



View from the Study Window...

Think of my theme for January as "Living a Good Life" – good for One-self and for the Community of Earth.

First, What is this Community? Who am I as a family unit... on a street of a couple dozen houses, in a small upstate city, on a continent peopled by migrants and immigrants? Who am I as an individual... one who knows seven billion others by "six degrees of separation"? Who are these un-identified neighbors of mine, and what do they mean to me?

Then, what or who am I living for? Two classic answers have been the aims of Holiness and Happiness.

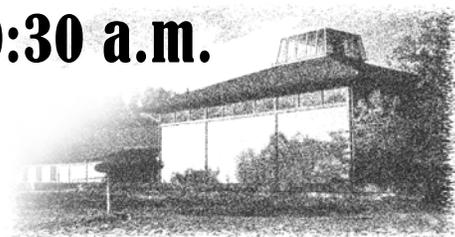
Holiness has, it seems to me, an outward and forward-looking focus. Traditionally, holiness is concerned with the Hereafter, or with the Other. Happiness, on the other hand, seems to have an inward

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Sunday Worship, 10:30 a.m. and Religious Education



January 4

A Broader Smile, A Wider Door

Rev. Jean L. Wahlstrom

What does it mean to be neighborly? Is it out of vogue or just "complicated"? What comes across as "friendly" - or as "nosey"?

January 11

Living for the Good of All—Holiness

Rev. Jean L. Wahlstrom

January 18

Living a Good Life—Happiness

Rev. Jean L. Wahlstrom

January 25

Spiritual Practice

Judy Antoine and Alexa Carter

Please join us this Sunday for a reflection on spirituality and how we use it in our daily lives.

"The shortest day has passed, and whatever nastiness of weather we may look forward to in January and February, at least we notice that the days are getting longer. Minute by minute they lengthen out. It takes some weeks before we become aware of the change. It is imperceptible even as the growth of a child, as you watch it day by day, until the moment comes when with a start of delighted surprise we realize that we can stay out of doors in a twilight lasting for another quarter of a precious hour."

~ Vita Sackville-West



CareRing News & Notes

We send our condolences to **Stacy Sceiford**, May Memorial's Director of Religious Education, whose grandmother passed away on December 29th.

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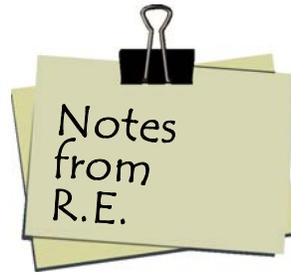
*We want to include your news in this column. Although news of illness and bereavement will always be covered (if we know about it and you consent,) GOOD NEWS is especially welcome to balance it. Please let a member of the CareRing (**Peggy Ryfun, Carol Bickart, or Remo Bianco**) know of your joys as well as your sorrows. We can be reached at carering@mmuus.org.*

First Sunday Luncheon— January 4



Celebrate the new year with your MMUUS friends at the January First Sunday Luncheon, hosted by the Teenz and the Membership Committee.

The luncheon begins at **12:00 pm this Sunday, January 4th, in the Social Hall.**



So did you do it? Did you make a New Year's resolution? I usually don't make them, or at least I don't tell people that I've made them. Resolutions can be pretty irritating actually, especially when the advertisements for a "new body in the new year!" start blaring at me from my TV. I know that many people resolve to workout more in the new year, because the parking lot at the gym I frequent is always **full** those first few weeks of January. But things always seem to settle down by February, so those resolutions don't seem to stick. I wonder how many resolutions really do?

But it's pretty natural to look at the start of a new year as a good time to make some changes. I just feel that a resolution that has greater value than just slimming down would have better staying power. Well I have a great resolution for everyone this year, and it's one that I think we can stick to: to be more awesome!

Notice I didn't say to be awesome, you see we all are already pretty awesome, we just need to recognize our own awesomeness and accept it! Live it!

