



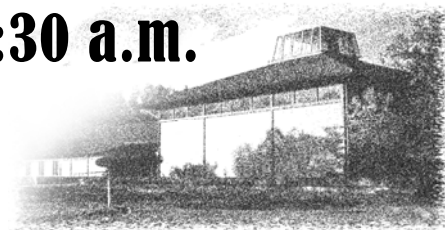
## Our Summer Services

Summer services at May Memorial are informal gatherings that explore a variety of topics. They are often created and led by members of the congregation. Many people find the relaxed atmosphere of summer services to be a good way to get to know members of the congregation. There is no formal childcare provided during the summer, but there are always stuffed animals, pipe cleaners and some crayons to provide entertainment for our young ones. Services begin Sunday mornings at 10:30 am.

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



### August 2

#### Concinnity Singing Group

Please join us this Sunday morning for the beautiful music of *Concinnity*, a female vocal group that sings for the love of singing and have a strong love for each other as well.

### August 9

#### The Zen Center of Syracuse

*Robert Strickland*

The Zen Center of Syracuse is an organization that provides a wide range of opportunities for the cultivation of mindfulness—a profound yet simple practice of meditation to people from all walks of life, thereby making the community a more compassionate and caring place.

### August 16

#### Change!

*Pilar Lyons*

Please join May Memorial's own Pilar Lyons this Sunday for a very timely service and discussion on the topic of change.

### August 23

#### Writers Groups

The MMUUS Writers Groups have been meeting for 12 years, sharing one another's works. Please join them this Sunday for a literary extravaganza!

### August 30

#### Remembering Our Foremothers: Pioneers in the Interfaith Movement

*Alison Stokes*



## CareRing News & Notes

**Chris Fiske** retired at the end of June after a 30-year career in nursing. For the past 3 1/2 years she served as nurse for the 650-plus students at Grant Middle School in Syracuse. Before that, she was a substitute nurse in the SCSD for several years. During her career, Chris has worked in home health care, for Hospice of Central New York, and as a staff nurse at Crouse Hospital. Also at the end of last month, Chris reached the magic age of 65. Yahoo! And, daughter **Tanika Tyler** (16) received word that she has been accepted for Job Corps, to live, work and study at the Job Corps site in Glenmont, near Albany. *Good luck, Tanika!*



### Save some water from your summer travels!

Wherever you are this summer – whether at home, or around the state, or across the globe – remember to collect a little water for our **ingathering water ceremony on Sunday, September 13<sup>th</sup>**. We will pour our waters into a common vessel as we unite in an intergenerational community of fellowship and faith.

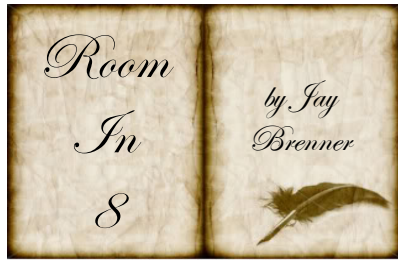


## September Unirondack Weekend coming soon! Register Today!

**N**ew and returning families, individuals and people of all ages are encouraged to participate in the MMUUS/FUUS Fall family weekend at Unirondack **beginning Friday, September 18<sup>th</sup> and running through Sunday, September 20<sup>th</sup>, 2015**. Check out their website at <http://www.unirondack.org>.

Join us for a reasonably priced weekend get-away with lots of people you will enjoy! Our price is \$65/person for the weekend (3 years old & under are free). This includes 5 meals *and* lodging. Indoor and outdoor pleasures and socializing opportunities are abundant. This has become a wonderful weekend of community building to start the fall for the two congregations.

Mark your calendar if you are interested in being there and you can register (or ask questions) with **Stephanie Cross** via email [msscoss@windstream.net](mailto:msscoss@windstream.net) or phone 430-0372. A 50% deposit will need to be paid in advance to reserve your spot.



(“Room in 8” continued)

At an antislavery convention in Syracuse in 1860, a mob of proslavery protesters drove the delegates out of the meeting hall and burned effigies of Sam May and Susan B. Anthony. May represented Onondaga County in

Washington, DC on the Sanitary Commission, which organized shipments of supplies for the wounded in the Civil War. After the war ended, as a feminist, Rev. May helped organize the Onondaga County Suffrage Association. He invited Elizabeth Cady Stanton and Lucy Stone to speak. As an educator, he was elected to the Syracuse Board of Education in 1865 and served as president from 1866-1869.

