



Board Chat on April 17

Thanks to all who came to and participated in the Board Chat in March. We were glad to answer your questions, and to have your support.

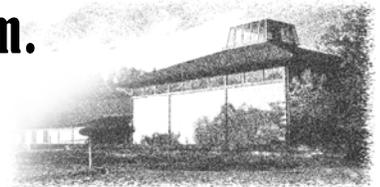
One more informal Board Chat will be held this Sunday, April 17th, in the Social Hall during Coffee Hour.

~ Alice Chico,
MMUUS Board Secretary

Inside:

CareRing News & Notes	2
President's Letter	2
Arts on Genesee News	3
Cuse Pit Crew's Film Screening.....	4
Community News	5
Music and the Arts	6
GoinGreen	7

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



April 17

Does Breath Become Air? Reflections on Fear and Valor at Life's End

Dave Pasinski

Dave Pasinski is a semi-retired chaplain with seventeen years of service at Hospice of Central New York and other chaplaincies and non-profits. He was also a priest in the diocese of Syracuse for ten years and for five years with the Maryknoll Mission Society in Bolivia and Venezuela. He fondly remembers being part of the "Sanctuary" movement in the late 1980s and 1990s with Rev. Nick Cardell, Cathy, and so many others at May Memorial. He continues to be active with ACTS, a medical mission in Nicaragua, UnityAcres, and other peace and justice movements.

*12:00 pm—Board Chat in the Social Hall

April 24

Al Gore: Sustainable Visionary

Jim D'Aloisio

Many of us may be friends with Jim D'Aloisio, a member of First UU, and the speaker for our Earth Day service on April 24th. This is the seventh in our Save the World Series, and Jim will be giving us his thoughts about our 45th Vice President, a Nobel Peace Prize winner and the author of the best-seller, "An Inconvenient Truth", which was turned into an Academy Award-winning documentary.

*12:00 pm—Open Budget Meeting the Sanctuary

** 2:30 pm—Cuse Pit Crew's Earth Day Film Presentation in Social Hall

May 1

Rev. Libby Moore

Please join us in welcoming Rev. Libby Moore back to the pulpit on the first Sunday of May.



Care Ring News & Notes

Debbie Pillsbury Is recuperating from hip replacement surgery at St. Camillus rehabilitation center. She received a new hip on the other side a few years ago. Cards and visits would be welcome. When calling, ask for *Cornelia*—Debbie's first name.



Greeting and Salutations Beloved Community!

Systems Thinking—that is where you think about our congregation as a system. It doesn't seem too far-fetched. We certainly think of everything as interconnected! Our 7th principal guides us to: "*Respect for the interdependent web of all existence of which we are a part.*" But fully understanding that one part of a system can have a big effect on other parts, It is a bit tricky, because it's not easy to see these relationships, even if we understand they exist. Did we think about steel manufacturing companies producing massive amounts of smog in the 1950's? Now we realize it had an enormous effect on our atmosphere. Even into the 1970's, when my brother worked at a Nine Mile Nuclear Power Plant he would say: "*We don't worry about nuclear waste—a big truck comes and takes it away!*"

As people, we live in emotional systems—where our behavior is instinctive, automatic, and sometimes reactive. That's how we're wired. And under times of stress, we can get downright cranky. We react rather than respond. Our behavior is directed by emotion rather than by reason and love. But it's very important to understand that one irritable exchange can affect the whole system.

I know at May Memorial, we expect everyone to be mostly agreeable, and follow our Covenant of Right Relations. I also know it doesn't always work that way. I found myself seething one day during a worship service, when something quite unplanned happened (*as a rule, one or two things happen during a worship service that are not planned—the point is—that no one, but a very select few, will ever pick up on it. This was a big one!*) I had to address this issue, and I do not like conflict! Conflict is incongruent with our highest ideals. So then, how do we deal with it? My first response is always to remain curious. Go to the place of understanding!

