

# THE ADIRONDACK COMMUNITARIAN



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A Monthly Newsletter of the Adirondack Unitarian Universalist Community

**Volume 204**

**August 2020**

Hello all,

Karen Graff and Ann Mullen here. It is a quiet month at AUUC. I trust that you all are out and about, enjoying this beautiful August in this beautiful place. See you in September

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## **Calendar at a Glance**

August 2 - Recorded Service from Portland, available to view anytime, with an AUUC Zoom call at 11am

The rest of the month is vacation month for the Worship Committee.

## **More information on the August 2nd Service**

Weekly AUUC Service for August 2nd, 2020

Presented By: First Unitarian Portland

Sermon By: Rev. Stacey Mitchel

Service Length: 1:07

YouTube Link: <https://youtu.be/YI5QwN3Txf0>

Continuing our tour of protest, we move this month from Minneapolis to Portland, where protests and riots have been ongoing. Interim Minister Stacey Mitchel speaks about [Personal Spiritual Identity](#) contextualized by everything from a teenage Grateful Dead concert to the pressures of this once unthinkable moment and the conflict currently experienced in Oregon.

This format—vetting and using services from across the nation—allows us the incredible opportunity to hear directly from the heart of struggle. It also opens a window through which we can listen to the voices of Black Unitarians, Women in their pulpits, and to relish the talent of professional ministry teams as they do what they do best. Watch or listen in the time and place that works best for you.

This sermon is delivered with less pizzazz, perhaps, than the one we shared in July, but the content is universal, and this moment deserves our attention, especially in Portland, where resistance to federal military action against american citizens has sparked growing outcry. For more context on the use of federal forces against protesters I can recommend the [New York Times Daily Podcast from July 23rd](#). It runs about 30 minutes (transcript also available).

You can skip the first bit of the YouTube video, if you wish; the slideshow ends at about 0:10:00 and the service ends at 1:17:27.



Trigger Warning: this video contains organ music.



**We will convene on Sunday via Zoom at 11:00 AM for conversation.** [CLICK HERE TO VISIT THE ZOOM CONVERSATION](#), or use the link found at the bottom of this message. Please do not repost the Zoom link in any public forums (like Facebook), as all barriers will be down to make accessing the Zoom Coffee Hour as easy for participants as possible.

*My apologies to those of you who tried to participate on July 5th--you didn't do anything wrong. Knowing that I wouldn't be anywhere useful that weekend, I set-up the meeting in advance, joined it, and just left my computer running. Clearly, leaving a dummy host running to hold the room open didn't work. This Sunday I will be on hand to make sure the coffee hour runs as intended.*

Join Zoom Meeting  
<https://zoom.us/j/7344744706>

Join by Phone:  
One tap mobile (enters the code for you)  
+16465588656,,7344744706# US (New York)

Or dial the old fashioned way:  
(646) 558-8656  
Meeting ID: 734 474 4706

Adrien Vlach  
[vlach@riseup.net](mailto:vlach@riseup.net)  
(734) 474-4706

## Preview YouTube video First Unitarian Portland Sunday Worship



## President's Message - August 2020



Laura Reid  
AUUC President

## News from the Board

### AUUC Treasurer's Report August 2020

It was another busy month for church treasury, worship, and board work. I made the time, in advance of our quarterly board meeting, to build out the spreadsheet I've long envisioned for mapping expenses to budget categories and tracking member contributions. The July Board of Trustees meeting had an honest to goodness income statement, and I answered my own question about how much of our January revenue was for 2019, versus 2020. Good News! We are solidly in the black. Moreover, after soliciting feedback from the congregation, we heard an overwhelming concurrence with the board's stated preference to indefinitely delay the resumption of face-to-face services.

With that in hand, we reached an agreement with Historic Saranac Lake to reduce our rent from \$850/month to \$300/month, until such time as we resume services in the John Black Room. This process took some time—I think I first expressed reservations to Amy in May—but it took time to see what was happening with the virus, it took time to gather consensus, and we prioritized maintaining a positive relationship with HSL. We have a lease addendum, and it's in the process of being signed.

In related news, we now have our own Zoom account with which to do Virtual Services, Virtual Coffee Hours, and Virtual Religious Education. I also created an AUUC Gmail account (again, if I'm not mistaken), as a dedicated email addresses was required to set-up Zoom. So, you may see messages in you inbox from adkuuchurch from time to time. It's just me.

