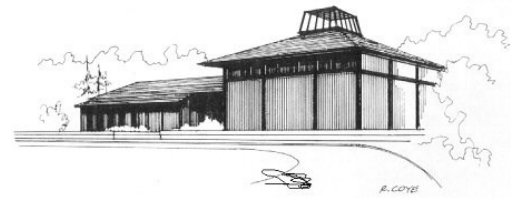


May Memorial

Unitarian Universalist Society



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

April 2025
Volume 88
Issue 4



UUA Central East Region is coming to May Memorial!

Beloveds, now is the time for you to rise up and become even more committed to our faith and the work we can do when we combine with others. We are called as Unitarian Universalists to show up as love in our world. There is strength in numbers, and the resistance will take all of us. This workshop will be an incredible opportunity to meet with other NY State UU's who want to be a part of the resistance as well. I hope that you will consider joining us on Saturday May 3rd for an exciting workshop offering by our UUA Central East Region staff.

2025 is calling; how will Unitarian Universalists respond? In a world marked by political oppression and escalating crises, centering love is a radical and transformative act—one that calls for all of us to move into collective spiritual leadership. What grounding and skills do we need to practice Unitarian Universalism, offering this faith to ourselves, to one another, and to the world that needs us?

Whether you serve on your congregation's board, participate in committees, lead a program, serve as minister or staff, or simply love Unitarian Universalism and want to contribute, this day is for you. Join us for inter-congregational connection, skill-building led by Central East Region staff, and community-building as we model and practice loving transformation. Let us answer the call together!

Lunch and childcare will be provided. There is a registration fee (<https://www.uua.org/central-east/events/region/leading-love-center>) but May Memorial is happy to cover this for you if it means you will join us! This workshop is open to UU's around the state, and it will be a wonderful way to meet UU's from other congregations.



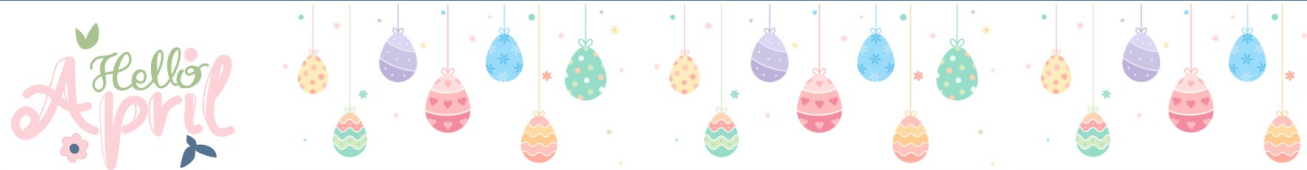
Please do register for this event, all of us need all of us to make it and I would be so overjoyed to see a big turnout from May Memorial, especially because it will be hosted here at our spiritual home!

~ Rev. Jo

Music Sunday

April 27

The Choir presents some beautiful texts, set to beautiful music, all from the British Isles. This is to celebrate Glenn's return to England to revisit his days as a student musician. The music ranges from the 17th century, to the "Lion King." We hope everyone will hear something that speaks to them.

		
4/6	DAT	Rev. Jo VonRue Director of Religious Education Stacy Sceiford Worship Associate Sandy Greenberg
4/13	Climate Justice	Rev. Jo VonRue Director of Religious Education Stacy Sceiford Worship Associate Noah Lapidus
4/20	Easter Sunday MultiGen Service	Rev. Jo VonRue Director of Religious Education Stacy Sceiford Worship Associate Kent Lindstrom
4/27	Music Sunday	Director of Music Glenn Kime MMUUS Choir Rev. Jo VonRue

<https://zoom.us/j/91328201757?pwd=gKDU2sIVTRxclUP44zwpOXPZq9rb8L.1>

Meeting ID: 913 2820 1757

Passcode: 098900

One tap mobile

+19292056099,,91328201757# US (New York)

+16469313860,,91328201757# US

Dial by your location

• +1 929 205 6099 US (New York)

• +1 646 931 3860 US



Join us for our Maundy Thursday service at 6pm on Thursday April 17, in person only



Join us for another Interfaith Good Friday service at University United Methodist at 6:30pm on Friday April 18th. This is a great opportunity to hear from many different Pastors of many different religious traditions, including our Rev. Jo.