Rev. May died on July 1, 1871. Matilda Joslyn Gage attended his funeral and noted the lack of female voices giving eulogies, but regardless it was clear that he would not be forgotten. On October 20, 1885, the May Memorial Church was dedicated in his memory.

Thanks to **Pilar Lyons, Kristina Starowitz, Barbara Kamerance** of the PR committee for suggesting that the History committee nominate Rev. May for the Abolitionist Hall of Fame in Peterboro, NY. We are working on the application. Welcome to **Don Milmore** to the History committee, who intends to work on this in particular.

~ Jay Brenner,  
Chair, History Committee

## Room in 8: May Memorial’s new monthly history column

*“It can do a man no good to assert to that as a truth, which he does not perceive to be true; it can do his heart no good to obey a precept, which he does not from his heart believe to be right.”*

**T**his quote was from an address by Reverend Samuel Joseph May to the Divinity School graduates at Harvard College in 1847. Rev. May was our second minister, but he was also an abolitionist, educator, feminist, pacifist, and advocate for temperance.

Samuel Joseph May was born on September 12, 1797 in Boston, MA. He graduated from Harvard in 1817 and the Divinity School in 1820. He was ordained on March 13, 1822. His first ministry was the Unitarian Church in Brooklyn, CT, where he served for 14 years. His second ministry was the Unitarian Church in South Scituate, MA, where he served for 6 years. He resigned from both ministries because of conflicts with parishioners who objected to holding abolition meetings and wanted African Americans to sit in separate pews.



The Church of the Messiah’s congregation unanimously invited Rev. May to be minister in 1844, and he accepted the invitation and moved to Syracuse in April 1845. He helped to start a school for children on the Onondaga Native American Reservation in 1846 and the school system of the newly incorporated city of Syracuse in 1848. He helped to start the first hospital in Syracuse, and when it failed, he supported the founding of St. Joseph’s Hospital by Father James O’Hara of St. Mary’s Catholic Church. As a pacifist, he led a petition against the Mexican War in 1846.

As an abolitionist, Rev. May was a founding member of the American Anti-slavery Society. In October 1851, May led the Jerry Rescue, in which a large number of men stormed the jail and freed a former slave named Jerry, who had been arrested under the Fugitive Slave Act.

On February 29, 1852, the church building was unfortunately destroyed in a windstorm. The Unitarian society held services in City Hall while the new church building was being built. It was rededicated on April 15, 1853. He suffered from ill health in the late 1850’s.

(continued above right)

# HELP WANTED

## Members of the Congregation: RE needs you!

**Members of the congregation are needed to guide the youth in the Religious Education Program.**

We need guides for children in pre-school to 5<sup>th</sup> grade. We love having folks who are not parents (of current children) to be there to support and guide these wonderful children on the UU path. There are 3 terms—fall, winter and spring—each 6-8 weeks long. Subs are available, if you have to miss a week. Each group has 2 guides and a support person in the hall to assist as needed. The curriculum is provided! Contact **Stacy Sceiford**, our DRE, if you are interested in signing up or getting more information.

## Feeding the Homeless & Hungry on August 1

MMUUS will be preparing a meal for the Homeless & Hungry at the Samaritan Center, at their new location—215 North State Street in Syracuse, on Saturday, August 1<sup>st</sup>.

If you are interested in volunteering please contact **Julie Daniel** at [jdanielyoga@gmail.com](mailto:jdanielyoga@gmail.com) or call 622-3423. **If you cannot volunteer that day, please consider making a financial donation to support this important program in our community.** Please make your check out to "MMUUS" and write "Homeless & Hungry" on the memo line.



## Home Hospitality Needed

**T**he coming church year will be an exciting one for us at May Memorial. We will be having many guests come through our doors to take part in our Sunday gatherings. Some of our guests will be traveling quite a distance and will need overnight accommodations. When we can offer home hospitality, it provides us with wonderful opportunities to get to know new friends and it keeps costs down for speakers.

Do you have a guest room available? Would you be interested in hosting a speaker some time in the coming months? Please consider offering your home as a place of sanctuary for travelers to MMUUS. Please contact [alexacarteralexa@icloud.com](mailto:alexacarteralexa@icloud.com) to sign up or for more information.