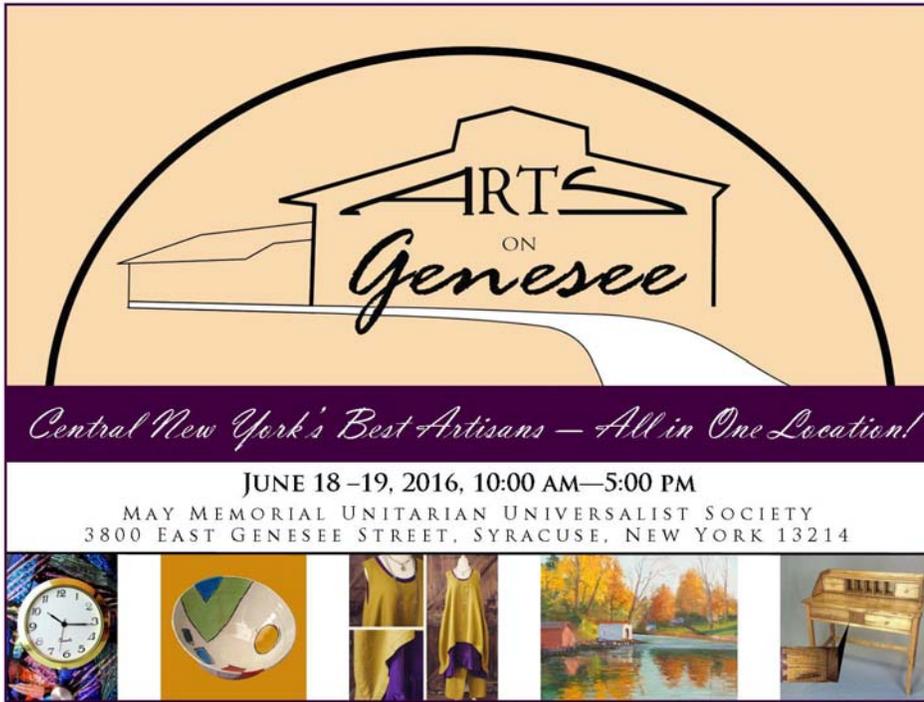
But I also believe that tension and conflict are potentially a stimulus for change. Working through conflict can lead to expansive thinking, looking at our differences in new ways, leading to insights and fresh action. If we don't learn from our conflicts—and adapt and change—we will be compelled to repeat old patterns.

In my situation, I did reach out and address the situation head on—asking questions, remaining curious, and not blaming or accusing (*which is a direct route to trouble!*) In hearing a different side of the story, I thought about how this might work out in the future, and how the Worship Committee might better handle these types of issues before they come up.

It's all good!

See you on Sunday!

~ Mariah Ducey,
President, MMUUS



All Hands on Deck: Calling on the Entire Congregation for Help with Arts on Genesee

June 18-19, 2016 will mark the first annual outdoor art sale at MMUUS. This sale will continue the tradition of our former indoor Fine Arts and Crafts show, and is being used to replace the several thousand dollars that show added to our budget. Like our former show, Arts on Genesee will require the efforts of many congregation members. Please plan to get involved, as your skills are needed and appreciated.

Arts on Genesee will feature thirty- five artists from Central New York. Our front traffic circle will be lined with white art tents filled with ceramics, jewelry, fiber arts, wooden treasures, paper designs, photography, paintings, and more. A food truck and specialty coffee cart will be on hand to sustain shoppers. The Hospitality Committee will provide breakfast and lunch for vendors and volunteers alike. A raffle and art demonstration will add interest to the day. There may even be music. *Anyone out there willing to donate a few hours of playing to the weekend?* Let us know.

A committee of dedicated members have been meeting, planning and securing vendors for almost a year in anticipation of this event, but now it is time for the rest of the congregation to step up. Lynne Perry is our volunteer coordinator. You will soon be getting a call to ask for help with one or two tasks involved with the weekend. Traffic directors, booth sitters, set-up and clean-up crews, cooks and food donators , security detail, and more will be needed during the two days of the event. Please say, "Yes," when you are asked to

(continued above right)

("Arts on Genesee" con't.)

volunteer. Look for sign-up stations in the Social Hall as well.

