February 7. Sunday morning is the time we get to see each other and to get our common and diverse needs met. In the words of our former minister, Rev. Jane Dwinell: "...worship is that something should touch us, teach us, move us, or compel us – to reflect upon our lives, become better people, and help create a better world. You never know from week to week and person to person what that something will be – it could be music, words, silence, candles, Joys and Concerns, or simply being together in community." Within our congregation is a wealth of creativity and experience, but primarily we respect the dare to share our thoughts and desires. I look forward to seeing what we create together on Freb and Nicholas's foundation.

## North Country Refugee Collaboration Project

AUUC has been listed as a collaborator to support a grant request from the ADK Foundation "Generous Acts Fund 2016" to provide a \$3600 annual stipend for an administrator and point person for this project. If the stipend is granted, interested persons may apply to manage a database of resources, manage a mailing list and social media, working from any site.

## Multi-site News and Climate Justice

The Plattsburgh and Canton Unitarian Universalist congregations have invited AUUC to participate in Climate Justice action in support of a 2015 resolution passed at the 2015 General Assembly (GA) of the Unitarian Universalist Association (UUA) in Portland, OR.

More than 5,000 Unitarian Universalists from around the world gathered for five days of workshops, worship, and witness around the theme of "Building a New Way."

This Action of Immediate Witness was passed (in brief):.

**WHEREAS**, global climate change is fundamentally a moral and ethical crisis induced and exacerbated by human activity that can and must be modified to maintain a livable world for ourselves, our descendants, and other species; ...

**THEREFORE, BE IT RESOLVED** that the 2015 UU General Assembly calls on Unitarian Universalists to unify and provide ethical and moral leadership for climate action and to do so within our congregations and within our multi-faith communities.

***These are two paragraphs of a two page statement. Copies of the full resolution are available at AUUC.***

The UUA has designated from World Water Day on March 22 through Earth Day on April 22. Steve DeHond has agreed to provide leadership in developing services around these themes. Multi-site actions have not yet been planned in this ongoing concern for climate justice. We would welcome your ideas and your volunteer interest.

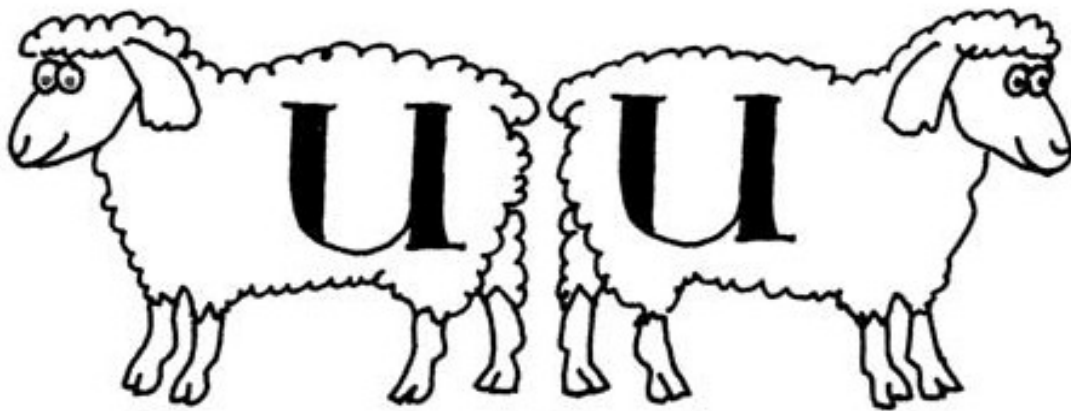


## Share Your Sole, and Other Contributions.

The red bin by the back entrance of the Historic Saranac Lake building is our commitment to the Saranac Lake High School Parent Faculty Organization (SLHSPFO) to participate in the donation of "gently used shoes". The shoes are distributed to poverty stricken areas in the US and third world countries. SLHSPFO gets paid to collect the shoes. The collection bin will be available through mid April. Requested by Laura-Jean Schwartau.

Our provision of eggs, yogurt and cheese with the Winter Solstice collection of \$106 was gratefully acknowledged by the **Interfaith Food Pantry**.

## Double Ewe Knitters



Double Ewe Knitters will resume meeting in April. We had a long respite due to other commitments such as Ministerial Search. etc. For those who may not know, the knitting group was part of Community Outreach in which we gave knitted ware to the needy. We sent knitted ware to Afghanistan, baby blankets to Haiti after the earthquake, knitted items to the Salvation Army in a Missouri town which was leveled by a tornado, sweater and hat sets to the Head Start nursery in Saranac Lake, Christmas stockings which members filled and were delivered to needy patients served by the TriLakes Center for Independence, baby hats to the hospital nursery, bed socks to Hospice and a Home care agency.

The "learn to knit " group will have their first meeting on Sat. March 5th at 10:30 am at 3 Cranberry way. Needles and yarn will be supplied. We are delighted to announce that this is a coed group with 4 "learners" and two instructors. We will knit up the raveled sleeve of care !!!!

Joyce Henklein

## SoulMatters thought for the theme of "Liberation"

This month...let's look honestly and hopefully at the many ways that liberation requires a clear-eyed re-assessment of our choices, not just a battle against those bad guys. All of the great religions agree: We are more powerful than we realize, or want to admit.... Christian author, Israelmore Ayivor, writes, "You have the right to suppress yourself, oppress yourself and depress yourself. You also have the right to impress yourself. And let yourself feel happy too!" There is something perfectly balanced about that quote. It's both critical and kind. Confrontational and inspirational. It honors the fact that there are bars that hem us in, but it also invites us to notice when the key is setting right there in the lock.

### **Spiritual Exercise: In Order to Remain Engaged**

The task of creating a society in which none are oppressed and all are liberated is demanding and often discouraging work. The author and activist Alice Walker knows this work well: for 40 years she has been "standing on the front lines of healing America's own violent history." She shares seven steps for how to remain a Love Activist without getting dragged down or burnt out:

- 1) Recommit Every Day
- 2) Protect What Matters Most
- 3) Embrace Your Joy
- 4) Stand for Truth
- 5) Be Courageous
- 6) Spread Forgiveness
- 7) Love the Earth

More here: <http://blog.theshiftnetwork.com/blog/love-activism-alice-walker>. For this exercise, read through the list and choose the one that calls to you the most. What do you need to liberate from within you in order to remain engaged in the wider work of liberation? Once you have your answer, take some time this month to enact that step.



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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 pa*



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

**Adirondack Unitarian Universalist Community  
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