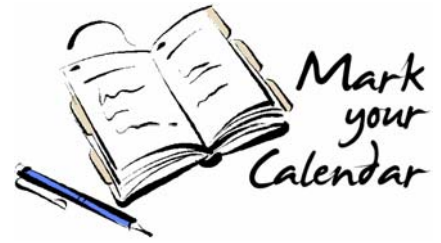
## Arts on Genesee

**A** new version of the Fine Arts and Craft show is coming to MMUUS. Though our long standing November show has provided much revenue for our society over the years and was a great community builder, it was also extremely labor intensive and limited in size by our need for an indoor venue. In June of 2016, we will be trying a different approach.

**“Arts on Genesee” will be an outdoor show to be held on our grounds June 18 - 19, 2016.** A very enthusiastic committee is already hard at work recruiting vendors for the inaugural event. A beautiful vendor recruitment post-card has been designed by **Brian Betz** and there is an application online for anyone ready to reserve a spot.

Committee members are hard at work visiting festivals and craft shows all over Central New York to get the word out about Arts on Genesee. Attracting interested artists is the first big step in the process of getting our new fund raiser going. If you know of artists who might be available next June, if you are an artist yourself or if you plan to be visiting a festival in the coming months, you might be able to help by getting post cards into the hands of potential vendors. Please contact any member of the committee to see about how you might help with these early tasks. **Mardie Ninno, Joan Applebaum, Stephanie Sherman Cross, Julie Daniel, Barbara Weingart, and Alexa Carter** are ready to talk with anyone interested in getting involved.

Stay tuned for more developments. There will be articles in the newsletter as details of the show are determined. Mark the dates on your own calendar right now. June 2016 will be here before we know it!



### Fall Leadership Day

**Saturday, October 3<sup>rd</sup>**  
**10:00 am – 4:00 pm**  
**First UU Society of Syracuse, NY**

#### Draw the Circle Wide

In the spirit of 1965's Selma march and hundreds of UUs who answered the Rev. Dr. Martin Luther King's call to walk along with him, Fall Leadership Day will focus on how to help congregations faithfully engage with today's civil rights conversations and the *#BlackLivesMatter* movement.

## T'ai Chi Revolution



You are invited to join T'ai Chi Revolution to learn this slow and gentle Chinese exercise. T'ai Chi, also known as a meditation in motion, is an exercise that you can do for the rest of your life. Some consider it to be the perfect exercise to relieve the aches and pains of aging. T'ai Chi is low impact and the circular movements teach you to reconnect with your body. Practicing T'ai Chi will improve your balance and posture, strengthen your legs, and reduce stress. No experience or special equipment or clothing is needed.

**Classes meet on Tuesdays and Wednesdays from 6:00 pm to 7:30 pm in the Social Hall.**

For general information, go to [TaiChiRevolution.WordPress.com](http://TaiChiRevolution.WordPress.com).

If you have any questions about the classes, please email [taichirevolutioncny@gmail.com](mailto:taichirevolutioncny@gmail.com).

## Community News

### Return of the Syracuse Repair Café!



**W**hat do you do with a broken toaster? Or with a lamp that doesn't work? Or with a sweater full of moth holes? Toss it? No way! The Syracuse Repair Café will hold another Repair Café at the **Jewish Community Center** (located at 5655 Thompson Road in DeWitt) **this Saturday, August 2<sup>nd</sup>, from 10:00 am until 2:00 pm.**

This Saturday, various experts will be available: electrical, mechanical, carpentry, seamstresses and (advice only) for computer problems and appliance repair to help make all possible repairs free of charge. Tools and materials will also be on hand. People visiting the Repair Café will bring along their broken items from home. Toasters, lamps, hair dryers, clothes, bikes, toys, crockery... anything that is broken is welcome and can more than likely be repaired.

You can get more information from Mark Lichtenwalner of Syracuse Repair Café by sending an email to [syracuserepaircafe@gmail.com](mailto:syracuserepaircafe@gmail.com). Or find us on Facebook at **Syracuse Repair Café** or [www.repaircafe.org](http://www.repaircafe.org).



### Harmonic Immersion and Gong Meditation

**Tuesday, August 4<sup>th</sup>, 7:30 pm—9:00 pm, at Creekside Chapel**

**T**his Tuesday, you are invited to enter the ethereal realms of harmonic sound as Ron and Michelle Angel perform on their sacred instruments: Gongs, Crystal singing bowls, Tibetan bowls, and the Halo handpan drum. Orchestrating these instruments, they sculpt a rich and varied harmonic soundscape that invites you to relax and let the vibrations take you on an inward journey.

