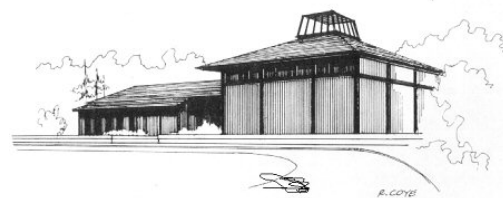


May Memorial Unitarian Universalist Society Newsletter



We embrace all spiritual journeys and encourage service as we build a more loving and just world



November 2023
Volume 86
Issue 10

For those of us with uteruses, our annual gynecological exam is tender and invasive at best. We, as humans, don't always talk about these tender and very private events, which means that many of us suffer in lonely silence. After a recent very tender pap smear I decided to write about my visit and submit to the Braver/Wiser collection at [uua.org](https://www.uua.org). They published it on October 18th. Friends, I hope you will check in with those you love when you know they have a pap smear coming up, it's a hard and lonely place for many of us. The link is here should you wish to see it online (<https://www.uua.org/braverwiser/simply-exist>), and the text is below.

Loved without Words

By *Jo VonRue*

October 18, 2023

"To see and to be seen. That is the truest nature of love." —Brene Brown

Content warning: mentions of rape and sexual trauma

My very beloved gynecologist of ten years retired suddenly and I was thrust into the search to find a new one. Pap smears are, at best, invasive and tender procedures for those of us who need them; finding a new gynecologist can be a daunting process. I met (fully clothed in their office) with a few who came recommended—but when I began sobbing at the thought of an exam with them, I knew they were not the right doctors. I finally gave up and made a pap smear appointment with my Primary Care Physician.

So there I sat, in the liminal space of the exam room with nervous anticipation of this procedure, a scratchy blue gown and socks my only armor. When my doctor finally appears she begins chatting with me like normal. While we're chatting, I start to cry—though I was trying to hide it. Having a pap smear is already a private and invasive procedure. When you add a history of rape to the mix it becomes traumatic no matter how much you trust the doctor.

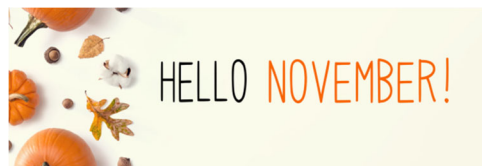
My doctor asked, in the most gentle way, why I was crying. I shared that I'm a sexual assault survivor, and the most profound thing happened: she silently moved next to me and put her hand on my shoulder. In that moment she simply existed with me. She did not try to fix it; she did not continue asking questions. She was present with me in the most tender and powerful way. She helped absorb the fear, pain, and trauma that arose for me in that liminal space. And eventually we were able to complete the exam.

As humans, it hurts to see others in pain, and so we often move in the direction of trying to fix the pain. But the power of relationship is when we can regard one another as whole beings, to love and be loved without words. Sometimes we need someone to witness the pain in holy stillness, to know why my heart is crying without trying to fix or soothe. One of the greatest gifts we can give to one another, when the need presents itself, is to be quiet companions through the journey of pain.

Prayer

Spirit of Life and Love, help me to simply exist in those liminal spaces where pain is present, and remember that quiet companionship can be a profound gift of love.





Sunday Worship Calendar

11/5	Memory Tree: Please bring in photos or mementos of loved ones to place on the chancel for this service and a few weeks after	Rev. Jo VonRue and Stacy Sceiford, Director of Religious Education
11/12	The Transforming Power of Generosity	Rev. Jo VonRue and Worship Associate Sandy Greenburg
11/19	Life's Generosity	Rev. Jo VonRue and Worship Associate David Mendelsohn
11/26	A Discussion on Colonialism and It's Implications Today	Worship Associate Kent Lindstrom and Worship Associate Ruth Yanai

<https://zoom.us/j/91720743841?pwd=ZFdibVNsYW1za3RWN29SVldUMDV5Zz09>

Meeting ID: 917 2074 3841

Passcode: 801542

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Dial by your location

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- +1 646 931 3860 US

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UUA Bylaws Article II Class!