Custodian Search

We are searching for a part time custodian!

Flexible schedule

\$15.50/hour

15 hours a week September - June

10 hours a week July - August



Contact the MMUUS Office if interested



UUA Central East Region workshop here at May Memorial on **May 3rd**, please consider joining us for this all day workshop bringing UU's all over NY state together to learn how to lead with love at the center. Registration is required and there is a fee, but please contact Rev. Jo and she will happily cover that for you. <https://www.uua.org/central-east/events/region/leading-love-center>

Resisting Fascism

A three-session class for adults
by Rev. Jo VonRue - May Memorial Unitarian Universalist Society

Sunday 4.27 12:15-2pm

Inspired by Rev. Cecilia Kingman's 2023 Berry Street Essay "My Little Pony Was Right: Fascisms Without and Within", and the popular work of Dr. Jason Stanley and Dr. Timothy Snyder, both of Yale University, this class seeks to help adult students make connections between the rise of fascism and the institution of the church, and develop practical strategies for living a life that resists the habits of mind that allow fascism to take root in society.

It is not necessary to attend all 3 sessions.
Please feel free to bring your own lunch.

Registration Required: office@mmuus.org

The SAME class will be held on Zoom the following dates:

April 8th, April 22nd, May 6th 7-8:30pm

Please sign up with the office if you wish to attend office@mmuus.org



*Community,
Conversations,
Connections
with Rev. Jo*

HISTORY CORNER



Since it was established in 1838, the Unitarian Congregational Society of Syracuse, now known as May Memorial Unitarian Universalist Society, has had 13 settled ministers. In this article, we focus on our third and longest-serving minister, Rev. Dr. Samuel Calthrop (1868-1911).

We most often mention Rev. Calthrop when welcoming new members because he was the one who, in 1900, presented a large membership book to the congregation and started the tradition of "signing the book" - the same book we use today.

Rev. Calthrop has been described as a "renaissance man" who could do just about anything. The following partial list illustrates the range of his knowledge, ingenuity, and aptitude for varied disciplines. We highlight accomplishments that wouldn't necessarily be expected of a parish minister.

- After reading an authoritative manual on military tactics, Calthrop trained young men from his cricket club in Marblehead, Massachusetts to fight in the Civil War.

- Over six feet tall and broad-shouldered, Rev. Calthrop was an accomplished athlete who coached cricket at West Point, coached crew teams at Cornell and other colleges, introduced tennis to Central New York, and organized the Boys Club.

- Rev. Calthrop was an amateur astronomer, meteorologist, and botanist. He built an observatory at his home and studied sunspots, exploring the idea that they affected the earth's weather. Syracuse newspapers consulted him for their weather forecasts. The tomatoes from his garden were the first ever shown at the NY State Fair.

- In addition, Rev. Calthrop was an inventor who obtained a patent for an "air-resistant [aerodynamic] train" or "bullet train" many years before one was actually manufactured.

- An amateur scientist and philosopher, Rev. Calthrop advocated for evolution from the pulpit. He was an avid reader who kept the congregation informed about intellectual controversies, including evolution.

- He was a chess champion who organized chess clubs wherever he lived. In 2019, a plaque honoring him was placed in Hanover Square, thanks to the efforts of MM's chess aficionado Anton Ninno.

- Rev. Calthrop published works on science and current events, as well as religion. After his death, a book of his poetry was also published.

- At Rev. Calthrop's large house south of the city, he held regular gatherings and discussions for friends and neighbors, as well as congregants.

According to a 2019 newspaper article, compiled from contemporary sources, Rev. Dr. Samuel Calthrop was probably the most famous and most highly respected person in the city of Syracuse in the early part of the 20th century.

Mary Louise Edwards

MMUUS History Committee, history@mmuus.org



April's After-worship Lunch will be held on April 6th, immediately following the service. This popular fundraiser and community-building event is sponsored by Soul Matters, the Men's Lunch Group and other Men of May. Come and enjoy a variety of delicious soups, casseroles, salads and desserts! Donations are \$0-\$10 for adults, \$0-\$6 for children, and \$0-\$20 for families.



