

May Memorial Unitarian Universalist Society Newsletter



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

October 2023
Volume 86
Issue 9



This year is a year of many great changes for our denomination and perhaps for you as well. What changes are happening in your life? What bold and risky possibilities are there waiting for you to discover?

~ From Rev. Jo

Changes Abound

by Rev. Michelle Collins

*Changes abound... around us, within us, between us;
in our communities, our neighborhoods, and our beloved faith communities.*

Changes abound.

*May we each find the balance point we need as we move through our ever-changing world:
the balance between the old and the new,
between the known and the unknown,
between the familiar and the perhaps bold and risky possibilities that may be there, waiting.*



*Thank
You!*

Generous Gifts to MMUUS

The Board of Trustees would like to share the news that two very substantial bequests were recently received by MMUUS. Long-time member and architect David Ashley left \$20,000 to the church. The Board has voted to place this in the Capital Fund, in recognition of David's passion for the architecture and care of our building and grounds.

Frank Macomber named MMUUS as an IRA beneficiary, leaving the church \$60,000, which will make a very significant contribution to our Endowment Fund. Frank was organist at our James Street church, and became choir director when we moved to our current building in 1964.

We are sorry for the loss of these two fine men and we wanted all of our members to be aware of their generous gifts.



October Services

10/1/23	Roots Hold Me Close	Worship Associate Eliza Bailey
10/8/23	Who Can We Become?	Rev. Jo VonRue and Worship Associate Tosca Bruno-van Vijfeijken
10/15/23	8th Principle: Looking Within Us	Rev. Jo VonRue and Worship Associate David Mendelsohn
10/22/23	8th Principle: Looking Among Us	Rev. Jo VonRue and Worship Associate JoJo Higgins
10/29/23	8th Principle: Looking Out	Rev. Jo VonRue and Worship Associate Bess Kamerance

<https://zoom.us/j/91720743841?pwd=ZFdlbVNsYW1za3RWN29SVldUMDV5Zz09>

Meeting ID: 917 2074 3841

Passcode: 801542

One tap mobile

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+16469313860,,91720743841# US

Dial by your location

- +1 929 205 6099 US (New York)

- +1 646 931 3860 US

Meeting ID: 917 2074 3841



**Sunday October
29th at 3pm**

May Memorial is hosting their annual community Trunk or Treat event and we can't wait to see you!!

Walk through the new parking lot where kids can see decorated trunks show off their costumes and collect candy at each fun filled stop.

There's tons of fun to be had at May Memorial's Trunk or Treat!

All are welcome!!

This is a FREE event!

We will be collecting socks for our SOCKtober donation drive at this event, yay!



HISTORY CORNER



“Silver Linings” and Being Grateful

In past newsletters we have given examples of responses to questions posed by the history committee in the first year of the Covid pandemic. This month, we present portions of Covid reflections submitted in the summer of 2021.

Several respondents wrote about unanticipated “**positives**” or “**silver linings**” of the pandemic experience. Other comments concerned **feeling grateful**.

One of the positives mentioned was “being forced to slow down.” Respondents wrote that the slower pace of life gave them more time to read and reflect, to exercise and pay attention to their health, and to cook healthy meals. Watching movies and documentaries, taking on-line courses, and doing home projects were also cited. One self-described introvert stated that when the shutdown occurred, “time expanded” before her.

Another “silver lining” was connecting/reconnecting with friends. One retiree noted: “Suddenly it was important to connect with folks I had not heard from in some time. I wrote emails, cards, and letters. I made phone calls and texted. Every time I heard back from a friend or family member, I was reassured.”

Being grateful for the internet and modern technology was frequently mentioned by respondents. One wrote, “How different it would have been 20, 30, or 40 years ago without the technological advances in communication and entertainment.” Another noted how difficult it must have been to stay in touch during the 1918-1919 flu pandemic. “I count myself lucky that I have modern technology to help me through this pandemic.”

Respondents were grateful for Zoom as it allowed them to stay connected to May Memorial, to attend services and committee/group meetings, and to connect with family and friends. One said: “Without Zoom, the isolation would have been almost unbearable.”

Several people mentioned being thankful for vaccines and some said they were tearful when they received their first shots: “Irrepressible tears came as I followed cars into the NYS Fairgrounds to receive my first COVID vaccination...”

