

THE ADIRONDACK COMMUNITARIAN



A Monthly Newsletter of the Adirondack Unitarian Universalist Community

Volume 194

October 2019

Calendar at a Glance	Events
<p><u>October 6</u> – Ginger Slater - Belonging: Soul Matters Service & Group Activity</p>	<p><u>October 18 – 20</u> – Justice for All Conference Canton</p>
<p><u>October 13</u> – Tyler Socash – TBA</p>	<ul style="list-style-type: none">• 10/18: Poetry Slam – 7:00 to 9:00 p.m.• 10/19: Day Long Conference• 10/20: UU Service at 10:30 a.m. to 12 p.m.
<p><u>October 20</u> - Emma Galeotti – Mysticism: The Path of Belonging to Something...</p>	<p><u>October 19</u> – Crop Walk for Hunger Relief</p> <ul style="list-style-type: none">• Meet at Presbyterian Church at 9:45 a.m. to 11:00 a.m.
<p><u>October 27</u> – Frank Lecinsky – Church Steeples</p>	



President's Message - October 2019

Hello, dear AUUC members and friends!

I'm pleased to say that it looks like our move to the Trestle Street building on Woodruff St in Saranac Lake is becoming a reality in the next few weeks! Dave Filsinger has been working steadily all summer and I know you'll be impressed with his efforts and the progress he's made.

We will continue having services in the John Black Room at the Historic Saranac Lake building throughout the month of October. Sometime after Dave's open house (tentatively scheduled for 10/26) we will begin moving our things over. I'll put out the word and anyone who wishes to help can let me know.

As the time gets closer, I am beginning to have conversations with some of you about how we might make use of the space at Trestle Street. Having exclusive access to the 2 smaller rooms, use of the full kitchen, and access to the large meeting space (where we'll conduct our services), means that we can meet together for UU song and hymn singing, environmental & social justice awareness/consciousness raising discussions, community service and support activities, knitting groups, coffee klatches, monthly AUUC dinners, you name it! It's been a long time in the making, but our new home is nearly ready!

Have a wonderful October!

With love,
Laura Reid



Ecumenical Council

Dear friends,

I've been representing the AUUC on our local Ecumenical Council for at least five years. I attend most meetings; I even phone in from Florida! I'm on the Executive Board of the EC, and happy to be, because I think that the Council is one of the top organizations in the Saranac Lake area that helps those in need. It responds quickly and effectively, with a minimum of bureaucracy, and absolutely no regard to issues of religious doctrine. There is zero divisiveness and a commitment to keeping it that way. Time and again, I've heard stories of people who are hungry, homeless, who lack warm clothing for the winter or formula for their babies, who have no furniture or bedding, who don't have that all-important security deposit for an apartment, whose heat is off, and many other stories of humans in need. The main question the Council always asks is "how and how fast can we help?"

Firsthand, I've witnessed a stated and shared commitment to doing the work of Jesus Christ in the world, in our area, our Saranac Lake. I've seen individuals from the Council pledge their own funds if EC funds aren't available. As a person who doesn't have a belief in a personal

deity, I'm often very moved by the "faith-in-action" philosophy of these Christians with whom I work on the EC.

I strongly wish we AUUC-ers could support the Council in a more visible way. Last week, I spoke to the AUUC Board about doing just that. Now, I appeal to the AUUC community to become involved in the Council's work. Here are just a few things you can do to support this great organization whose work has meant so much to so many in our community:

- The CROP Walk on October 16th: The CROP walk raises money for the hungry. 25% of the funds raised in Saranac Lake go to our local food pantry. All you need to do is to find sponsors, collect the money and bring it with you. Registration is at 9:30 a.m. at the Presbyterian Church and step-off is at 10:00 a.m. It's a short walk – you'll be done at 10:30-10:45.
- The Red Kettle Bell Ringer Campaign: This begins after Thanksgiving. You all know what it is. We ring the bell at three locations in SL. Work slots are an hour long. It breaks my heart to volunteer at the Post Office on a busy Saturday morning, ring the bell for an hour, and then have to turn the kettle in because no one else has signed up to follow me. **90%, yes 90%** of the funds stay right here in Saranac Lake. Do not believe the propaganda that the Salvation Army discriminates in Saranac Lake when it distributes the funds raised in the Bell Ringer Campaign. Last year, we raised over \$12,000 and 90% of that was used for the purposes I described above, administered by the Council. There were no requirements other than stated need. Please – volunteer to ring the bell this year. I'm only asking for an hour of your time. There will be more details in next month's Communitarian.
- Contributions to Grace Pantry. We need everything, but especially laundry detergent and dishwashing liquid. Perhaps in our new location, we can have a permanent collection area for Grace Pantry.
- Samaritan House Life Skills program. Do you have a skill? The SH Life Skills Program is looking for volunteers to offer classes/advice in the simple things we need in life, like budgeting, shopping, how to make simple repairs, etc. If you want to volunteer, see me.