There is one very important way in which every person in the congregation can help with Arts on Genesee. The event needs to be widely publicized. Many shoppers are needed. Each of us can help by sending out information to our friends and contacts via email, Facebook, and social media of all kinds. You will be receiving an electronic postcard with all the information about the event. When you receive your postcard, please share it as widely as you can. We will be distributing lawn signs to advertise. If you live on a well-traveled street on the East Side, please contact **Mardie Ninno** to get a sign to display. The same logo has been used for several forms of communication about the event for the past year. **Brian Betz** designed the logo, and we hope it will soon be recognized by many people as the symbol of Arts on Genesee.

Though these all church efforts take a great deal of work, those who have taken part in the past know that they are also a great deal of fun and they bring us closer together in many ways. Please join this MMUUS happening over Father's Day weekend June 2016. We are always better together.

Contact any committee member with questions or to offer your services.

~ Mardie Ninno; Lynne Perry (Volunteer Coordinator); Joan Applebaum; Alexa Carter; Barbara Weingart; Linda Wobus (Food Coordinator); Stephanie Cross; Julie Daniel



Women Transcending Boundaries present their 2016 Spring Program

Women Transcending Boundaries (WTB) invites women, men and teens to spend an afternoon with Gene Fisch, Lecturer and Author of "All Love Comes Home – A Promise of Truth", a historic memoir, written as a novel. Gene has an important message for us all; his video was played at the National World Peace Conference. To find out more about Gene Fisch, please visit www.eugenefisch.com.

Please join us on Sunday, April 17th, from 3:00 pm to 5:00 pm, at InterFaith Works, located at 1010 James Street, Syracuse, New York 13203.

Refreshments will be served.

This event is free and open to the public.

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.

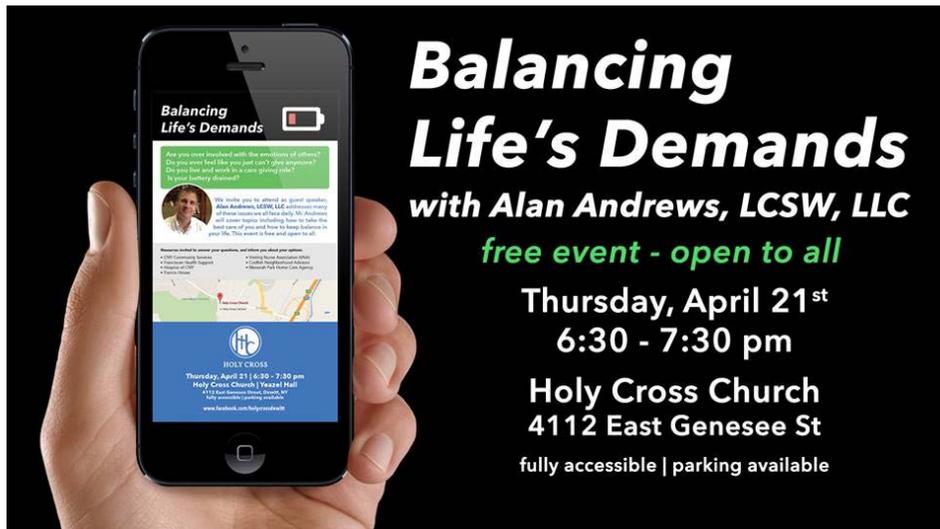


Celebrate Earth Day with the Cuse Pit Crew!

Earth Day is just about a week away! Join the Cuse Pit Crew in commemorating this important day at their screening of the film "Racing Extinction" on **Sunday, April 24th, in the Social Hall. Social Hall doors open at 2:30 pm, and the movie begins at 3:30.**

Refreshments, including yummy plant-based samples courtesy of Strong Hearts Cafe, will be provided. Take pictures of your kids in endangered animal masks in the photo booth, and enjoy art work and essays about endangered species by local students.