Donation \$10 - 20 (Sliding Scale)

Horizontal Experience : Please bring yoga mat and pillow for your comfort

For more information, please visit [www.thegongtemple.com](http://www.thegongtemple.com).

## St. Joseph's Provides Free Community Service

Safe disposal of "sharps," also known as needles, syringes and lancets, is a concern to all members of the Syracuse community. St. Joseph's Hospital Health Center provides a convenient site for the safe disposal of sharps for people with medical conditions that require at-home, self-injections, through the free Residential Sharps Collection Program. The program takes place on the **first and third Saturday of every month from 10:00 am-1:00 pm, at St. Joseph's Emergency Department.**



St. Joseph's accepts used needles, syringes and lancets in clean, biohazard-labeled sharps containers or in clean, plastic bleach or laundry detergent bottles with a screw-on cap. Containers must be leak-proof and sealed to be accepted. Sharps should be kept in containers after each use and in a place that is safely away from children and pets. Sharps containers are accepted at St. Joseph's Emergency Department.

Improper sharps disposal is a danger to others who may be stuck accidentally, such as children, trash collectors and recycling workers, possibly exposing them to blood-borne diseases, such as Hepatitis B and C and HIV. Those wishing to drop off sharps may call 448-5173 for more information.

## It's not too early to start planning next summer's vacation!

Do you dream of inexpensive vacation travel to interesting destinations where you can stay in the homes of friendly people who share your ideals and are happy to provide directions and advice for their area?

The UU bed and breakfast directory *UU're Home* (formerly *Homecomings*) can fulfill your dream. For 34 years, they have provided a network of hosts in the United States (and a few abroad) who enjoy meeting new friends and are happy to open their home to like-minded people.

You can also become a host and be listed in the directory: see [www.UUreHome.com](http://www.UUreHome.com) for an application. If you have questions, contact them at [info@uurehome.com](mailto:info@uurehome.com) or call 828-281-3253.

Host listings on the *UU're Home* website at [www.UUreHome.com](http://www.UUreHome.com) are updated whenever changes are made or new hosts are added.



## Our Care Baskets

Taking a summer vacation? If so, enjoy! Remember, our foyer baskets will not be taking a vacation, especially since the need for food and personal care items often increases for many families over the summer. If you come less frequently in the summer, think about making your weekly purchases and stockpiling them until you come to church or are in the area. Your donations are appreciated right in our immediate community. Many thanks for your continued support.



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

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NEWSLETTER SUBMISSIONS  
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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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Syracuse, NY 13214

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**Calendar**

<b>Sunday, August 2<sup>nd</sup></b> 10:30 am	Worship Service	Sanctuary
<b>Tuesday, August 4<sup>th</sup></b> 6:00 pm 7:30 pm	T'ai Chi Revolution Gong Meditation <i>(see page 6 for details)</i>	Social Hall Creekside Chapel
<b>Wednesday, August 5<sup>th</sup></b> 6:00 pm	T'ai Chi Revolution	Social Hall
<b>Friday, August 7<sup>th</sup> - Sunday, August 9<sup>th</sup></b>	OWL Training	Social Hall
<b>Sunday, August 9<sup>th</sup></b> 10:30 am 12:00 pm—1:30 pm	Worship Service PR Committee	Sanctuary Memorial Room
<b>Tuesday, August 11<sup>th</sup></b> 6:00 pm	T'ai Chi Revolution	Social Hall
<b>Wednesday, August 12<sup>th</sup></b> 6:00 pm	T'ai Chi Revolution	Social Hall
<b>Saturday, August 15<sup>th</sup></b> 10:30 am	Worship Committee	Memorial Room
<b>Sunday, August 16<sup>th</sup></b> 10:30 am	Worship Service	Sanctuary
<b>Tuesday, August 18<sup>th</sup></b> 6:00 pm	T'ai Chi Revolution	Social Hall
<b>Wednesday, August 19<sup>th</sup></b> 6:30 pm	Men's Fellowship Discussion/Potluck	Social Hall
<b>Sunday, August 23<sup>rd</sup></b> 10:30 am	Worship Service	Sanctuary
<b>Tuesday, August 25<sup>th</sup></b> 5:30 pm 6:00 pm	Twisted Sisters (Women's Group) T'ai Chi Revolution	Memorial Room Social Hall
<b>Wednesday, August 26<sup>th</sup></b> 6:00 pm	T'ai Chi Revolution	Social Hall
<b>Sunday, August 30<sup>rd</sup></b> 10:30 am	Worship Service	Sanctuary