Some respondents acknowledged that their Covid experience was one of privilege: “I want to keep in the front of my mind those who continue to serve our community each and every day, often risking their own health. I know I am most fortunate to be safe, to have money and food and access to good medical care.”

“Living in a pandemic taught me to be profoundly grateful for what I have... and forced me to see my privilege in a new and disconcerting way. I’m acutely aware that I’ve skated through this without ever losing a paycheck, while others have suffered so much. COVID has made me more compassionate and more deliberately philanthropic.”

Thank you to everyone who submitted comments and reflections for our Covid-19 Pandemic Journal.

Mary Louise Edwards

MMUUS History Committee history@mmuus.org

OCTOBER
Artist

Gallery Hours:

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

Roland Powless, Artist



During the month of October artist Roland Powless will be exhibiting his paintings in the Social Hall. Powless was an art major in high school, but didn’t return to painting until 12 years ago. After retiring from Chrysler, he took painting classes at the Art Store, where Frank Sweeney became his friend and mentor and helped him hone his skills as an artist. Primarily a portrait artist, Powless has been painting and sketching portraits of his family and friends for many years. More recently, he has been painting images that tell the stories of the Haudenosaunee people. Please be sure to visit our Social Hall to see this interesting exhibition.

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



2023 NYSCU Annual Meeting

Greetings, friends! As the President of the New York State Convention of Universalists, it is with pleasure that I invite you to make plans to attend our **2023 Annual Meeting!**

Here is the basic information:

Today's Universalism: Audacity, Courage, and Grace.

October 20 & 21, 2023

Unitarian Universalist Congregation of Binghamton, NY

Rev. Verdis LeVar Robinson, Keynote Speaker

Workshops on Finance, Advocacy, and Social Justice

The meeting will be held in person, with virtual participation available as well.

If you are not familiar with NYSCU, please check out our [website](https://nyscu.org/) (https://nyscu.org/)

We support congregations with workshops, grants and loans. Our Annual Meeting can be a great way to connect with others who are involved in this faith.

We hope that you will spread the word among your congregation, and plan to attend this year's meeting! The official call to meeting, with registration and hotel information, will be sent out later this summer. Please visit our website, or reach out to me at president@nyscu.org for further information!

Yours in our shared faith,

Ann Rhody, President

New York State Convention of Universalists

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. You can find a zoom link each week on our website!



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

Meeting ID: 965 0987 7539

Passcode: 513494

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Dial by your location

- +1 929 205 6099 US (New York)
- +1 646 931 3860 US

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>



Do you join services by calling in?

If so, please let Teri in the office know, so if there are changes, you can be notified

It doesn't happen often but when it does we want you to be informed of changes.



Church Office	Teri Coon	office@mmuus.org
Minister	Rev. Jo VonRue	ministerjrev@gmail.com
DRE	Stacy Sceiford	stacymaydre@gmail.com
Board President	Peter McClure	peterrogermclure@gmail.com
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Finance	Jane Fagerland	jane_f@sbcglobal.net



Going Green and Seeking Social Justice

Indigenous Peoples' Day Festival 2023

Sunday, October 8, 2023, Doors open at 10:00 am. Programming begins at 11:00 am.

Everson Museum 701 S State St, Syracuse.

Mingle with Onondaga vendors, learn from Haudenosaunee artists and local community groups, listen to speakers and Haudenosaunee singers, and join in social dancing. There will be activities for the whole family to enjoy!

The Everson Museum has open and free entry for their monthly community day!

Our third annual Refocus feature of short films begins around 7:00 PM. The day will close by 8:00 pm.

Join organizers from Women of Italian and Syracuse Heritage in Central New York (WISH CNY), Neighbors of the Onondaga Nation (NOON)- which is a project of the Syracuse Peace Council; to celebrate Indigenous Peoples' Day on Onondaga Nation Land.

Get Expert Advice & Incentives to Seal & Insulate Your Home

Avoid the "I Wish I'd Known" Feeling

Did you know that insulating your home can help keep it warmer in the winter and cooler in the summer? It's time to stop those DIY weatherproofing fixes and find a permanent solution to stay comfortable, and NYSERDA's Comfort Home program is exactly that. With our expert advice and incentives of at least \$1,000, you can insulate your home, save money and time, and achieve that true home comfort you've been looking for.