\$5 per person, \$10 per family, with proceeds to benefit the ESF environmental science summer camps for local high school students.



Balancing Life's Demands
with Alan Andrews, LCSW, LLC
free event - open to all
Thursday, April 21st
6:30 - 7:30 pm
Holy Cross Church
4112 East Genesee St
fully accessible | parking available

Help and Advice for Care-Givers

Are you over-involved with the emotions of others? Do you ever feel like you just can't give anymore? Do you live and work in a care-giving role? Is your battery drained?

If you said yes to any of those questions, you may find Alan Andrews (LCSW, LLC) may have some help for you. Mr. Andrews will present a talk on **Thursday, April 21st, from 6:30 pm—7:30 pm at Holy Cross Church's Yeazel Hall (4112 East Genesee Street, Dewitt, New York).**

Mr. Andrews will cover topics including how to take the best care of you and how to keep balance in your life.

Additional resources will be available from CNY Community Services, Franciscan Health Support, Hospice of CNY, Francis House, Visiting Nurse Association (VNA), Codfish Neighborhood Advisors, and Menorah Park Home Car Agency.

Free, fully-accessible parking will be available.

This event is free and open to all.

For more information, visit www.facebook.com/holycrossdewitt.



Plan your summer vacation with UUMAC!

Are you looking for a summer vacation option that will be fun, rejuvenating, multi-generational, and affordable? This summer, you are invited to vacation with the UUMAC (Unitarian Universalist Mid-Atlantic Community), which will be held July 10-16 at DeSalles University near Allentown, Pennsylvania.

UUMAC is an intentionally multi-generational community, and programming is a balance of activity according to age grouping and across age barriers. Children, teens and adults each have programming geared to their interests. As well, ages mingle for off-campus trips, and evening activities.

This year's UUMAC will focus on Radical Hospitality and Radical Justice, A Journey In UU Identity in Stories and Song. Rev. Libby Smith, an adjunct staffer at the Joseph Priestly District, will be our Minister of the Week and Rev. Dr. Tracy Sprowls of the Plainfield UU church will be the Theme Speaker.

For more information, visit www.uumac.org or email program director, Ashley Egan at ashtree97@gmail.com.



You are invited to a May Memorial UU Drum Circle

May 15
12:00 pm / \$10/session

What is a drum circle? There are many styles of drum circle facilitation. Sandra Sabene, from the Liverpool Art Center, offers a relaxing rhythmic interaction which offers drummers opportunities to express, explore and play with percussion. All levels are invited and beginners are warmly welcomed. Sandra offers a quick hand drum lesson in the beginning and then we all enjoy riding the waves of soothing rhythms and up-beat releases.

Bring your own drum or reserve one.

Please RSVP to **Carroll Grant** at 882-4910 or cgrant6@twcny.rr.com.



MUSIC AND THE ARTS

Upcoming Folkus Concerts



May 6th - Burns and Kristy - Terry Burns and Ron Kristy met after many years as independent musicians and singer/songwriters in Nashville, Tenn. They were married in 2004, but it was not until 2011 that they made the decision to become a musical duo and produce a CD. Terry and Ron launched their debut CD in July 2012 to rave reviews. The single "Blue Paper Boat" from that CD was a Top 3 Finalist in the International Acoustic Music Awards. They have made their home in Ithaca, New York and are currently recording a new CD. Their live show is one of a kind, with fine songwriting, deeply rich harmonies and great musicianship. As entertaining as it is moving, the show ranges from the deeply touching to the hilarious in a split second.