As much as was accomplished, July was wicked busy, and much remains to be done. I promised to reach out via snailmail to those who did not respond via email about reopening. I didn't, but I think it's worth doing, and it's still on the list. I have also been driving around with a deposit envelope for...weeks; so if you noticed when reconciling, have no fear—those three checks will be deposited. Happy summer, everyone! Adrien Vlach, AUUC Corporate Treasure

## Submission from Emma (Emmanuelle) Galeotti

I want to share with our UU community a FB page "Saranac Lake Neighbor Helping Neighbor" created by Gail Brill at the onset of the pandemic. This page is like a bill board for the Tri-Lakes residents, dedicated to helping one another.

You can post information you think is important, ask for help, and offer help. I post resources I find useful during covid-19, such as state information (rent relief, for instance), but also about places that are re-opening, outdoor activities in our area, any news that is relevant to our area. People post when they are looking for help (any kind: items they need, rentals they are looking for...), but also when they have things to give/share/ and are able to help. You may even find accomplices for a project!

"Saranac Lake Neighbor Helping Neighbor" has over 1400 followers.

## [Submission by Karen White](#)

Please click on the link below to see:

### **UU HISTORY WITH CAT MEMES**

[https://docs.google.com/presentation/d/1PSzTYb1G0-VMLnxiNE35xBloKJiRkWxb-V4-bBRtwjg/edit?pli=1#slide=id.g8b569db83d\\_0\\_16](https://docs.google.com/presentation/d/1PSzTYb1G0-VMLnxiNE35xBloKJiRkWxb-V4-bBRtwjg/edit?pli=1#slide=id.g8b569db83d_0_16)

### [UU Services Resources](#)

We have gathered a few sources of live stream and video services. Please send Karen or Ann links to any more that you have discovered, and we will add them to this list. It is a lovely and touching experience to join in a service while awaiting our return to each other.

[www.uufellowship.org](http://www.uufellowship.org) - Unitarian Fellowship of Northwestern Westchester; Westchester, NY

[www.uunorthampton.org](http://www.uunorthampton.org) - Unitarian Society of Northampton and Florence, Northampton, MA

<https://www.youtube.com/channel/UCBqcUGReJk7g02eHUBopLvA> - The Unitarian Universalist Church of St. Petersburg, St. Petersburg, FL

[https://www.youtube.com/channel/UCCu63hp-DyrU-K1xMS\\_x77w](https://www.youtube.com/channel/UCCu63hp-DyrU-K1xMS_x77w) - Unitarian Universalist Congregation of Monmouth County, Lincroft, NJ

<https://www.uua.org/hashtags/covid19> - Resources for Congregations – from the UUA.org

#### **Grace Pantry hours**

Wednesdays from 3:00 to 4:30 p.m. at Baldwin House, adjacent to St. Luke's on Church St.

#### **Food Pantry hours**

Saturday, 10:00 a.m. to 12 noon  
Additional hours during the crisis: Wednesdays at 10:00 a.m.  
15 Bloomingdale Avenue in Saranac Lake

Please pass along the information on the additional hours to those who might need it.

From Russ DeFonce:

In the midst of all the hoopla we at the Rural Law Center are trying to reach out more and offer our services via phone or ZOOM. I figure during these stressful times folks might need some conflict coaching/mediation support. I have attached a blurb we are sending out that might be beneficial to share in the Communitarian.

**Conflict Coaching** and **Mediation Intake Services**

are now available during this challenging time.  
Trained mediators through the

**Rural Law Center Mediation Program**

We are now providing 1:1 conflict coaching and mediation assessments by phone or Zoom. These confidential and neutral processes assist with understanding emotions, creating perspective and exploring solutions, ultimately assisting people and organizations with resolving conflict and communication issues.

**Please contact us through email:**

For Clinton County: [sally@rurallawcenter.org](mailto:sally@rurallawcenter.org)  
For Essex/Hamilton Counties: [russ@rurallawcenter.org](mailto:russ@rurallawcenter.org)

Thanks to everyone who shared articles, thoughts, resources and more. Keep them coming! It's really great to hear from one another when we can't be in the same place.



**Contact Information**

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

**Board**

*President:* Laura Reid (651-1654)

*Vice President:*

*Secretary:* Liz DeFonce (424-5314)

*Treasurer:* Adrien Vlach (474-4706)

*Trustee:* Carolyn Wiggan (524-1462)

*Trustee:* Emma Galeotti (903-0091)

**Committees**

*Welcoming Congregation:* Ann Mullen (891-5735)

*Worship:* Elaine Holmlund (891-6717)

*Communitarian:* Karen Graff and Ann Mullen (891-5735) [kegraff@gmail.com](mailto:kegraff@gmail.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](mailto: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:**



**LGBTQ**

*Welcoming Congregation*