



View from the Study Window...

This month, I could do no better than to recommend to you Stacy Sceiford's wonderful column on page 3. Take it in deeply and then rest your mind on these Affirmations from our hymnal *Singing the Living Tradition*.

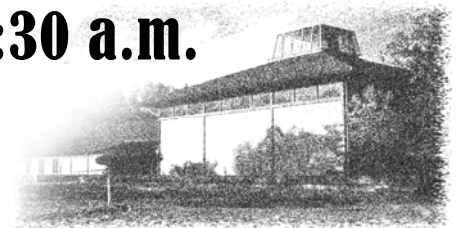
"Mindful of truth ever exceeding our knowledge, and community ever exceeding our practice, reverently we covenant together, beginning with ourselves as we are, to share the strength of integrity and the heritage of the spirit in the unending quest for wisdom and love."

~ Walter Royal Jones, Jr.

"This is the mission of our faith: To teach the fragile art of hospitality; to revere both the critical mind and the generous

(continued on page 7)

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



June 7

Entrusted with the Summer

Rev. Jean L. Wahlstrom

We have struggled, historically, to address the popular misunderstanding that UUs can believe anything they want—just as Universalists struggled, historically, with the charge that their faith allows people to *do* anything they want. How do we live, act, and speak so that our faith is glorified?

*12:00 pm—Open Budget Meeting in the Social Hall

June 14

Intergenerational Flower Communion Service

MMUUS Staff

We celebrate the Unitarian vision of Beloved Community built upon diversity and respect. *Remember to bring a flower of any kind for the Flower Communion ceremony.*

*1:00 pm—Verah Johnson's Memorial Service

**7:00 pm—Annual Meeting

June 21

Summer Solstice Service

Susan Diass

Come celebrate the longest day of the year with guest speaker Susan Diass.

June 28

Music Sunday

Fred Fiske

Join us this Sunday for a musical treat from May Memorial's own, Fred Fiske.

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Annual Meeting and end of church year event schedule

With the 2014-15 MMUUS fiscal year drawing to a close, here are the dates of two events you don't want to miss.

• Open Budget Meeting - June 7

The budget information meeting for the 2015-16 church year will be held **in the Social Hall at 12:00 pm on Sunday, June 7th. Lee Macbeth**, our treasurer, and board members will be available to answer questions about how we propose to allocate funds next year. This meeting, rather than the Annual Meeting, is the best opportunity to share your concerns to allow for changes, if needed. Please join us.

• Annual Meeting - June 14

6:30 pm – Desserts and Coffee—Bring your favorite dessert to share, to sweeten up the evening.

7:00 pm – Annual Meeting—The May Memorial Unitarian Universalist Society's annual business meeting will include adoption of a budget and election of officers for next year, as well as a vote on a proposed amendment to our Constitution. Other business as deemed proper may be brought before the members. **Pledging members are urged to attend and cast their votes.**



Nominated Officers, Trustees and Nominating Committee Members

The Nominating Committee is pleased to propose the following slate of officers, trustees and Nominating Committee members, to be voted on at the Annual Meeting on June 14, 2015. As always, nominations from the floor will be accepted. Please make sure that anyone who is nominated from the floor is willing to serve.

Officers and Trustees

President: Mariah Ducey (1 year term)

Vice President: Rob Neimeier (1 year term)

Secretary: Alice Chico (1 year term)

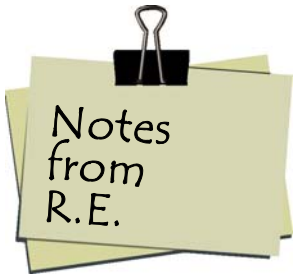
Board of Trustees

Emanuel Carter (3 year term)

Nominating Committee: Peter Colman, John Kaftan, Don MacKay, Felicia Otero, Peggy Ryfun

Proposed Constitutional Amendment

At the June 14, 2015 Annual Meeting, a vote will be taken on an amendment to our Constitution which has been proposed by the Board of Trustees. The amendment adds the following language to Article V Section 7 (Nominating Committee): *“Upon the Board’s request, the Nominating Committee shall suggest candidates to serve as chairs of committees and in other leadership positions.”*



(“Notes from R.E.” continued)

young adults are so influential in forming the stances that the UUA takes on social issues. I read through the credo statements the COA youth wrote on that trip and realized that what RE does is make a space for children to grow and learn and think and believe.