Join Reverends Julie Lepp and Jo VonRue as we combine our Eau Claire WI, and Syracuse NY congregations for this Adult Religious Ed opportunity!

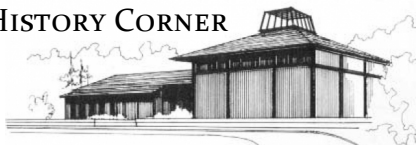
Over four sessions we will be engaging with the Proposed Article II of the UUA Bylaws (Our Principles and Purposes) that were passed for more study with amendments at General Assembly 2023 in Pittsburgh, Pennsylvania. A 50% simple majority was needed to progress to one more year of study and it passed. A two-thirds super majority vote will be required to pass the Proposed Article II at the 2024 General Assembly. The 2023 amendments are included throughout this program.

We will meet on 11.16, 11.30, 12.7 and 12.14 at 6pm CT / 7pm ET via Zoom

This UU format of four sessions was created (by UU Wellspring) to allow Unitarian Universalists to personally engage and respond to the Proposed Article II draft with the support of your UU community. Your reflections on the materials will offer you the opportunity to take a deeper dive than simply reading and reacting.

Registration is required to gain access to the zoom class. Please contact MMUUS Office Administrator Teri Coon at office@mmuus.org to register

HISTORY CORNER



Frank Macomber -

May Memorial's Organist and Music Director, 1954-1974

In early September May Memorial was notified that the church that had been named a beneficiary on an IRA account held by Frank Macomber, who passed away in July. No one on the Board of Trustees recognized the name, but after doing some digging, Treasurer Jane Fagerland talked to our Music Director, Glenn Kime, who knew Frank well. The history committee was asked to write something about Frank Macomber for the newsletter. What follows is our remembrance of him.

According to the obituary published by the College of Arts and Sciences at Syracuse University, Frank Macomber was born in 1931 and was brought up in Iowa. In 1953 he came to the university to study under well-known organist, Arthur Poister, earning his master's degree in music in 1956. A few years later, he was invited to join the growing faculty in the Department of Fine Arts, and in 1968 he completed a doctorate in the humanities. At the time of his death, he was an Emeritus Professor of Music History at Syracuse University.

In 1954 Frank Macomber was hired as the organist at May Memorial, then located on James Street. Up until that time, a paid quartet had usually provided the vocal music for the church, and Frank was tasked with recruiting volunteers to form a choir. In a 2016 interview with Glenn, Frank talked about sending postcards to people he knew who had experience singing. That was

the beginning of our all-volunteer choir.

Frank Macomber stayed on as organist and choir director when the congregation moved from the James Street church to the new building on East Genesee, and he remained in that position until 1974. Both Frank Macomber and Arthur Poister were instrumental in helping May Memorial select the organ for the new church, the magnificent organ that we enjoy every Sunday.*

In 1966, Frank Macomber signed May Memorial's membership book. A few years earlier, he was a recipient of the annual award. Although most of us currently at May Memorial did not know Frank, it is important for us to pay tribute to him and to be grateful for his generosity.

Mary Louise Edwards

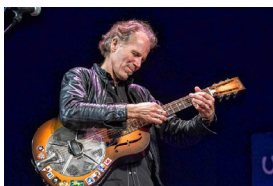
MMUUS History Committee (history@mmuus.org)

*More information about our custom-built Holtkamp organ and how it was selected can be found in both *May No One Be A Stranger* (Hoefer & Baros-Johnson, 1988) and *May Memorial's Historical Tree of Life* (Hiemstra, 2015).



The Folkus
Project of Central New York

"...one of Central New York's
hidden treasures"
-Doreen Heise, organist



The Folkus Project presents Brooks Williams on Friday, November 3 @ 8pm. Guitarist, singer and songwriter, Williams has been a leading light on the acoustic music scene for three decades. His guitar skills are evident

as he effortlessly slides in and out of folk, blues and country with a jazz player's adroitness. It comes as no surprise he is listed in the Top 100 Acoustic Guitarists and WUMB-FM Boston's Top 100 All-Time Artists. For tickets and more information go to folkus.org.