The Annual Syracuse Camera Club Exhibition will be hanging in our Social Hall throughout the month of April, 2025.

Established in 1886, the Syracuse Camera Club is one of the oldest photography organizations in the United States. We, at May Memorial, are privileged to host this annual show. Be sure to stop in to see the captivating portraits, beautiful landscapes and wonderful wildlife studies. The camera club welcomes new members of all ages.



Sabbatical Musings: Rest



Over the past five months the number one question people asked me has been, “What are you doing on your sabbatical?” And for the most part my answer has simply been, “I’m resting.” It doesn’t sound glamorous at all, and I’m sure it didn’t look glamorous. I didn’t go travel to distant lands or change the world after all, but rest was what I dearly needed. And I am ever so grateful that I was so well supported in my time for rest by the congregation and my colleagues because while I didn’t see it as glamorous, I did have to wrestle with the part of my psyche that told me it was “indulgent” or dare I say “selfish”. Part of the support I received was that I attended two conferences early on in my sabbatical, which probably doesn’t sound like resting but let me tell you a bit about those conferences and you’ll see why they were so helpful.

The first conference I attended was the LREDA Continental (Liberal Religious Educators Association for the US and Canada) “Blanket Fort Fall Con” from 11/6-11/15. This was an exclusively online conference where I was free to dip in and out of worship, programming, and small group activities as my schedule and energy level allowed--with no guilt. This conference focused on the teachings of Tricia Hersey, activist, author of “Rest is Resistance: A Manifesto”, and creator of the Nap Ministry. Attendees of Blanket Fort Con were encouraged to literally create a warm, cozy nest, or blanket fort, and bring their laptops into that space. Some of my colleagues met in in-person pods to attend the conference virtually together to also get the benefit of in-person connection with colleagues, but even in the pods many wore their pjs and brought pillows and blankets into their space to be as cozy as possible. And for my pod colleagues just like the virtual only option, there was ample grace to tend to their own need for rest and attend to whatever self-care that was needed in the emotionally charged post-election time during which we happened to be meeting. The conference programming helped me reframe my understanding of rest from “not doing anything/being lazy” into a rebellious defiance of capitalism, patriarchy, and white supremacy culture. If the capitalist machine wants to squeeze every ounce of productivity out of me to keep the (unjust) system chugging along to maximize profit, resting and finding

joy are acts of resistance. This reframe helped me shift my attitude toward rest during my sabbatical from something I had earned and deserved (Hello! Rest is a biological need that we all have, like breathing and eating--we don’t have to earn it!), to an opportunity to stick it to the man!

The following week my local chapter of LREDA met for our annual fall retreat. This year we were awarded a grant from NYSCU (New York State Convention of Universalists) to help fund a truly restful fall retreat. We stayed at Vanderkamp, a beautiful location where we each had our own room, our food was catered (and delicious!), there was a hot tub and a sauna, we had a bonfire, and we brought in a wellness educator who offered a class on completing the stress cycle* with breathwork, and another session where she performed a sound bath for us (which was SO COOL!). It’s always extremely restorative to spend time with my colleagues, but this was a next level restorative experience.

As I told the kids during my first Sunday back in worship, the most fulfilling part of being on sabbatical was being able to bump my name up on my list of priorities. I was free to check in with myself every day to see what I needed to feel healthy and happy and then give myself what I needed. While a rather simple concept, it felt pretty revolutionary. And my ongoing work now is to find the balance between activity (be it physical, mental, emotional, or most often some combination of the three) and rest.

*For more information about completing the stress cycle, I highly encourage you (especially if you were assigned female at birth or socialized as a girl/woman) to read, “Burnout: The Secret to Unlocking the Stress Cycle” by Emily Nagoski and Amelia Nagoski

And another valuable read to learn about grind culture and its place in white supremacy is “Rest is Resistance: A Manifesto” by Tricia Hersey.