Looking out the window of my office, there is a big maple tree, heavily burdened with seeds. You know, the ones that are carried off by a strong breeze and spiral down to earth. RE is like the tree, strong and supportive, making a safe place for lots of little possibilities to grow. Now, instead of feeling weighed down though, I'm lightened by the thought of how the world will be different when they let fly.

In Peace,

Stacy Sceiford,
Director of Religious Education

I have a bit of a confession to make this month in my newsletter article, but don't worry! I promise it will end on a high note. My confession, I gave into the drudgery of adulthood and lost my sense of wonder and possibility. I know that doesn't seem like too big a thing, I mean, we've all been there, right? I have had to face some challenges this year, adjusting to being a parent who works outside the home and needing to learn on the job the many facets to being a DRE, and then a few months filled with high energy and demanding weeks and I was feeling overwhelmed.

Then came the Teenz con! Sitting in the Sanctuary at May Memorial during the worship service they were holding in the wee hours of the morning (think 1:00 am—4:00 am), I was struck by the emotions running high in the service. The energy flowing from the hearts and souls of those young people was palpable. Instead of being uplifted in that moment, I felt the sting of my age and disillusionment of responsibility and the repetitive mundane. I leaned forward and whispered to a parent/friend in the pew in front of me, *“They still think they can change the world.”* It was a statement made out of both awe and sadness, I had lost that feeling and I had that sad sense that they would all lose it one day too when they were burdened as I felt with adulthood. Fortunately for me, the parent/friend turned around and reminded me that I had just that week in RE pointed out to the children that they were in fact changing the world in the here and now.

The parent was reminding me of how I spoke to the children about recycling a few weeks ago. I mentioned to them that when I was a child recycling wasn't commonplace, but through the dedicated efforts of kids who wanted to clean up the environment and parents and adults who wanted to leave the world a better place for future generations, recycling has become so widespread that it's hard to think of a time when people didn't recycle. And those same kids were right on top of other energy saving and landfill sparing ideas, they *are* changing the world! They may be the generation who will make the time before renewable energy and clean air completely unthinkable to their children and grandchildren.

I've been very fortunate in the weeks since that low moment to have my eyes and mind opened to possibilities of the world in fact becoming a better, changed place because of those teens with their big hearts, because of the RE children, the volunteers who work with them, and yes even me. And if I am influencing any small part of that, then aren't I in fact changing the world?

I also had the opportunity to go on the Boston Heritage Trip with our Coming of Age class, my first such trip! There my faith was strengthened as I learned more about the justice work done by the UUSC and the way that youth and

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2015 MMUUS Book Sale Recap

A HUGE THANK

YOU to all who participated in the Biannual Book Sale. **We made \$2195.80**, for the general fund, which is less than in previous years, but better than I expected. So thanks again to those who:



- Brought books and media
- Bought books and media
- Packed, unpacked and re-packed books
- Arranged and rearranged the merchandise
- Set up and tore down the tables
- Dealt with the trash
- Helped out as a cashier or a floor walker

And to **Dave Sorenson of Pop's Media Cafe in Shoppingtown**, who took all our remainders and gave a generous donation to May Memorial. Check out his store when you are in that neck of the woods.

Respectfully submitted,
~ Alice Chico,
Chair, Book Sale Committee



goinggreen

Environmental Social Action Blogs

The Environmental and Social Action Committee has posted three of the four "element" essays—*Air, Sun and Water*— on our blog for anyone who missed the service or who would like a copy of the essays. Our blog is located at <http://mmuusgreensanctuary.blogspot.com>



Zero Waste, Make Haste

We ran out of mouthwash and it gave me a great opportunity to replace it with a homemade one. It did require a quick trip to *NatureTyme*, but I'm sure I'll be using these essential oils for other DIYs. This anti-bacterial mouthwash is very easy to make and my mouth feels extremely fresh and clean. I took 1 cup of distilled water (or purified), and added 4 tsps. of baking soda. I stirred it and dropped in 4 drops of tea tree essential oil, as well as 4 drops (or more) of peppermint essential oil. I placed these back into the empty mouthwash bottle, gave it a good shake and was ready to go.