The idea came to me because of a blog that I follow called "*Pigtail Pals and Ballcap Buddies*". The author of that blog, Melissa Atkins Wardy, writes about her experience of gender stereotypes and biases while parenting her two children. She's been bringing awareness about these concerns and the effects that gender stereotypes have on children to a lot of people and even corporations. I love her honesty and the integrity that she brings to her work. She has inspired several conversations that I've had with my own children, as well as some of the discussions I had with the OWL class last year when I was a guide.

One of my favorite blog posts of hers is from a few years ago when she wrote about her daughter Amelia waking up "Full of Awesome". Here's a brief taste, and I recommend you look her up and read more:

*"There was a time when you were five years old,
and you woke up full of awesome.
You knew you were awesome.
You loved yourself.
You thought you were beautiful,
even with missing teeth and messy hair and mismatched
socks inside your grubby sneakers.
You loved your body, and the things it could do."*

She goes on to ask if you still have "the awesome". This hit me in the gut because it made me realize that I've lost my awesome! And it made me really

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New Spiritual Enrichment Group

Spiritual Enrichment Groups are small groups of friends who meet together on a regular basis. These groups strive to:

- Deepen our sense of community
- Open ourselves to the unfolding meaning of our lives and the world
- Enhance our experience of spirituality
- Explore and grow as Unitarian Universalists

January 26th will see a new Spiritual Enrichment Group meeting on the second and fourth Mondays of each month.

The long standing group facilitated by **Kénel Antoine will continue on the first and third Mondays**. Kénel's group has openings for two or three more people.

The second and fourth Monday group will be facilitated by Alexa Carter. Members of former groups as well as total newcomers to Spiritual Enrichment Groups are welcome to join and experience this type of small group ministry.

All meetings will be held between the hours of 6:30 pm - 8:00 pm unless the members mutually agree to select a different time.

Please contact **Alexa Carter** (alexacarteralexa@icloud.com) or **Kénel Antoine** (kantoine@twcny.rr.com) for more information.

From Rev. Jean

As I noted in the last *MMUUSletter*, on Sunday, December 7th, there were many great ideas shared of what we can do to move our communities toward greater economic and social justice, less systemic inequality. Here are some ideas:

- Stop buying stuff. Intentionally refrain from shopping.
- See Robert Reich's documentary film "Inequality for All" (2013).
- Invest in the local economy; bank and shop at small, co-op, local institutions.
- Address local issues of racial injustice, classism, prejudice. Speak up; protest instances of the unjust execution of "law and order" in our community.
- Spend at least a little time each week to help an underprivileged family cope with language, transportation, and education barriers. Help with homework or shopping for school supplies – those "simple" things which can be anything but simple.
- Be a literacy volunteer; support Syracuse's Learning Place, the Newland Center for Adult Learning and Literacy.

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("Rev. Jean" continued)

- Read *Nickel and Dimed: On (Not) Getting By in America* (2001) by journalist Barbara Ehrenreich, who moved from state to state, low-rent apartment to trailer park, joining the millions struggling to get by on minimal income jobs. (Support a more realistic minimum wage, and be aware when hotel or restaurant staff are paid a lower minimum in anticipation of tips.)
- Share the challenges, frustrations and insights of working with families and individuals. There will be many! But so, too, are our experiences of all that makes this work worthwhile.

Whenever other people are involved, we are not in control of outcomes. This is a good thing. Respectful of human dignity and free will, we do what we can for the good of all, as best we discern it.

(Thanks to those who spoke, including **John Percival, Gabe Hardy, Larry Imperiale, Larissa Brenner, Judy Antoine, Lida Black, Donna O'Mahoney Rohde, Mary Louise Edwards, Linda Wollowitz, Fred Fiske**; to **David Ashley** who captured many of these suggestions on paper; and to **Richard Weiskopf** and **Martin Rothenberg** for additional resources.

~Blessings, Jean

Notes from R.E.

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think about my kids. I thought about how they are eventually going to find themselves being challenged by peer pressure and questioning whether they are truly awesome just the way they are, or if they can only be awesome if they “fit in”. I want them to know that they are awesome! They don't have to wear the most fashionable clothes to be awesome, they don't have to have the ideal BMI to be awesome, they do not have to have perfectly straight teeth or the popular haircut to be awesome—they are awesome just the way they are and they always will be! But then, why do I not know my own awesomeness? Why do I spend so much time focused on my appearance and worrying about what people think of me? If I'm truly going to teach my kids to love themselves in all their awesome glory just the way they are, then I need to be the example.

I think that as Unitarian Universalists, an important part of recognizing the inherent worth and dignity of every person is recognizing that worth in ourselves. I teach my kids not to judge others by their appearances and to recognize that the important stuff is what is on the inside; I need to practice that for myself. So that's my resolution this year, to be “full of awesome!” I want to take a moment each day to remind myself about my awesome. I want to show myself love, because I just know that we all have “the awesome” and we should all be free to feel it!

In Peace,

Stacy Sceiford,
Director of Religious Education

Fine Craft Show Report

Thank you to everyone who helped with the 2014 Fine Craft Show. We couldn't hold such an event without all of you who volunteer. We made about \$3545. This is \$1155 less than is in our 2013-2014 budget.

In evaluating the show, our committee has decided that after 13 years, it's time to discontinue it using the current format. It has been increasingly difficult to recruit the artists and our proceeds have been declining as there are more area craft shows. Some members from the current committee are exploring other formats and times for a craft show. They will keep the Board of Trustees advised of their progress.

~ Janet Hiemstra, chair; Joan Applebaum, Irene Blakeslee, Alexa Carter, Stephanie Cross, Julie Daniel, Mardie Ninno, Vicky Schipper, Barbara Weingart, and Linda Wobus



**"MAY MEMORIAL
LOVES THE ARTS
MONTH"**



February is “May Memorial Loves the Arts Month”

Our congregation is bursting with talent and, in February, we want to enjoy all of it. But—in order for us to be your grateful audience—we need you to take part in one or both of these events:

- **Art Gallery Exhibition**—Are you an artist, photographer, or calligrapher? If so, we hope you will exhibit your work and help to make the Social Hall beautiful for the entire month of February. **Most likely, we will want you to hang your pieces on Saturday, January 31st.**
- **Talent Show**—Do you sing, dance, tell jokes, play an instrument, recite poetry? We need you to help make the 2015 talent show—The May Cabaret—a great success. **The show will be held after coffee hour on Sunday, February 8th.**

To sign up for either (or both!) or if you have any questions, please contact **Lynne Perry** at clynneperry@gmail.com or 247-9214.



Most of us have a high interest in doing what we can to protect our environment which is being threatened now by those who have the power and money to further their economic and political interests rather than protect our planetary environment. This is no small matter, our survival depends on significant changes that need to be made, and most of us have seen how difficult it is to make even the smallest change for the better. We can recycle glass, cans, metal and paper. We can use power saving LED bulbs and drive fuel efficient cars and while all this is very laudable it seems so small compared to what is really needed on a national as well as global scale. So how can we really understand this urgent problem and what can we do about it?

I would like to draw your attention to a significant initiative that is making a very strong effort to deal with these urgent problems. You will want to read a new book *"This Changes Everything—Capitalism vs The Climate"* by Naomi Klein. This book tells you to forget everything you think you know about global warming. The really inconvenient truth is that it's not about carbon- it's about capitalism. The convenient truth is that we can seize this existential crisis to transform our failed economic system and build something radically better. In her previous book *"The Shock Doctrine"*, Naomi tackled the most profound threat humanity has ever faced: the war our economic model is waging against life on earth. She has written a brilliant explanation of why the climate crisis challenges us to abandon the core "free market" ideology of our time, restructure the global economy, and remake our political systems. In short, either we embrace radical change ourselves or radical changes will be visited upon our physical world. The status quo is no longer an option.