[Get Started](https://nyserda.az1.qualtrics.com/jfe/form/SV_001M25m1qrMNxae) (https://nyserda.az1.qualtrics.com/jfe/form/SV_001M25m1qrMNxae)

NYSERDA's Comfort Home program makes it easy to make smart investments for a more efficient home now and more affordable heating options in the future. As part of this pilot program, seal and insulate packages are available at reduced cost in [these markets across New York State](https://www.nyserda.ny.gov/All-Programs/Comfort-Home-Program/Targeted-Markets) (<https://www.nyserda.ny.gov/All-Programs/Comfort-Home-Program/Targeted-Markets>). These packages are offered by trained and qualified Comfort Home contractors who can help you solve common problems like drafty areas in your home, rooms that are difficult to keep cool in summer, and reduce the occurrence of ice dams in winter. Incentives from \$1,000 to \$4,000 may be available for installation of seal and insulate packages. Additionally, you can get up to \$2,300 annually in tax credits through the [Inflation Reduction Act](https://www.nyserda.ny.gov/All-Programs/Inflation-Reduction-Act/Inflation-Reduction-Act-homeowners) (<https://www.nyserda.ny.gov/All-Programs/Inflation-Reduction-Act/Inflation-Reduction-Act-homeowners>)(IRA) for insulation projects and replacing windows and doors.

Additional incentives from your electric utility may be available when you [install a heat pump](https://cleanheat.ny.gov/), (<https://cleanheat.ny.gov/>) the healthier, cleaner way to heat and cool your home. And, when you install a heat pump within 24 months of completing your air sealing and insulation project, bonus incentives may be available from your contractor.

How it Works

It all starts with a no-fee consultation with a trained and [qualified contractor](https://www.nyserda.ny.gov/All-Programs/Comfort-Home-Program/Comfort-Home-Contractors-by-County) (<https://www.nyserda.ny.gov/All-Programs/Comfort-Home-Program/Comfort-Home-Contractors-by-County>) who will help you select the improvement package that is right for you, including available rebates and financing. Comfort Home packages may include:

- Sealing air leaks
- Insulation upgrades for ceilings, floors, and walls
- High performance windows

In addition, your Comfort Home contractor will provide you with information about clean heating and cooling heat pump equipment options for your home. If you decide to install a heat pump for heating and cooling, additional rebates are available.

The 8th Principle Work

In October, there will be a series of events at MMUUS regarding the '8th Principle' that many UU congregations have already adopted. A group of advocates have been meeting to plan actions in accordance with our policies that will lead to a congregational vote to adopt this new element. The 8th Principle was devised by UU leaders who represent black, indigenous and other oppressed populations among us. The 8th principle is shown below. It builds on existing UU principles to call us to action, to find ways to dismantle systems of oppression that still plague so many people.

"We covenant to affirm and promote: journeying toward spiritual wholeness by working to build a diverse multicultural Beloved Community by our actions that accountably dismantle racism and other oppressions in ourselves and our institutions."

Our service on **October 15** will introduce the historical background for the principle and the reasons why so many people feel this is an important addition for our UU congregations.

On **October 22**, we will have a brief service, to be followed by discussion groups about how the resolution may (or may not) resonate with our feelings and interests. These discussions will be followed by a "first Sunday" lunch around 11:45.

On **October 29**, Rev Jo will present further perspectives on the topic and we will follow the service with a congregational discussion and vote (around noon) regarding our adoption of this 8th Principle.

The committee arranging these discussions regards this principle as a call to further awareness and action on issues of oppression – to provide a more accelerated curve to the 'long arc of justice' across all areas of oppression. Our actions stemming from such a resolution will be as large or as small as we collectively and individually feel we can support, as we hope to illustrate during these discussions. We hope all members will join us for as many of these three Sundays as possible. We will announce child care options when these weekends get closer.

Please help fill our donation baskets!

We are still collecting Food and Personal Care items in our foyer!