Terry Burns' music has been described as "*fresh, contemporary, moving, melodic and fun*". Her songs have been recorded by many artists, including David Kersh, Lari White, River Road, Alecia Elliott, Ruby Lovett, Pam Rose, Dawn Sears, Jason Sellers, The Burns Sisters, and many more. Her music has been featured on various TV shows, including "The Fosters", "Alecia", and "Who Wants to Marry My Dad?" While in her Early 20's, Terry recorded 2 CDs on Columbia records with her sisters, "The Burns Sisters". She has also recorded an independent CD of some of her favorite tunes that she has written.

Ron Kristy has been composing music for Film/TV for many years. You can hear Ron's music everyday around the globe on shows such as "20/20", "Good Morning America", "Inside the NFL", and "Dancing With the Stars" to name just a few. He has composed award winning music scores for "Angel Stories", "Miracle Stories", and "Life after Life" on the Discovery Channel, and "Soul of the Senate - The Robert Byrd Story" on PBS, among many others. Ron is a former staff writer at Warner Chappell Music in New York.

They are joined by the multi-talented Janet Cotraccia on vocals and keyboard and Doug Robinson on guitar and vocals.

Tickets are \$15 (Folkus Member Price: \$12)

Show begins at 8:00 pm.

To reserve tickets, or for details and info, please visit <http://www.folkus.org>.

Robin Wall Kimmerer's Talk on "Braiding Sweetgrass"

On December 12th, I attended a book talk by Robin Wall Kimmerer on her book, *Braiding Sweetgrass*, held at the Ska Nohn Center. Robin, who is a Potowtامية Indian, lives near Fabius, and teaches botany at ESF.

Ecological Restoration also needs Re-Story-ation. This means to re-story Onondaga Lake with Haudenosaunee perspectives.

Sweetgrass has an Indian name: *Wehngosh*, which means "The one who brings us this sweet fragrance of wet sunny Meadows", an invitation to ceremony and prayer. Also Sweetgrass is a healing plant, whose fragrance brings healing. The Creation Story names it as one of the first plants to grow on Mother Earth; thus, "the hair of Mother Earth."

When Sweetgrass is braided, as it commonly is, it is divided into three strands—Mind, Body and Spirit—to demonstrate loving care for Mother Earth's well being. It is given away as a sign of kindness and gratitude.

There are also three kinds of knowledge that are represented—the first is Indigenous Wisdom, or Traditional Ecological Knowledge (TEK). Next is Scientific Ecological Knowledge (SEK), also divided into three. The third—and most important is Plant Knowledge. We are just one member of the ecological species. Plants are our teachers. We need to learn *about* them and *from* them. TEK and SEK differ in that the first is qualitative and the second is quantitative. Historically, we all could talk to one another and to the plants.

Embrace the notion of the world as a gift. The geese are flying north! What are they teaching us? Looking at the world as a gift is what we should be doing instead of seeing it only as a source of resources.

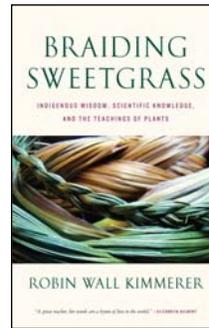
It is necessary to have gratitude and to give thanks and give a gift in return. What does the earth ask of us? There is a theme of reciprocity. Robin Wall Kimmerer's book "*Braiding Sweetgrass*" is her gift of reciprocity to the earth. An earlier book "*Gathering Moss*" is also such a gift.

Kimmerer talks of the Chestnut Project, which was meant to restore the American Chestnut. She recommends the book "*1491*", which tells the story of the continent before the Europeans arrived.

The Medicine Wheel is a way of thinking. Ecological crises are really value issues. Kimmerer talked about the partnership with the College of The Menominee Nation in Michigan. The forest is their source of revenue and they take a lot of wood, but you would not know it. They treat it like a garden. Holistic Perspective is not always welcomed in the scientific community. This was found with the scientific community and the Sweetgrass experiment. The experiment revolved around South Carolina Basket Making. They use a different plant—salt marsh Sweetgrass ("the sacred fragrant holy grass").