In Faith,

Stacy Sceiford (Director of Religious Education)



UPDATE about our shared congregation, Kingston, Ontario...The congregation will not be joining us in September at Unirondack due to the majority of the members of the Kingston UU congregation not wanting to visit the U.S. while the trade and culture war and threats to Canada's sovereignty are happening. To me, it is understandable, and so sad since we were beginning a lovely relationship with folks there.

May Memorial 2025 Unirondack weekend

The 2025 September weekend at Unirondack is scheduled for Friday, Sept 19th (4 pm) to Sunday, Sept 21st mid-afternoon. Unirondack, a UU Camp & Conference Center, is in the western Adirondacks, near Lowville, NY. To see the

Unirondack facilities/environment, the website is: www.unirondack.org

Since 2008, we have hosted this intergenerational Unirondack weekend as a source of early fall community building for our UU congregations. The weekend is often an introduction to the camp for youth and families who later go on to be campers and staff at the weeklong youth or family camps. We hope you consider coming along for the weekend! Cost for the 2024 entire weekend (food, lodging, activities) was \$100-\$110/pp depending on age; this year's costs are not known yet, but we expect it will be about the same price. Financial assistance for MM families is often available; please contact Stephanie Cross (msscoss1234@gmail.com) about financial aid for the weekend

From member Judy Jerome:

I will be attending the Women's Weekend at Unirondack this year, May 16-18. The weekend is open to all women and those who identify as women. I have attended every year (10 years now) and wouldn't miss it for the world. Does anyone want to carpool or go with me? Please contact me at judy_jerome@hotmail.com. <https://www.unirondack.org/womens-weekend-1>

Also, if you love Unirondack and would welcome a wonderful family experience there, consider attending Family Camp, August 18-23. This will be the fourth year that Lola, Nora, Rachel and I will be attending. We cherish every minute of it. <https://www.unirondack.org/family-camp>. If you have any questions, please feel free to contact me.



Join MMUUS family and friends for dinner and entertainment. Bring a dish to pass and your open mic performance to share. The Fall Open Mic Night was so much fun, we can't wait to see what creativity you all bring to the Spring event!

The evening starts with a potluck dinner.

Afterwards, there will be an open mic for one and all.

Open mic will be open to anyone and everyone.

Content must be family friendly.

There will be a 3 minute limit on all performances.

Hope to see you there!

MMUUS FUNDRAISER
**Talents, Treasures
 & Adventures**
 AUCTION

The newly named and expanded **Talents, Treasures and Adventures** Auction will be held Saturday, April 26th 5:30 -7:30.
 The Children's Auction will be held from 4:30 – 5:15.
 Come enjoy light refreshments, wine and beer available and music.

Here is the full schedule:

- DONATIONS TO THE AUCTION will be accepted through April 7
- The on-line catalog will be available for bids April 14th – April 25th (share this with friends and family)
- Set up for the auction will happen April 25 (bring your items into church that day)
- In person auction and social gathering April 26th 4:30- 5:15 Children's Auction and 5:30 -7:30 main auction. (In-person bid winners should be prepared to pay and take items that evening.)

NEW in 2025 Our first CHILDREN's AUCTION, which is being held just prior to the silent auction. The children of MMUUS will share their outgrown toys, games, books etc. allowing others to purchase at a bargain. The children will then collectively decide on a charity to donate their proceeds.

We would like to open portions of the auction to friends outside of May Memorial. The Adventure's category will only be offered internally to MMUUS people since some of those items invite people into our homes. The gift certificates and treasures, however, might be of interest to people we know outside of MMUUS. We ask members to consider sharing the auction website with your friends so we might sell some items outside of MMUUS. This is another way to help support the auction.

Ways you can participate:

- Donate something to be sold in the auction
- Bring some finger food items to share the day of the auction. (contact Janet Hiemstra)
- Share your musical talents at the auction (contact David Mendelsohn)
- Help with set up April 25th (contact Cynthia Carter)
- Share the online catalog with friends and family that might like to purchase something
- Come to the auction and enjoy the evening with your May Memorial family.

