

THE ADIRONDACK COMMUNITARIAN



A Monthly Newsletter of the Adirondack Unitarian Universalist Community

Volume 188

April 2019

Calendar at a Glance

April 7th – Ginger Slater - Wholeness: Soul Matters Service & Group Activity

April 14th – Adrien Vlach – TBA

April 21st – Phyllis Magnus – Reflections on Viet Nam

April 28th – Helen Gibbons – Forest Bathing

Events

*April 26 – Potluck
Dinner in the John
Black Room*



LGBTQ

Welcoming Congregation

Message from the President

Greetings!

Well, I was wrong about March. March did not plod along, allowing me time to leisurely read over our Communitarians and Board minutes in order to update our AUUC history. March trotted, each evening leaving me wondering where the day went. Ah well...maybe that task is better suited for a rainy summer day. We'll see.

In the meantime, we've got important business to settle in April. The question of whether to change our location has been in discussion for 9 months now. Our lease with Historic Saranac Lake will be up again May 1. The board felt that signing a 6-month lease back in October would give Dave Filsinger enough time to close on his building and straighten out things on his end, while giving us time to decide as a membership if we want to take him up on his offer and rent space at TrestleStreet.

So, here we are; it's April. We've got a month to go over the pros and cons of moving, visit the property, look at financial implications of a move, discuss and debate, and vote. The board of directors will soon be providing members (via email) with all the information that we've been given thus far, as well as the pros and cons of staying at Historic Saranac Lake or moving to TrestleStreet that have been compiled by the Site Committee. We will give the AUUC membership a chance to tour the TrestleStreet site, ask questions, discuss amongst ourselves, and weigh in on the decision.

The board has decided to take a vote via email, in person, or by phone, etc., rather than having a vote after a Sunday service. We feel that it will give everyone a better chance to voice an opinion, considering that not all our members may be able to gather on the same day. If you are a member, please look for an email from me in the next few days.

I look forward to seeing you all in the next few weeks, especially our dear friends who have been away from us during the past winter months.

Much love,
Laura Reid
AUUC President

Message from the Treasurer

Would all members of AUUC please be in touch with me this month, regarding their \$60 per member dues to our National UU organization? The UUA's business year ends in June, so I'm working on collecting our payment for early May. (Those of you who have been including money toward this, with each pledge check, needn't contact me.) If all other members could let me know soon if you'll be paying your own dues, or needing the help of the community to cover them, I can then plan accordingly. My phone number is 518-637-2794, my email is saranacsue222@gmail.com, and my mailing address is 141 Prospect Ave in SL (or speak with me after service.) Thanks so much! –

Sue Grimm Hanley
AUUC Treasurer

Samaritan House

Samaritan House has sent out a request for paper products including paper towels, TP,

napkins, tissues, etc. If anyone in AUUC can help, you can drop them off at the office door at Samaritan House or bring them to Sunday service. Ginger Slater has offered to make sure that they get delivered.

AUUC Potlucks



**We had lots of fun together at the most recent AUUC potluck.
Our next one is April 26.**

Soul Matters

Dear Friends,

In the past two Soul Matters services, we supplied questions in a basket for you to choose for our group discussion. This month, we will supply you with all the questions provided in the Soul Matters Small Group resource booklet which was distributed by email recently. Attached is a list of 15 questions. Which question is yours? Choose one and write it on a piece of paper that you will bring to the service. We will still have a basket of questions handy should you wish to use that more random, or surprise, method.

These once a month Soul Matters services seem to be well received. Nevertheless, I will appreciate receiving feedback from you as we continue this type of service. One thing I have become aware of is the need to start and finish on time. So, I have streamlined this month's service to address that concern.

Namaste.
Ginger

Your Question

As always, don't treat these questions like "homework" or try to answer every single one. Instead, make time to meditate and reflect on the list and then pick the one question that speaks to you most. The goal is to figure out which question is "yours." Which question captures the call of your inner voice? Which one contains "your work"? What is it trying to get you to notice? Where is it trying to lead you?

1. When were you first invited into a circle that helped you feel whole? How does that story still direct you today?
2. Is wholeness for you a solitary or relational journey?
3. When did you first discover that repairing the world is one of the best ways to put yourself back together?
4. In what *space or place* do you feel most whole? How often do you spend time there?
5. Who taught you that wholeness does not mean perfection? Who helped you with the work of embracing brokenness, rather than trying to fix or hide it? How have you passed on that lesson? Does someone in your life need that lesson now?
6. How has your understanding of wholeness changed with age?
7. What was your proudest moment of maintaining and standing up for your wholeness?
8. What part of yourself hasn't been let out in a while?