It is NOT a good idea to double this recipe since the flavors of the essential oils can change over time. Both oils have antibacterial properties, which will keep away the bad breath. Be sure you give your bottle a shake before using it since the baking soda will settle on the bottom. If you'd like the mouthwash to have a sweet taste, they recommend that you use Xylitol which is proven to have a positive effect on tooth and gum health. I will try this next time. You add two teaspoons of it to this recipe.

Homemade Anti-Bacterial Mouthwash

1 cup of distilled or purified water

4 tsps. of baking soda

4 drops of tea tree essential oil

4 drops of peppermint essential oil

**optional: 2 tsps. Xylitol*

***Warning: Xylitol can be very toxic to dogs. Keep it stored away from your canine friends! :-)**

~ Judy Antoine

Judy's blog is online at: <http://mmuusgreensanctuary.blogspot.com>



“Dignity in Dying” Meeting - June 13

The annual meeting of the Funeral Consumers Alliance of Central New York (FCA of CNY) will highlight current initiatives to promote “Dignity in Dying” legislation in New York State.

Meeting date and time: Monday, June 13th, at 2:00 pm at the Corinthian Club, 930 James St., Syracuse.

The program will feature Ms. Laurie Leonard (MSW) who is the Associate Director of End of Life Choices New York. Her organization has been actively involved in passing legislation in states that have Dignity in Dying laws in place. Dignity in Dying options are gaining momentum nationwide, but the New York state legislature is still debating and discussing the issue. All who attend can join the discussion and ask questions of Ms. Leonard.

The meeting is free and open to the public.

FCA of CNY (formerly The Syracuse Memorial Society) is a not-for profit consumer education and advocacy association.

The Organization’s purpose is to educate, encourage, and assist people as they plan their own after-death arrangements.

The FCA of CNY is independent of the funeral industry and not affiliated with any religious group.

For further information, please contact President Peggy Chestnut at 446-0557.

Searching For Summer Coffee Hour Hosts



Please consider serving as a host for coffee hour this summer. **Summer services begin on June 21st.** The work is light, the people are fun to talk with, and the effort is much appreciated by the congregation. We will send you instructions, help you as needed, and find you a partner (or you can find your own).

~ Don MacKay
mackay214@gmail.com
(315) 256-2226

Summer Schedule for Ann Pia’s T’ai Chi Class



Ann Pia’s Tai Chi Chih class (the one that meets in the Social Hall on Tuesday and Thursday afternoons) **will be on hiatus from June 19th through Labor Day. The last class of the summer will take place on the afternoon of Thursday, June 18th.**



2015 CNY Pride Festival
Saturday, June 20th

- **Flag-Raising—City Hall—
11:00 am**
- **Parade begins—11:30 am**
- **Festival—Everson Museum
Plaza—12:00 pm**

Show both your LGBT/Ally & Syracuse University pride by marching with the LGBT Resource Center in this year's CNY Pride parade! We will be meeting at 10:30 am near City Hall to gather for the flag-raising ceremony and march, or you can stop by our table at the Pride festival following the march. More information about the Pride Parade/festival is available online at www.cnypride.org.

The first fifty people to RSVP for the parade will receive a free commemorative Syracuse University/CNY Pride T-shirt. **Please RSVP to lgbt@syr.edu by Friday, June 19th.**



MUSIC AND THE ARTS

June MMUUS Gallery Exhibition Features Whimsical and Creative Images

Our featured gallery artist for the month of June is **Clare Wilson**, a native of Great Britain, who owned a seamstress business specializing in theater costumes, before health reasons forced her to find other ways to express her creativity.