Kimmerer told a story about corn. In this story, the people had so much corn

(continued above right)



(*GoinGreen* continued)

that they abandoned their Thanksgiving Ceremonies, and it was allowed to rot. This is very disrespectful. So the Corn Spirits said, "No more caches of corn to be left moldy, and ill-tended."

Another story she shared was about the Blueberry Festival and the *Windigo*, an archetypal monster, a mythic being that comes out in the winter. It is covered in snow and is a cannibal. The more he consumes, the hungrier he gets. He is insatiable. Being insatiable is the greatest evil. It is the worst you can be. He thinks only of himself. Therefore, he must be banished from the community and must wander. This is the key message of *Braiding Sweetgrass*. It is our relationship to the land that is broken, not the land.

Kimmerer pointed out that kids can recognize 500 logos but fewer than 10 plants. In her next book, she will tackle the theme of reciprocity. Every single being when put on earth was given a gift. Traditionally, each new day is greeted with a song of reciprocity in order to greet the day! We should ask ourselves, "What is my gift?" We have a responsibility to use it. The definition of an educated person is to "know your gift and how to use it for the world."

This book is likely to become a classic of nature writing, right up there with Muir and Aldo Leopold. It is filled with many luscious metaphors. I shall end with just one: "It is time we start doing the dishes in Mother Earth's kitchen."

~ Susan Savion,
Green & Social Justice Committee

In the acknowledgments at the end of Robin's book, she thanks MMUUS members **Nan Gartner, Joyce Homan, Dick Pearson, Bev Adams, Richard Weiskopf and Harsey Leonard**. She used to belong to May's Writers Group!

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

Glenn Kime
DIRECTOR OF MUSIC
Phone ♦ 315.729.3734

Stacy Sceiford
DIRECTOR OF RELIGIOUS EDUCATION
Email: dre@mmuus.org

Mariah Ducey
SOCIETY PRESIDENT
Email: president@mmuus.org

Brian R. Betz
OFFICE ADMINISTRATOR
Phone ♦ 315.446.8920
Email: office@mmuus.org
Fax ♦ 315.446.4605
Office Hours: 10-4 Monday–Friday

NEWSLETTER SUBMISSIONS
Email:
newsletter@mmuus.org

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.

May Memorial Unitarian Universalist Society
3800 East Genesee Street
Syracuse, NY 13214

**Non-Profit Org.
US Postage
PAID
Syracuse, NY
Permit No. 1640**

TIME VALUE

Calendar

Friday, April 15th 8:00 pm	Folkus Concert: Barrigar & Mazengarb	MMUUS
Saturday, April 16th 10:30 am	Green & Social Justice Cmtee.	Memorial Room
Sunday, April 17th 10:30 am 10:30 am 12:00 pm 1:00 pm 1:00 pm 7:00 pm	Worship Service Teenz Board Chat Program Council Great Decisions Group I Great Decisions Group II	Sanctuary First UU Social Hall Teen Room Memorial Room Memorial Room
Monday, April 18th 6:30 pm	Spiritual Enrichment Group	Memorial Room
Tuesday, April 19th 3:00 pm 7:00 pm	T'ai Chi Chih Board of Trustees	Social Hall Memorial Room
Wednesday, April 20th 6:30 pm	Men's Fellowship Potluck Dinner	Social Hall
Thursday, April 21st 3:00 pm 7:30 pm	T'ai Chi Chih Choir Rehearsal	Social Hall Sanctuary
Sunday, April 24^h 10:30 am 10:30 am 12:00 pm	Worship Service Teenz Open Budget Meeting	Sanctuary First UU Sanctuary
Monday, April 25th 4:00 pm	Spiritual Enrichment Group	Memorial Room
Tuesday, April 26th 3:00 pm 6:00 pm	T'ai Chi Chih Twisted Sisters	Social Hall Memorial Room
Thursday, April 28th 1:30 pm 3:00 pm 7:30 pm	Bookenders T'ai Chi Chih Choir Rehearsal	Memorial Room Social Hall Sanctuary