9. Masks hide our wholeness but sometimes they keep it safe. Has that ever been true for you?
10. Was it ever easier for you to live through someone else than to become complete yourself?

Ecumenical Council News

- Christmas Box Program: The program received \$4,100 in donations from individuals and organizations. 85 families received boxes of food and gifts. These families self-identify through an inquiry in the K-8th grades in Saranac Lake schools.
- Samaritan House: The number of residents on an ongoing basis is between six and eight people. (We have eight rooms available.) Stays average 35 days. SH recently received a generous donation of food from the Food Pantry. Clothes have been donated, as well. The Go Fish Store at the High Peaks Church welcomes residents once a week for needed items.
- Emergency Heating Assistance: There were four requests in February. Funds are urgently needed to continue to support this program.
- Grace Pantry: During December, 2018 through February 2019, 100 households came to Grace Pantry, representing 232 people in those households. Maggie Mortensen, co-director, has started a knitting program for patrons on the pantry; it meets once a week.
- Salvation Army Funds: The funds raised through the Bell Ringer program have helped 22 families so far this year with assistance to meet rent, utilities, clothes, beds and emergency housing needs. The total distributed was \$4,100.



By [Rebekah Savage](#) – March 27, 2019

“The best way to find yourself is to lose yourself in the service of others.”
—Mahatma Gandhi

After I was ordained in 2003, I served in the military as a chaplain. I loved serving our service members and their families as a pastor, counselor, and sometimes just a compassionate presence. One of my cherished military colleagues is LDS (Church of Jesus Christ of Latter Day Saints, also known as Mormon) and comes from generations of LDS leaders. On the surface, Joshua and I are unlikely friends—and yet we’ve bonded at a soul level. Joshua shared a story with me that burst into my heart.

Joshua was deployed downrange with the Marines. The Marines are sent to remote, ragged places where the mission and living conditions are challenging—and they’re used to it. Marines seem to thrive in hard places, and Chaplain Josh was right there with them in Iraq. No running water, few hot meals, thin tents, and brutal weather.

Despite knowing that electricity would be limited, the chaplain brought to Iraq one thing that made all the difference: electric hair clippers. First the chaplain started to cut his own hair once a week. Then his commander and staff asked for haircuts. Soon the Marines in the unit heard about his haircuts and came to see him, too. Chaplain Josh had created a weekly hair-cutting ministry.

On a particularly rough day, the unit had lost a few Marines. They were beaten down, exhausted to the core. The chaplain was too, so when a Marine came to him for a haircut, he had to muster up the strength to perform the task.

When the Marine sat down in Chaplain Joshua's chair, the smell from his body told his story: he was dirty—caked in dust, oil and grime—and probably hadn't had a baby-wipe shower in a few days. The chaplain used some oil to lubricate the clipper blades, because they wouldn't get through the Marine's hair without it. In that moment, Joshua recalled the ancient tradition of anointing the head with oil as a form of blessing. The haircut became a holy act for him: a moment of blessing, of gracious welcome, of serenity, of love. The chaplain placed his hands on this Marine's head and prayed in his heart for him, for his family, for those who lead and love him.

Josh's story of loving hospitality—his welcoming embrace—moved me. This story reminds me of the power in small moments filled with grace: a haircut, a cup of coffee, or just an honest "How are you?" can be transformed into a powerful moment between two people living in a hard world.

Prayer

May we slow our pace down this day and be fully present to those in our care. May we offer blessings with both our words and deeds. May our lives preach louder than our lips.

UU Joke of the Month:

Why do UUs go to church?
Because some questions just can't be answered by Google.



Closing Worship Service – Annual UU Convention

Contact Numbers www.adkuu.org			
President:	Laura Reid	651-1654	
Vice President	Gary Alexander	354-7823	
Secretary:	Liz DeFonce	424-5314	
Treasurer:	Sue Grimm Hanley	637-2794	
Trustees	Carolyn Alexander	354-7823	
Membership:			
Welcoming Congregation	Ann Mullen	891-5735	
Worship:	Elaine Holmlund	891-6717	
Communitarian:	Ann Mullen and Karen Graff kegraff@gmail.com	891-5735	
Place:	Randall Swanson	891-3512	
RE:	Donna Wood Julia Goren	946-2275 845-216-3810	
Environmental and Social Action:	Stephen DeHond sdehond@hotmail.com		
Social Media:	Sue Grimm Hanley	637-2794	



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

**Adirondack Unitarian Universalist Community
89 Church Street
Saranac Lake, NY 12983**