Now paralyzed on her left side because of muscular dystrophy and unable to continue working with fabric, she has learned to paint and work with other materials using only her right hand. Choosing a variety of small, recycled metal pieces – such as jewelry, washers, springs, and computer parts – she has discovered how to create unique, whimsical images on acrylic painted canvases. Each piece is one of a kind, and draws the viewer to examine the individual components that make up the total picture. This morphing of sold metal inspired the name of her business: *Metamorphosis*.

Her love of the environment motivates the design of many of her works. However, she welcomes the challenge of new subject matter, and is happy to take custom orders.

Clare, whose show will be hung June 10th, lives with her husband in DeWitt. For information on availability, pricing or custom orders of her art, Claire may be reached at Clare572@msn.com or by phone at (315) 439-7844.

Calendar (continued from page 8)

Tuesday, June 16th

1:30 pm—2:00 pm	Nottingham Worship Service	The Nottingham
3:00 pm	T'ai Chi Chih	Social Hall
7:00 pm	Board of Trustees	Memorial Room

Wednesday, June 17th

3:00 pm	T'ai Chi Chih	Social Hall
6:30 pm	Men's Fellowship Potluck/Discussion	Social Hall

Thursday, June 18th

3:00 pm	T'ai Chi Chih <i>(Last class of summer)</i>	Social Hall
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Saturday, June 20th

4:00 pm	Clare Wilson Gallery Reception	Social Hall
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Sunday, June 21st

9:40 am	Individual Spiritual Practice	Creekside
10:30 am	Summer Solstice Service	Sanctuary
12:15 pm	Spanophiles	COA

Monday, June 22nd

6:00 pm	Spiritual Enrichment Group (SEG)	Memorial Room
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Tuesday, June 23rd

5:30 pm	Twisted Sisters Women's Group	Memorial Room
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Thursday, June 25th

1:30 pm	Bookenders	Memorial Room
6:00 pm	Spiritual Enrichment Group (SEG)	Memorial Room

Sunday, June 28th

9:40 am	Individual Spiritual Practice	Creekside
10:30 am	Music Sunday Service	Sanctuary

View from the Study Window

(continued from page 1)

*heart; to prove that diversity
need not mean divisiveness; and
to witness to all that we must
hold the whole world in our
hands."*

~ William F. Schulz

~ Blessings, Jean

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

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NEWSLETTER SUBMISSIONS
Email:
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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.

May Memorial Unitarian Universalist Society
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TIME VALUE

Calendar

Monday, June 1st 6:30 pm	Spiritual Enrichment Group (SEG) Memorial Room
Tuesday, June 2nd 3:00 pm 6:30 pm	T'ai Chi Chih Social Hall UU Young Adults Group Memorial Room
Wednesday, June 3rd 3:00 pm	Spiritual Enrichment Group (SEG) Memorial Room
Thursday, June 4th 3:00 pm 7:30 pm	T'ai Chi Chih Social Hall Choir Rehearsal (<i>Last of season</i>) Sanctuary
Saturday, June 6th 2:00 pm	Rachael Ilkins Gallery Reception Social Hall
Sunday, June 7th 9:40 am 10:30 am 12:00 pm 12:15 pm	Individual Spiritual Practice Creekside Worship Service Sanctuary Open Budget Meeting Social Hall Spanophiles COA
Monday, June 8th 6:00 pm	Spiritual Enrichment Group (SEG) Memorial Room
Tuesday, June 9th 1:30 pm—2:00 pm 3:00 pm	Nottingham Worship Service The Nottingham T'ai Chi Chih Social Hall
Thursday, June 11th 3:00 pm 6:30 pm	T'ai Chi Chih Social Hall Spiritual Enrichment Group (SEG) Memorial Room
Sunday, June 14th 9:40 am 10:30 am 1:00 pm 7:00 pm	Individual Spiritual Practice Creekside Flower Communion Service Sanctuary Verah Johnson's Memorial Service/Reception Sanctuary/Social Hall Annual Meeting MMUUS (<i>Coffee and Desserts served at 6:30 pm</i>)
Monday, June 15th 6:30 pm	Spiritual Enrichment Group (SEG) Memorial Room

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