Just one more story – The EC received a grant of \$10,000 from an individual in Texas to use to help the children of Saranac Lake. This individual had heard about the work of the Council from a friend (how about that?). The Council has used these funds to support the SL Summer Camp; to provide scholarships for an arts program at Bluseed Studios; to help with the "Third Meal" program for kids who don't have supper in the evenings and for school supply backpacks. Most heartening is that over \$2,000 was spent at the Village Mercantile for boots, jackets, scarves, mittens, etc. for children in need.

The Ecumenical Council is a great organization. At AUUC, we don't have an individual helping program at our congregation, like the Community Supper or the Lunch Box, but we can support the work of the Council much more than we do right now.

Thank you for your attention.

Ann Mullen

This month's jokes (stop me if you've heard this one...)

A Buddhist walks up to a hot dog vendor and says, "Make me one with everything." He gives the hot dog guy \$10, gets his hot dog, but no change. So, he asks, "Where's my change," and the vendor replies, "All change must come from within."

What do you get when you cross a Lutheran and a Buddhist? Someone who sits up all night worrying about nothingness.



Life Pushing Through

By David Kohlmeier

"Look past your thoughts, so you may drink the pure nectar of This Moment."
—Rumi

"Did you feel that!?" No. I didn't. I was distracted. My hand was to my partner's belly, trying to feel a move from our soon-to-be-born second child. I had waited so long with my hand pressing on the same spot that my mind had wandered. I couldn't even remember now what it was I was thinking about. I was angry at myself for not paying attention.

I tried to shift my focus, concentrate all my attention on the physical sensation of my hand on their belly. Nothing.

"Maybe they're asleep?" my partner speculated.

No. I just needed to wait. And as I waited my mind started to wander again... the latest crazy tweet came to mind. I tried to push it away...
BUMP!

"I felt that!" I waited to see if it happened again. My mind wandered. All the paperwork and emails piling up in my office... *focus*...
KICK!

"Wow!" But there's that bill I forgot to pay. How many days past the deadline is....
KICK!!!

We both laugh and I start to cry.

I've been so busy during this second pregnancy I haven't made it to any ultrasounds, or even taken the time to put my hand out to feel a kick or move. I cry in gratitude for feeling this life push through my dullness. How many bumps and kicks of Precious Reality have I missed in my life because I was distracted?

I'm not so good at meditating regularly but if there's anything sitting in silence has taught me, it's that silence doesn't actually exist. Every moment is full to the point of bursting with Reality, whether or not we notice it. It's not that the news and work and the bills don't matter, because they do—and yet, are they more important than the “pure nectar of This Moment” waiting to bump and kick to remind us It is always there?



Rev. David M. Kohlmeier describes himself as “a pastor, parent, radical theologian, occasional poet, and flawed human being.” Originally from West Virginia, with family roots in Appalachia going back over two centuries, David currently serves as the Minister of the Unitarian Universalist Fellowship of Falmouth on Cape Cod, where he lives with his husband, two children, Old English Sheepdog, and two rabbits.



Happy Fall!

Contact Information

www.adkuu.org

Board

President: Laura Reid (651-1654)
Vice President: Gary Alexander (354-7823)
Secretary: Liz DeFonce (424-5314)
Treasurer: Sue Grimm Hanley (637-2794)
Trustee: Carolyn Alexander (354-7823)

Committees

Welcoming Congregation: Ann Mullen (891-5735)
Worship: Elaine Holmlund (891-6717)
Communitarian: Karen Graff and Ann Mullen (891-5735) kegraff@yahoo.com
Place: Randall Swanson (891-3512)
Religious Education: Donna Wood (946-2275) and Julia Goren (845-216-3810)
Environmental and Social Action: Steve DeHond
Sdehond@hotmail.com
Social Media: Sue Grimm Hanley (637-2794)



**The Seven Principles of
Unitarian Universalism**

**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 the 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.*

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

From the “church of the open mind, loving heart, and helping hand” to:

