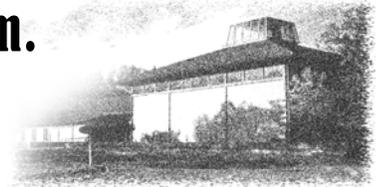




The MMUUS Board of Trustees and Staff wish you and your loved ones a very happy and healthy holiday season. We look forward to seeing you in the new year!

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



### December 20

#### Winter Solstice Service

*Rev. Susan Daiss*

This Sunday, we welcome Rev. Susan Daiss to the pulpit, as we celebrate the arrival of the Winter Solstice one day early.

\*11:30 am—Bake Sale to benefit Homeless & Hungry in Foyer/Social Hall

### Thursday, December 24, at 6:00 pm

#### Christmas Eve Service

*Stacy Sceiford and Friends*

Join us in celebration and simple recreation of the Christmas story. We will have music and plenty of "joyful noise" and a closing circle of candlelight.

### December 27

#### Begin Again!

*Worship Committee*

Everyone needs a new beginning—whether it be from a personal shortcoming, or a desire to pursue a dream! Let's bid farewell to regrets of the past year, and begin again, with the hope and promise of the new year ahead.

### January 3

#### Rev. Kathy Tew Rickey

Please join us for the first service of the 2016 calendar year, as we welcome Rev. Kathy Tew Rickey back to the pulpit.

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## Care Ring News & Notes

Five weeks after his surgery, **Don Milmore** is walking with a cane and says he feels well.

Missing **Lois Dwyer**? She has been a patient at Loretto, at 700 East Brighton Avenue, for some weeks now. She needs skilled nursing care for the cellulitis in her legs. Lois is very appreciative of visitors. If you would like to see her, she is in the Cunningham Building on the sixth floor. Cunningham is on the same road as the Fahey Rehab Building, but beyond it.

*If you are not currently in the position to render assistance as mentioned in the current survey (available online at <https://www.surveymonkey.com/r/KPJJ2LT>), but instead would like to receive assistance from the Care Ring, call **Peggy Ryfun** (656-2578) or **Carol Bickart** (472-8173) or email*

### The Growing Place Child Care Center

Since beginning operations in 1983, The Growing Place (located in the lower level of May Memorial) offers infant, toddler, and preschool programs.

Although there are no childcare openings at the moment, please watch for opening notices, which will appear in future newsletters.



## Be Sure to Have Some FUUN This Holiday Season!

**M**embers and friends of May Memorial and First UU are welcome to join in this family friendly FUUN baking event. **We will meet in May Memorial's Social Hall at 5:30 pm on Friday, December 18<sup>th</sup>**, to bake a variety of holiday cookies. Please bring enough cookies or baking supplies to make an extra batch to donate to our *Homeless & Hungry Bake Sale* (we will have cookies out during Coffee Hour at MMUUS on December 20<sup>th</sup>, for cash donations to help out Homeless & Hungry). There is also a need for plain cutout cookies (freezable) for the *Homeless & Hungry* meal to be served on December 27<sup>th</sup>.

### For the event please bring:

- **Your own sack dinner**
- **A recipe and ingredients or cookie dough ready to bake, or even premade cookies to be decorated**
- **Decorating supplies (sprinkles and frosting)**



## Bake Sale to help the Homeless & Hungry

**D**uring Coffee Hour on **Sunday, December 20<sup>th</sup>**, May Memorial will host a bake sale, the proceeds of which will go to the *Homeless & Hungry* Program.

So be sure and grab a sweet or two to go with your coffee!



(“President’s Letter” continued)

personal growth, but also to help May Memorial evolve towards a healthier, more functional and just community.

See you on Sunday!

~ Mariah Ducey, President,  
MMUUS Board of Trustees

### Greeting and Salutations Beloved Community!

I was recently notified of a disagreement between some members—(part of the job, I suspect!)

And a question came up regarding our **Covenant of Right Relations!** (See page 5)

Our *Covenant of Right Relations* is a promise we’ve made to each other in our community, about how we behave with each another. Part of our mission is to be *Welcoming*, and our covenant tells us how we do that! Listening attentively to each other, not judging, and dealing with disagreements constructively are important tenets of our Covenant. It is what binds us together as a community as we walk our spiritual journey together.

Disagreements between members of any group are a given. But as a Unitarian Universalist community, we **thrive** on disagreements. I believe that as UUs, **we should set an example** for how to deal with disagreements in a constructive, healthy manor. We know that disagreements can sometimes get emotional—and then it’s a slippery slope to slide into unhealthy and injurious behavior. But there are constructive ways of handling yourself during conflicts. So it makes perfect sense that we have guidelines for how we behave during our disagreements, lest we let our emotions take control of our behavior.

In our Covenant, we promise to deal with our disagreements constructively, communicating with others in a direct, caring, and responsible manner. But what exactly does it mean to deal with our disagreements constructively? In all the books I have read, and classes I’ve taken, the most important concept regarding conduct during personal conflicts is to avoid the dysfunctional process of Triangulation! (See “Three’s a Crowd”—page 6)

Triangulation happens when we do not communicate directly with the persons we are in conflict with, pull other people into our conflicts, speak poorly of others, or act as a messenger between two people who are in conflict. It feels better to involve others, but it’s actually very unhealthy and dysfunctional.

Right relations banks on individuals who are willing to resolve conflicts with others directly, through compromise, respect, compassion and understanding, not through bullying or convincing people of the rightness of their position. Creative compromise does not mean giving in to others, but it does mean giving up being right all the time. Each person promises to contribute something for the benefit of the greater good, instead of bolstering their own opinion. Compromise is a hallmark of Unitarian Universalism and a critical factor in our congregational ability to evolve.

We are not perfect beings, but we are striving to be better beings! Our *Covenant of Right Relations* gives us the guidelines we need not only for our

(continued above right)



### Reminder from the Treasurer

Please remember to send in your pledged money to get the tax break for 2015!



### Homeless & Hungry News

The next *Homeless & Hungry* meal **will be served Sunday, December 27<sup>th</sup>, from 10:30 am—3:00 pm**, at the new Samaritan Center on State Street.

We are looking for about twenty volunteers to help out.

Contact **Julie Daniel** at 622-3423 or [jdanielyoga@gmail.com](mailto:jdanielyoga@gmail.com) to volunteer.

Also, the funds in our *Homeless & Hungry* account are running low. Please consider making a donation to this critically important service in our community.

Please make your checks out to “MMUUS” with “*Homeless & Hungry*” on the memo line. They may be dropped off at the office or mailed to Homeless & Hungry c/o MMUUS, 3800 East Genesee Street, Syracuse, New York 13214.

## Let Us Cluster!

As regionalization approaches, it seems a fitting time to explore the benefits of congregations working together and sharing. Congregations supporting each other can accomplish more and are stronger than we are working alone. Do we churches of the Central Cluster have something to learn from each other? Let's get together to talk about the possibilities.

**What:** A potluck lunch and brainstorming session

**Where:** May Memorial Unitarian Universalist of Syracuse

**When: Sunday, January 10<sup>th</sup>, at 1:00 pm**

**Who:** Anyone from any Central New York church interested in exploring the benefits of reactivating the Central New York Cluster (May Memorial UU Society, First UU of Syracuse, Central Square, Watertown, Auburn)

- Please bring some food to share
- Please share this invitation with anyone you think might be interested
- Please R.S.V.P. to [alexacarteralexa@icloud.com](mailto:alexacarteralexa@icloud.com) so we can get an estimated head count
- Please bring ideas about, but not limited to :
  - ✓ Ways you might seek help from other churches
  - ✓ Ways you might offer help to other churches
  - ✓ Events you might like to plan with other churches
  - ✓ Where might such a group meet?
  - ✓ What kinds of programs would you like to see offered?

## News from Your Board of Trustees



### What is the Board of Trustees up to?

**T**his month, the Board of Trustees will be submitting our application for an Interim Minister to start in August of 2016. It has taken us a while to assemble the answers to all the questions on the interim application! Questions like: *"What role does the congregation and its leaders expect the minister to play in relation to the other paid staff?"* Nearly everyone on the board had at least part of a question to answer!

Other Board of Trustee agenda items include dealing with our new financials and membership database software, the current state of the Operating and Capital Funds, Building and Grounds non-budgeted expenses (*stove maintenance, the sewer back-up*); *landlord issues (updating the rental agreement, The Growing Place contract, lawn and snow removal contracts, etc.)*; approving (or not approving) various requests that come our way (**Barbara Kameron** is now Chair of the Green and Social Justice Committee; we approved a mini fundraiser on December 13<sup>th</sup>; and the History Committee gained approval to submit an application for **Reverend Samuel May to be inducted into the National Abolition Hall of Fame!**). We also hear from the R.E. Director and on occasion, the Program Council. And finally, since we do not have a Personnel Committee, the board deals with issues of hiring staff, as well as health insurance and pension plans. *A lot to cover in two hours!*

The Unitarian Universalist Seven Principles

- 1) The inherent worth and dignity of every person;
- 2) Justice, equity and compassion in human relations;
- 3) Acceptance of one another and encouragement to spiritual growth in our congregations;
- 4) A free and responsible search for truth and meaning;
- 5) The right of conscience and the use of the democratic process within our congregations and in society at large;
- 6) The goal of world community with peace, liberty, and justice for all; and
- 7) Respect for the interdependent web of all existence of which we are a part.



## May Memorial's Congregational Covenant of Right Relations



**W**e, members of the May Memorial Unitarian Universalist Society, adopt this Covenant to guide our interactions. We come together in community and fellowship from a common belief in the inherent worth and dignity of every person. In light of this shared value we covenant to work together in creating an atmosphere of equality, trust, and compassion within our congregation and the larger community.

As a religious community that promotes and uses the democratic process, we know the well-being of our congregation rests upon each member's willingness to participate actively in this process and to respect the outcomes of the collective wisdom that results.

As individuals, members and friends, we pledge to dwell together in the spirit of these guidelines. We aspire that this Covenant will strengthen our relationships and enlarge our sense of community. We commit to living and working with this covenant, revisiting it as needed. In this spirit, we covenant as follows:

To foster hospitality, extending a warm welcome to all our members, friends and visitors, and work intentionally to insure that here no one is a stranger.

- To foster a community that embraces diversity in all of its manifestations within a safe, positive, and nurturing environment.
- To move beyond simple tolerance toward genuine understanding. To recognize that all people are free to make choices regarding their own personal and spiritual journeys.
- To listen attentively, seek others' opinions, and understand that differing values do exist within our religious community.
- To deal with disagreements constructively, communicating with others in a direct, caring, and responsible manner.
- To recognize that youth are an integral part of our community and welcome them in all facets of church life.
- To express gratitude and support to the staff, church members and friends who volunteer their time and talents in support of the programs and governance activities of the church.
- Although this document expresses our written promise, our true covenant exists in our actions. In times of harmony, may it deepen our bonds with one another and in times of conflict, may it guide us in working through our differences.



### Return of "Pub Night"

**When: Friday, February 12, 2016**

In honor of **Malcolm Clark** retiring from the Finance Committee (after more than 50 years of service!), we are bringing back *Pub Night!*

More details will be made available in upcoming newsletters and announcements!



### Calling All Talent: Sign Up Now!

2016 is only several weeks away, and that means February is coming soon. And that means *MMUUS Loves the Arts* is coming soon. So, it's not too early to sign up to:

- **Exhibit Your Artwork**—Do you paint, draw, take photos, write poetry? We need you to help transform our Social Hall into a colorful and creative exhibit.
- **Perform in the Talent Show!**—Do you sing, dance, play an instrument, recite poetry, tell jokes, perform magic tricks? We need you to make our 2016 May Cabaret a lively production and a rousing good time.

To take part in either (or both!), please contact **Lynne Perry** at [clynneperry@gmail.com](mailto:clynneperry@gmail.com).

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# Three's a Crowd! How to Recognize Triangulation in All Relationships

by Sharon Selby

We are all  
drawn into "triangles"  
which is our human way of decreasing anxiety and  
tension. In a triangle there's a stronger bond that exists between two of the  
points and a third point is pushed to the outside. We know that tension feels uncomfortable  
and therefore it feels better to bring in a third person to help focus the attention or conflict elsewhere.

In a triangle,  
two people are on the inside  
and one is on the outside. For example,  
two siblings might team up on the third, or there maybe  
tension between two parents, thus one of the children is brought in as an  
insider to exclude the other parent. A third point of the triangle can also be inanimate.  
One parent may focus all his/her energy on work, bringing in work as the other insider, which  
pushes the partner to the outside. This will reduce the tension but will not be the solution to resolving the anxiety.

Positions in the  
triangle change according to the tension.

If the husband and wife are having a good day, they remain as the  
two insiders and then work, for example, is pushed to the outside. If they are having  
a stressful time with each other, one is pushed to the outside and work or a child is brought in as the insider.

Triangles  
occur within people of all ages  
and can be seen on the school playground, in the community,  
in the work environment and in the home. A certain degree of anxiety is  
normal within relationships but it needs to be worked through, not diverted to a third point.

When tension  
is very high, it feels more  
comfortable to be on the outside.

Thus, the most uncomfortable insider will try to create  
conflict between the other insider and the outsider, thus enabling  
him/herself to move to the outside position. Once the conflict between these insiders  
has subsided the outsider will try to reclaim being the insider with the original partner once more.

## Reflection by Judy Antoine

The following reflection was written by MMUUS member **Judy Antoine**, after attending the *Mothers Against Violence* vigil held on November 15, 2015:

*"I'd like to thank the Green Sanctuary/Social Justice Committee, and especially **Vicky Shipper**, for creating one-time opportunities for those of us who don't have the time and/or energy to dedicate ourselves to a committee, but want to do something. I signed up on Vicky's list to support Mothers Against Violence. I was notified on Saturday, November 14<sup>th</sup>, that there would be a vigil on Sunday, November 15<sup>th</sup> at 5:00 pm at 206 Hawley Avenue. I went and we were a group of four. Two women from the All Saint's Parish joined us and we were six. Slowly the group grew to about 30—40 people. The impact these 40 minutes had on my life was enormous. I suggest that others who can give less than an hour of your time when there is a call give it a try. It's just a matter of **being** there in silence to support the cause of less violence in our city.*

*We gathered together November 15<sup>th</sup>, all ages, races and faiths. We gathered to console the family and the loved ones of the slain young man. In a circle, in a dark seedy part of the city, all together holding hands, most unknown to one another. Four young men with faces that show no emotion, smoking cigarettes and letting the world know that this event does not touch their heart. Clusters of young tween girls giggling to ease the tension that they feel.*

*What hope could we bring to this group, many who have suffered this tragedy over and over again? In fact, the mother of the one we honored that night tonight had already lost one son to violence. Here again . . . What were we to say to the children that were witness to this? May they make different choices and have lives that are spared the hatred that runs wild through these neighborhoods.*

*I looked towards a leader who died violently for us and the children to come— Dr. Martin Luther King Jr. Please guide me, please guide me, in this hour of darkness. He, who lived in fear and felt the rage that violence can give birth to. These are his words, "Through violence you may murder the hater but you do not murder hate. Hate cannot drive out hate: only love can do that."*