Some suggestions are:

- * Peanut butter (or alternative nut butters)
- * Canned soup, fruit, vegetables, stews, beans, fish, chicken, other meats (look for pull top)
- * Pasta (most prefer whole grain)
- * Rice (most prefer brown rice)
- * Powdered & shelf stable milk
- * Cooking Oils (Canola and Olive Oils)
- * Spices, salt and pepper
- * Sweeteners
- * Tea, coffee (instant), hot chocolate
- * Powdered creamer
- * Toothpaste, tooth brushes, mouth wash
- * Bar soap (unscented is best)
- * Personal Hygiene items



Also remember we collect socks in October for SockTober!



Events held at MMUUS are not sponsored by MMUUS

Saturday October 7

Benefit Concert for Road2RecoveryC-NY

Doors: 7pm

Artists:

Mike Powell

The CNY Songbirds

Advance sale: \$25/Door: \$30

Tickets sold on Eventbrite

**Please do not contact the church for tickets*

Saturday October 21

“Old & New: Sephardic Reflections”

Early and Contemporary Music from Medieval Spain and Portugal

[NYS Baroque](#) Will hold the first of 2 concerts here at May Memorial (the second one is the next day in Rochester) Beginning at 7:30pm. There will be a free informative and informal pre-concert talk with the artists at 7pm. Tickets for this performance can be found online at nysbaroque.com or purchased at the door.

Prices for both concerts are \$20 for public and \$10 for students or those with limited funds

**Please do not contact the church for tickets*

Eastern Farm Workers Association (EFWA)

We need your help! Our Safe'n Sane Halloween party is **October 21**, and our Trick or Treat for Farm Workers Food Drives run throughout the month, ending on Halloween.

Eastern Farm Workers Association (EFWA) is an all-volunteer, non-government funded organizing drive of farm workers and other poorly-paid workers in Central New York. Our members run a self-help benefit program to involve the community in directly meeting the needs of the lowest-paid workers, while gaining greater strength in numbers to demand an end to the policies that cause poverty.

EFWA members run a Holiday Campaign to help cut the costs of celebrating with dignity and decency, in a way that brings the community together.



The Folkus Project presents [Humbird](#) on Friday, **October 6 @ 8pm**. Inspired by the crystalline chill of the north country she calls home in Minnesota, Humbird’s work is influenced by great songwriters like John Prine and Joni Mitchell, as well

as her own experiences growing up with Irish music, studying classical music, and singing hymns at the church where her mother preaches. Siri Undlin, the songwriter behind the moniker, will be joined by bassist Pat Keen.

For tickets and more information go to folkus.org.







The Folkus Project presents [John McCutcheon](#) on Friday, **October 20 @ 8pm**. Folk music’s Renaissance Man, John McCutcheon is a master of many traditional instruments, most notably

the rare and beautiful hammer dulcimer. His songwriting has been hailed around the globe, and his 30 recordings have garnered every imaginable honor, including seven Grammy nominations. And his commitment to grassroots political organizations has put him on the front lines of many of the issues important to communities and workers.

For tickets and more information go to folkus.org.

We always have something happening here at May Memorial!
Here are just a few offerings available.

<p>Choir</p> 	<p>Thursday's at 7:30pm in the Sanctuary. New session begins: Sept 7</p>	<p>We hope to have enough members to sing for the opening service on September 10. Anyone who has been thinking of singing, this first rehearsal would be a great time to try it out. New members would be a real gift!</p>
<p>Depression Support Group</p>	<p>Meets Thursdays 4:30-6pm in the Teenz Room</p>	
<p>Soul Matters Sharing Circle</p>	<p>2nd Sunday each month 12:15pm Starting October 8th</p>	<p>This year we are using Soul Matters monthly themes for worship. After Worship on the second Sunday of each month we will meet at 12:15pm (after coffee hour) to go deeper into our monthly themes to explore how these themes may work in your life when you invite them in. There will be some nominal work required ahead of each class, but it is very nominal, and you can still come to class even if you don't have time for the pre-class work! This class will be offered in person. If there is interest in running an online class, that is a possibility. You're welcome to bring your bagged lunch. We do need at least 5 people to run this class, please contact Teri in the office to register.</p>
<p>Tai Chi</p> 	<p>Tues and Thurs at 3pm in the Social Hall—Sessions start Sept 12</p>	<p>This is a free class, just show up and join in!</p>
<p>Twisted Sisters</p> 	<p>Meets the 2nd Monday of the month in the Teenz Room</p>	<p>Bring a beverage or snack to share if you feel like it. Twisted Sisters is a social group open to adult women and those identifying as female. No commitment is required. Meetings will be held on the 2nd Monday of each month for the foreseeable future, so mark your calendars. Join us for conversation, camaraderie and support as we navigate this life together.</p>
<p>Writers Group</p> 	<p>Tuesday, 9/12 10am-12pm Teenz Room</p>	<p>MMUS Writers Group will meet to reconnect and plan for the year ahead. New members welcome. If you are interested, but unable to attend, or if this time slot is generally not possible, please let us know so that information can be factored into the planning. Questions? Contact Ann (awpearson1@yahoo.com), or Dick Pearson (repearso@syr.edu)</p>