In *"This Changes Everything..."*, Naomi Klein argues that climate change isn't just another issue to be neatly filed between taxes and health care. It's an alarm that calls us to fix an economic system that is already failing us in many ways. She demonstrates precisely why the market has not—and cannot—fix the climate crisis but will instead make things worse, with ever more extreme and ecologically damaging extraction methods, accompanied by rampant disaster capitalism. Klein's message is sure to be controversial, yet it is a thorough, eloquent, and enlightening inquiry on this urgent and overwhelming subject. It provides the evidence and the critical reasoning we need to shift us to a new worldview founded on regeneration and renewal rather than depletion and domination from the rich and powerful. We are in a decisive battle for the fate of the earth in which we either take back control of the planet from the capitalists who are destroying it or watch its destruction. We cannot expect solutions from the very same institutions and corporations that created the problem in the first place. Klein's vision is nothing less than a political, economic, social, cultural and moral make-over of the human world.

Klein argues that the changes to our relationship with nature and one another that are required to respond to the climate crisis humanely should not be viewed as grim penance, but rather as a kind of gift—a catalyst to transform broken economic and cultural priorities and to heal long festering historical

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("GoinGreen" continued)

wounds. She documents the inspiring movements that have already begun this process: communities that are not just refusing to be sites of further fossil fuel extraction but are building the next, regeneration-based economics right now. It is up to us to influence the path that the upcoming changes take in order to protect our environment.

~ David Cummings,
Green Sanctuary Committee

A new meeting date and time for

Twisted Sisters

May Memorial's women's group, *Twisted Sisters*, invites you to join them on their new meeting date and time—*Twisted Tuesdays*. **Twisted Sisters will now meet on the second Tuesday of the month at 5:30 pm in the Memorial Room, beginning Tuesday, January 13th.**

Twisted Sisters is an open, drop-in, social group centered on the unique camaraderie of women. Female-identifying individuals of all ages and walks of life are welcome. We meet in the Memorial Room at MMUUS, and look forward to having you join us! Feel free to bring a snack or beverage, or just yourself. Contact lauraknight.md@gmail.com with any questions.

Holiday Schedule for T'ai Chi Chih

Ann Pia's T'ai Chi Chih class **will resume on January 6th.**

The regular T'ai Chi Chih schedule is **Tuesdays and Thursdays at 3:00 pm in the Social Hall.**



Our Care Baskets

We at MMUUS understand that charity should not be something we do just during the holidays. So many members and friends gave with gusto to the needy through our Giving Tree. The folks at the Christmas Bureau and Dorothy Day House were amazed and so appreciative! But let's all strive to continue giving of ourselves to others through our weekly donations in the Food and Personal Care Baskets in our foyer. Consider purchasing these food items: peanut butter, baby food (no glass containers), powdered milk, granola bars, baby formula, single serve fruit juices, oatmeal, rice. And for personal care. Socks are always needed on these cold CNY days! Other ideas: individual facial tissues, alcohol-free mouthwash, disposable razors, individual packets of laundry soap. Let's make those baskets **too small** for our donations!



~ Julie Daniel



MUSIC AND THE ARTS

Our Artists for January

Suzette Urig and her daughters Gabrielle and Sarah, of Urig Designs in Baldwinsville, will be displaying their artwork in our Social Hall during the month of January.

Suzette began painting in elementary school and, after continuing to focus on art in high school, majored in graphic design at RIT. She has had her own graphic design company since 1994, has won numerous awards and produced a series of paintings after 9/11 entitled the "*Forgiveness Series*". Suzette teaches pen and ink at Baldwinsville Center for the Arts, and works with other media as well, including pastels, acrylics, airbrushing, metal and jewelry.

Gabrielle is a junior at Wells College, studying to be a biology teacher, but also is passionate about photography. While still a freshman, she became a photographer for the Wells College Magazine, and is now its chief design editor. When studying in Florence, Italy, last year, she took more than 2,000 traditional and digital photographs. Gabrielle has had shows at Baker High School and the Baldwinsville Public Library, and plans to continue to show as well as sell her work.