The Folkus Project presents the Syracuse Acoustic Guitar Project on Friday, November 17 @ 8pm. Celebrating its 10th anniversary, the Acoustic Guitar Project is an international songwriting project that originated in New York City and has spread around the world. In each city, a guitar circulates from songwriter to songwriter, and each has one week to write a song on that guitar, capture it on a handheld recorder, sign their names to the guitar and pass it along. This year's Syracuse-area songwriters will be announced as they complete their songs. For tickets and more information go to folkus.org.



Going Green and Seeking Social Justice

Climate Justice

by *Barbara Kamerance*

Climate Justice is justice for all.	Clean energy offers new jobs and clean air.
Ignoring, denying will make for a fall.	Climate Justice offers a change to be fair.
It's justice to balance Earth's water & air.	Climate justice gives so many positives
Knowing the damage, we all need to care.	Saving our planet the preferred prerogative
Weather and climate are two different things.	Alternative choices; wind, solar & geo-therm
Damage to climate is what burning fuel brings.	Sustainable successes to mollify carbon concern
America need to lead and profess	So many solutions, so little time
An energy model for all to address	Why can't the deniers accept the science, the truth to find
The alternatives to gas and to oil and coal	Global warming is upon us
To save and preserve our dear planet's soul.	The alternative is ominous
The bomb trains blow and the pipelines leak	For climate justice, put out the call
Fossil fuels are the cause on which many misspeak	Let there be Climate Justice for all
The wildlife suffers a terrible fate	For Climate Justice we shout out a call,
We must develop new energy before it's too late.	For Climate Justice is Justice for all.

NOVEMBER
Artist

Sharon Bottle Souva

Our November artist, Sharon Bottle Souva, discusses her art, her influences and her career –

I am an artist who works with fabric.

Growing up on a farm in the foothills of the Catskill Mountains brought about an intimate relationship with the natural world. As a child, I was drawn into the beauty of trees, flowers and rolling farm hills. Inspirations come from the views in gardens, woods, streams and mountains. I am able to incorporate a sense of realism edged with minimalism to translate the simplicity of nature into my designs.

The pure nature of fabric with all its complexities and possibilities offers a connection to the creative process. I am continually learning the language of fabric to bring it to its full potential. There is a measure of immediacy as I work intuitively and spontaneously with the cloth. Exploration of the materials and techniques brings fluency of the language of fabric allowing for more calculated choices, along with a freedom to continue the creative process. It is here with fabric that I have found my voice as an artist.

I received a MA in Studio Art and a BFA / studio art- printmaking concentration from the State University of NY at Oswego. Currently I am an associate professor at Onondaga Community College, where I teach color theory and drawing classes. In addition, I hold workshop and classes specializing in fabric art and collage throughout the region.

Gallery Hours:

Sunday: 8am-1pm
Monday: 8am—1pm
Thursday: 8am—1pm

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MMUUS Writers' Group



Tuesday, November 14
10:00 AM-12:00PM
Teen Room
New members welcome.

Questions?
Contact Ann or Dick Pearson.



Great News! The Annual Thanksgiving Dinner Tradition will continue on! Kyle and Elena Brown and Josh and Leah Cronlund will organize this year's Thanksgiving meal at May. Look for more information in future eblasts and Facebook. Kyle has told us he loves to cook, so this should be a pretty fantastic meal!

Thanks to the Brown and Cronlund families for their willingness to take this on.

Do you get our weekly E-Blast?

If not please take a moment to sign up.

This is where you will get updates on any changes or special events that don't quite make it for the newsletter.

<https://lp.constantcontactpages.com/su/CvrpTSW>

Vespers

Join us on Wednesday evenings at 8pm for a short 30 minute time of connection and reflection. We will listen to a short reading, a piece of music that expands on the topic, and we connect with one another through check-ins and conversation.