*So, there I stood to pray that each of us might reach into our souls and not only feel the love but feed the love that is in each of us. Yes, I do believe there is a seed or field of love growing in each and everyone of us. And there is hate, as well. Which one will you choose to feed today? We make that choice every day of our lives. For it is only love and peace that can drive out the hate that lives in each of our souls. Let us commit to connect with the spirit of love and have it grow by feeding it*

*(continued above right)*

*("Reflection by Judy Antoine" continued)*

*with kindness, acts of love, smiles that say: I see the dignity in you and releasing the tears and pain in our body to make way for the goodness that we each possess.*

*Suddenly, I looked up and saw the giggling girls hugging each other, as tears flowed from their eyes. The four young men were in an embracing huddle, sobbing for the pain and the loss that they felt. Yes! Feel and let go, feel and let go . . . make room for love, peace, dignity. They will be what nourishes our soul. I pray that love will become so powerful among us that it will crowd out hate which will not be able to survive with so much goodness in our soul."*

*~Judy Antoine*

*Those interested in being notified of Vigils sponsored by Mothers Against Gun Violence may contact Vicky at [victoria@twcny.rr.com](mailto:victoria@twcny.rr.com). If you would like vigil information via email, please send your email address. If you prefer a text message, please send your phone number.*

### Grad Students Teach Philosophy to 8th Graders

For several years now, doctoral students from our own **Anton Ninno's** philosophy class at Syracuse University have been teaching 8<sup>th</sup> grade students at Southside Academy. This program is a collaborative among the Southside Academy, the Syracuse City School District, and members of S.U.'s philosophy department in the College of Arts and Sciences.

To learn more, go to <http://news.syr.edu/graduate-students-teach-philosophy-to-eighth-graders-in-city-schools-68821/>.

# May Memorial

Unitarian Universalist Society

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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Syracuse, NY 13214

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## TIME VALUE

## Calendar

*\* Tai Chi Chih classes meet Tuesdays and Thursdays in the Social Hall at 3:00 pm \**

### Tuesday, December 15<sup>th</sup>

7:00 pm Board of Trustees Memorial Room

### Wednesday, December 16<sup>th</sup>

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

### Thursday, December 17<sup>th</sup>

7:30 pm Choir Rehearsal Sanctuary

### Friday, December 18<sup>th</sup>

5:30 pm Cookie Making FUUN Event Social Hall

### Saturday, December 19<sup>th</sup>

10:30 am Worship Committee Memorial Room

### Sunday, December 20<sup>th</sup>

10:30 am Worship Service Memorial Room  
10:30 am Teenz First UU  
11:30 am Homeless & Hungry Benefit Bake Sale MMUUS

### Monday, December 21<sup>st</sup>

6:30 pm Spiritual Enrichment Group Memorial Room

### Winter Solstice (Beginning of Winter)

### Tuesday, December 22<sup>nd</sup>

5:30 pm Twisted Sisters Memorial Room

### Thursday, December 24<sup>th</sup>

6:00 pm **Christmas Eve**  
**\*Office Closed\***  
Christmas Eve Service Sanctuary

### Friday, December 25<sup>th</sup>

### Merry Christmas, To One And All!!

### Sunday, December 27<sup>th</sup>

10:30 am Worship Service Memorial Room  
10:30 am Teenz First UU  
10:30 am—3:00 pm Homeless & Hungry Meal Samaritan Center  
12:00 pm PR Committee Memorial Room  
12:15 pm Spanophiles COA

### Monday, December 28<sup>th</sup>

4:00 pm **\*Office Closed\***  
Spiritual Enrichment Group Memorial Room

### Tuesday, December 29<sup>th</sup>

**\*No T'ai Chi Chih**

### Thursday, December 31<sup>st</sup>

**New Year's Eve**  
**\*Office Closed\***  
**\*No T'ai Chi Chih or Choir Rehearsal**