Sarah is a freshman at Wells College, majoring in social work. She plans to finish her master's degree as part of the Peace Corps Program. Sarah has been creating collages since junior high school and loves to work with ceramics and other media as well. In December, her collages were shown and sold at the Natur-Tyme Holiday Gift Show.

There will be a reception in the Social Hall for the January artists on Saturday, January 10th, at 7:00 pm. All are welcome at the reception, which is a great opportunity to see their work and speak to the artists.

Calendar (continued from page 8)

Tuesday, January 20th

3:00 pm T'ai Chi Chih Social Hall

Wednesday, January 21st

6:30 am Men's Fellowship Potluck/Discussion Social Hall

Thursday, January 22nd

1:30 pm Bookenders Memorial Room

3:00 pm T'ai Chi Chih Social Hall

7:30 pm Choir Rehearsal Sanctuary

Friday, January 23rd

8:00 pm Folkus Concert: Joe Crookston MMUUS

Sunday, January 25th

9:40 am Individual Spiritual Practice Creekside

10:30 am Worship Service Sanctuary

10:30 am Teenz First UU

Monday, January 26th

6:30 pm Spiritual Enrichment Group Memorial Room

Tuesday, January 27th

3:00 pm T'ai Chi Chih Social Hall

Thursday, January 29nd

3:00 pm T'ai Chi Chih Social Hall

7:30 pm Choir Rehearsal Sanctuary

View from the Study Window

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focus. I cannot judge someone else as happy or unhappy. I cannot even insure my own future happiness. When it exists, it is in the moment, here and now and already gone.

A piece I once had on creating "words of power" stressed the importance of working "here and now, for the good of all, according to free will." It was a great reminder to me of how inseparable my happiness is from the well being of others; and my own well being, from the happiness of those around me.

Lots to think about!

~ Jean

May Memorial is a member of the Unitarian Universalist Association and the Unitarian Universalist Service Committee.

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MMUUSletter is a publication of events and information at May Memorial Unitarian Universalist Society. To be included on our mailing list, please contact our office at 315.446.8920 or office@maymemorial.com.

The deadline for the first of the month newsletters is the 15th of the preceding month. The deadline for mid-month newsletters is the 5th of the month. Articles received after the deadline will be included in the next newsletter. To submit an article, please email it to newsletter@mmuus.org.

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TIME VALUE

Calendar

Sunday, January 4th

9:40 am	Individual Spiritual Practice	Creekside
10:30 am	Worship Service	Sanctuary
10:30 am	Teenz	First UU
12:00 pm	First Sunday Luncheon	Social Hall
12:00 pm	Music & Arts Committee mtg.	Memorial Room
12:15 pm	Spanophiles	COA

Monday, January 5th

6:30 pm	Spiritual Enrichment Group	Memorial Room
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Thursday, January 8th

3:00 pm	T'ai Chi Chih	Social Hall
7:30 pm	Choir Rehearsal	Sanctuary

Friday, January 9th

8:00 pm	Folkus Concert: Barrigar & Mazengarb	MMUUS
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Sunday, January 11th

9:40 am	Individual Spiritual Practice	Creekside
10:30 am	Worship Service	Sanctuary
10:30 am	Teenz	First UU
12:15 pm	RE Committee meeting	COA

Monday, January 12th

7:00 pm	"Be the Change" Rehearsal	Memorial Room
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Tuesday, January 13th

3:00 pm	T'ai Chi Chih	Social Hall
5:30 pm	Twisted Sisters	Memorial Room

Thursday, January 15th

3:00 pm	T'ai Chi Chih	Social Hall
7:30 pm	Choir Rehearsal	Sanctuary

Sunday, January 18th

9:40 am	Individual Spiritual Practice	Creekside
10:30 am	Worship Service	Sanctuary
10:30 am	Teenz	First UU
12:15 pm	Spanophiles	COA

Monday, January 19th

6:30 pm	Martin Luther King, Jr. Day *Office Closed* Spiritual Enrichment Group	Memorial Room
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