It's Back! The First Sunday Lunches are returning, and the first of them will be on October 22 following our Worship Service (about 11:45). This lunch will be hosted by the Board, CareRing and Worship Associates and will feature soups, stews, casseroles, salads and desserts that highlight Fall Harvest. Save your appetites for lots of yummy foods that are sure to feature apples, squash, pumpkins and other of Central New York's bounty. In addition to being a wonderful time to enjoy a meal with your May Memorial friends and friends you have yet to meet, First Sunday Lunches are a successful fundraiser for us. The cost of a meal is a sliding scale of \$5 to \$10 for adults, \$3 to \$6 for children and a maximum of \$20 for families with children. Additional contributions are welcome, if we have leftovers after all are served, feel free to bring containers and pay for additional meals to take home.

Eliza and Mardie, CoChairs for October 22 First Sunday Lunch

UPCOMING Events

Day	Date	Event	Time	Location
Sunday	10/1	Worship Service	10:30am	Sanctuary
Tuesday	10/3	Tai Chi	3pm	Social Hall
Thursday	10/5	Tai Chi	3pm	Social Hall
Thursday	10/5	Depression Support Group	4:30pm	Teenz Room
Thursday	10/5	Choir Rehearsal	7:30pm	Sanctuary
Friday	10/6	FOLKUS	8pm	Sanctuary
Saturday	10/7	Road2Recovery Benefit (see pg 10 for details)	7pm	Sanctuary
Sunday	10/8	Worship Service	10:30pm	Sanctuary
Sunday	10/8	Soul Matters Sharing Circle	12:15pm	Teenz
Monday	10/9	Twisted Sisters	7pm	Teenz
Tuesday	10/10	Writers Group	10am	Teenz
Tuesday	10/10	Tai Chi	3pm	Social Hall
Thursday	10/12	Tai Chi	3pm	Social Hall
Thursday	10/12	Depression Support Group	4:30pm	Teenz
Thursday	10/12	Choir Rehearsal	7:30pm	Sanctuary
Sunday	10/15	Worship Service	10:30am	Social Hall
Tuesday	10/17	Tai Chi	3pm	Social Hall
Thursday	10/19	Tai Chi	3pm	Social Hall
Thursday	10/19	Depression Support Group	4:30pm	Teenz
Thursday	10/19	Choir Rehearsal	7:30pm	Sanctuary
Friday	10/20	FOLKUS	8pm	Sanctuary
Saturday	10/21	NYS Baroque (see pg 10 for details)	7:30pm	Sanctuary
Sunday	10/22	Worship Service	10:30pm	Sanctuary
Sunday	10/22	'First' Sunday Lunch	11:45am	Social Hall
Tuesday	10/24	Tai Chi	3pm	Social Hall
Thursday	10/26	Tai Chi	3pm	Social Hall
Thursday	10/26	Depression Support Group	4:30pm	Teenz
Thursday	10/26	Choir Rehearsal	7:30pm	Sanctuary
Sunday	10/29	Worship Service	10:30pm	Sanctuary
Sunday	10/29	Voting on 8th Principle (see pg 7 for details)	12pm	Sanctuary
Sunday	10/29	Trunk or Treat	3pm	Parking Lot

May Memorial Unitarian Universalist Society

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Syracuse, NY 13214
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office@mmuus.org



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