<https://zoom.us/j/96509877539?pwd=ZmZPQllaTlhkSFNETW5yQmszMXdYZz09>

Meeting ID: 965 0987 7539

Passcode: 513494

One tap mobile

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+16469313860,,96509877539# US

Dial by your location

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• +1 646 931 3860 US



As you may remember, we are trying to help Gethsemene Methodist Church on Syracuse's Northside in their mission of assisting their low income neighborhood of mostly immigrants. They provide a food pantry, a personal items program, a diaper bank and a thrift store which both helps to fund the other projects and provides very inexpensive clothing and household items for people in the community to purchase. At this time, they are requesting the following items:

- Men's and women's "stick" deodorant
- Toothpaste
- Winter outerwear for children, men and women, new or gently used
- Towels, new or gently used
- Books for infants, toddlers and preschoolers
- Baking supplies such as cake mixes, vegetable oil, flour and sugar (These families would like to be able to bake birthday cakes too!)
- We will have boxes in the foyer for your donations labeled Gethsemene.
- If you have other items you'd like to donate or have questions about the Gethsemene projects, please see Julie, Kevin or Mardie. We'd love to tell you more about what great things are happening there!



Recap of Sept 22-24 weekend at Unirondack 2023

Despite having many people cancel within the last 24-48 hours due to COVID, other ailments, travel and other plans being off-kilter (which brought our group from 70 to the low 50s), we had a delightful weekend with new friends from the UU congregation in Kingston, Ontario, Canada and enjoying time with our more familiar friends from May Memorial.

People enjoyed the great meals Friday through Sunday morning, as well as the beautiful weather on Saturday. That day, people hiked to the Stillwater fire tower and Eagle Falls; they kayaked, canoed, and even brave folks swam! Saturday night we enjoyed a brief play by a family from Kingston, then singing, storytelling and S'mores around the campfire at lakeside. And, of course, there was lots of conversation, laughter, game playing, a jigsaw puzzle and children enjoying each other. Delightful community fun!

We look forward to another weekend with the Kingston, Ontario UU folks in the future although we do not know the date for Fall 2024 at this time.

Stephanie Cross

Unirondack Coordinator

UPCOMING Events

Day	Date	Event	Time	Location
Thursday	11/2	Tai Chi	3pm	Social hall
		Depression Support Group	4:30pm	Memorial Room
		Choir Practice	7:30pm	Sanctuary
Friday	11/3	FOLKUS (see page 8 for details)	8pm	Sanctuary
Sunday	11/5	Artist Reception for November Artist	12pm	Social Hall
Tuesday	11/7	Tai Chi	3pm	Social Hall
Thursday	11/8	Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
		Choir Practice	7:30pm	Sanctuary
Sunday	11/12	Soul Matters Sharing Circle	12:15pm	Teenz Room
Monday	11/13	Twisted Sisters	7pm	Teenz Room
Tuesday	11/14	Writers Group	10am	Teenz Room
		Tai Chi	3pm	Social Hall
Thursday	11/16	Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
		Choir Practice	7:30pm	Sanctuary
Friday	11/17	FOLKUS (see page 8 for details)	8pm	Sanctuary
Tuesday	11/21	Tai Chi	3pm	Social Hall
Thursday	11/23	Thanksgiving Day Dinner	TBA	Social Hall
Tuesday	11/28	Tai Chi	3pm	Social Hall
Thursday	11/30	Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
		Choir Practice	7:30pm	Sanctuary



CONTACT US

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May Memorial Unitarian Universalist Society

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New Office Hours:

Sunday: 8am-1pm

Mon - Thurs: 8am-1pm (other times by appointment only)

Days off are Friday and Saturday

- **Calendar Items:**

All zoom meetings must be scheduled through the Office Administrator.

- **Deadlines to remember:**

E-Blast and Order of Service need to be to me by 5pm on Wednesday.

- **Newsletter:**

Deadline 20th of preceding month, *please adhere to this deadline to allow for the newsletter to be sent out in a timely fashion.*

Please keep word count to 300-400 to allow room for everyone to have a voice in the newsletter