Please submit photos for the May Memorial Picture Directory

Yes, we are reviving the photo feature of our member directory! Photos are an immense help to newer members to integrate with our community and a great way for all members to get to know more people. Participation is optional, but we strongly encourage everyone to submit photos for this project. The Board of Trustees fully supports this initiative. Here are a few things you need to know:

- If possible, please share photos digitally with Teri Coon. If you don't have access to digital pictures, we can scan your printed picture, but it's best to keep those to a minimum.
- We think we can accept photos of any size, shape and resolution. However, we may not know these limitations until we have integrated a number of pictures. Please bear with us if we need to ask for second submittals from some people.
- We can accept individual photos or pictures of couples or families. In the latter case, please let us know if you wish to use a picture for more than one person's directory entry (e.g., a separately listed partner).
- Photos can be informal and may include pets, if desired, but please limit submissions to photos of yourself (or yourselves).

Note that this directory is intended only for May Memorial members and friends. We will continue our current policy of keeping it off the public and Members Only websites and only making it available upon a participant's request to the Office Administrator (Teri).

UPCOMING Events

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
Tuesday	4/1	Tai Chi	3pm	Social Hall
Thursday	4/3	Monthly Men's Lunch	Noon	Munjeds
		Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
		Choir Rehearsal	7:30pm	Sanctuary
Saturday	4/5	Celebration of Life for Lida Black	10:30am	Sanctuary
		Spring Open Mic and Potluck	4pm	Social Hall
Sunday	4/6	Sunday Lunch	After service	Social Hall
Tuesday	4/8	Tai Chi	3pm	Social Hall
Thursday	4/10	Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
		Spiritual Enrichment Group	6pm	Teenz
		Choir Rehearsal	7:30pm	Sanctuary
Sunday	4/13	Soul Matters Sharing Circle	12:15pm	Teenz
		Artist Reception	1pm	Social Hall
Monday	4/14	Date With Death Club	1pm	Social Hall
		Twisted Sisters	7pm	Teenz
Tuesday	4/15	Writers Group	10am	Teenz
		Tai Chi	3pm	Social Hall
Thursday	4/17	Bookenders	1:30pm	Memorial Room
		Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
		Maundy Thursday	6pm	Sanctuary
Tuesday	4/22	Tai Chi	3pm	Social Hall
Thursday	4/24	Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
		Choir Rehearsal	7:30pm	Sanctuary
Saturday	4/26	MMUUS Talents, Treasures and Adventures Auction	4:30pm	Social Hall
Sunday	4/27	Resisting Fascism	12:15pm	Sanctuary
Monday	4/28	Date With Death Club	1pm	Social Hall
Tuesday	4/29	Tai Chi	3pm	Social Hall



First Unitarian
Universalist Society
of Syracuse

From our friends at First UU:

- Folk singer Alice Di Micele, April 19th 7pm at First UU Society of Syracuse, 109 Waring Rd.
- The UU Book Group will meet Monday, April 14 at 2PM in the Parlor at First UU . Men and Women from May Memorial and First UU share the books they have been reading and discussions follow. All are welcome.



Building Beloved Community Beyond the Binary

Saturday, April 26th, 2025 • 8:30am-5:00pm

First Unitarian Universalist Society of Syracuse
109 Waring Road, Syracuse, NY – and virtually!

A place to find community with transgender, nonbinary folk and our allies.

A conference for us to gather, learn, and grow.



<https://firstuusyr.org/bbcbb-conference/>



The Folkus
Project of Central New York

[Lucy Kaplansky](#) on Friday, April 4 @ 8pm.

[Open the Door for Three](#) on Friday, April 25 @ 8pm.

Please visit the FOLKUS PROJECT website for details and tickets (folkus.org)



CareRing
News

Celebration of Life for Lida Black will be Saturday April 5 at 10:30am

Celebration of Life for Charlie Hannah will be Sunday May 4 at 2pm

From the Church Office



Minister
 Director of Religious Education
 Director of Music
 Board President
 Book Keeper
 Finance
 Church Office

Rev. Jo VonRue ministerjrev@gmail.com
 Stacy Sceiford stacymaydre@gmail.com
 Glenn Kime gkimeorganist@gmail.com
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May Memorial Unitarian Universalist Society

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Office Hours:

Mon - Thurs: 9am-2pm (other times by appointment only)

Days off are Friday and Saturday

Contact us:

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