

# May Memorial

## Unitarian Universalist Society

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



October 2025  
Volume 88  
Issue 10



### Cultivating Compassion Through Welcome: Growing Our Hearts and Our Community

The first time I ever felt I truly belonged was in a UU church in DeLand, Florida. I can clearly remember entering the church where my husband dragged me and the warm compassion that I felt from everyone. In our short time in Florida, we had an immediate family who loved us and celebrated our presence. The same thing happened the following year when we moved to Tacoma, Washington, where we felt a deep compassionate welcome at the Tahoma UU Congregation.

Our Soul Matters and worship theme for the month of October is Cultivating Compassion. These past few years at MMUUS, we have been working together to create that kind of deep compassionate welcome that we have all felt at different times in our lives. We're working on making sure everyone who comes through our doors gets that same feeling. I'm asking you to dig even deeper this year as we move towards compassion, welcome, and growth.

Here's what's happening: we're ramping up our welcoming efforts because there are so many great ways we can improve! I'm putting together a new membership team, so if you've been thinking about getting more involved, send me an email. We need all hands on deck as official greeters on Sunday mornings. And fair warning, we're going to start having folks out by the parking lot too. I know, it might feel a little intense, but we want people to know they're welcomed before they even make it inside.

But my loves, this isn't just about the official greeters. Every single one of us can be part of cultivating compassion. See someone you don't recognize? Walk up and say, "I'm not sure we've met yet." Then get curious about them. Ask what they're working on that's got them excited these days. Wonder what helps them feel most alive. Find out what drew them to May Memorial in the first place. Make sure they grab an announcement sheet and know about ways to connect. But mostly, just help them feel like they matter, because they do!

Friends, growth isn't about filling pews. It's about practicing the kind of radical compassion our world desperately needs. We all know that the world can feel lonely and disconnected at times. When anyone shows up here, they might be carrying all kinds of things; grief, hope, questions they're afraid to ask anywhere else, or maybe they're just tired of feeling invisible. Our welcome becomes a beautiful practice of seeing each other's full humanity. It's compassion in action, it says, "Your story matters. Your questions are welcome here. You belong." We get to witness each other's journeys, hold space for the beautiful, messy work of figuring out this whole being human thing together. This is how we move into the space between the bunkers, to form relationships rather than just hating the same people. So, let's work together to cultivate compassion one genuine conversation, one curious question, one authentic connection at a time.

I love you, and there is nothing you can do about it.

~Rev. Jo



		
10/5	<b>Music, Memory, and Sacred Space: Celebrating Our Roots</b>	Rev. Jo VonRue and Worship Associate Kent Lindstrom
10/12	<b>Indigenous Peoples Day: Stories of Sacred Return and Healing</b>	Worship Associates Noah Lapidus and Karen Sgarlata
10/19	<b>Kindling Compassion: Diwali's Call to Illuminate Justice</b>	Rev. Jo VonRue and Worship Associate Eliza Bailey
10/26	<b>Memory Tree</b>	Rev. Jo VonRue and Worship Associate Stacy Sceiford

<https://zoom.us/j/95274927371?pwd=H5pJFsXMxCMCfJIOWupV326HUr1Fo.1>



Meeting ID: 952 7492 7371

Passcode: 210281

One tap mobile

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### Indigenous People's Day Festival

Sunday October 12th  
11am - 5pm  
Onondaga Nation Fieldhouse  
3370 Route 11A



May Memorial has chosen to be a sponsor, with a broad group of organizations and institutions, in supporting the 2025 Indigenous Peoples Day Festival to be held at the Onondaga Nation Fieldhouse on Sunday, October 12.

As a sponsoring organization we would like to help meet the needs of our neighbors by providing volunteer support. If you are interested in joining with other May Memorial folks contact Dawn Mendelsohn [dpmendels@gmail.com](mailto:dpmendels@gmail.com).



Thirty-seven people from May Memorial and First UU enjoyed a gorgeous fall weekend at Unirondack Sept 19-21, 2025. Thirteen of these people were experiencing Unirondack for the first time and from what I heard, they had a delightful time. We had an engaging community weekend with new and old friends, in a great environment, with super weather too! What else can you ask for?!

We enjoyed delicious community meals thanks to the planners, shoppers, preparers, then followed by cleanup with the dishwashers, table wipers and floor sweepers. Thanks to all who chipped in to create the meals! Besides the meals, people spent time playing games, chatting while doing jigsaw puzzles, taking local walks or hiking up to the Stillwater Fire tower and along the Moose River, kayaking and even swimming in Beaver Lake! We heard joyful sounds of our children having fun together around the camp.

Friday evening, we were lucky to have Emily, a professional baker, who attends First UU, lead cookie baking with the youth. Saturday night, we had a campfire by the lake and enjoyed singing, storytelling, s'mores and melted cheese delights.

Matracia (MM member) and her mom, Renee, led a Scavenger Hunt around the Unirondack campus on Sunday morning. I think I saw Jonathan teaching a youth some magic tricks. I also observed people relaxing, reading, talking, and enjoying being away from home in a welcoming environment.

September 2026 dates will be shared as soon as they are arranged; keep your eyes open to that announcement so you can join us at Unirondack next September!

Stephanie Cross  
2025 coordinator  
MM member



**Vance Gilbert** on **Friday, October 3 @ 8pm.**

Please visit the [FOLKUS PROJECT](http://folkus.org) website for details and tickets (folkus.org)

**Jamcrackers** - Folkus 25th Anniversary show on **Friday, October 17 @ 8pm.**

Please visit the [FOLKUS PROJECT](http://folkus.org) website for details and tickets (folkus.org)

Location: MMUUS 3800 East Genesee St, Syr.

Tickets available at [folkus.org](http://folkus.org) only



Community,  
Conversations,  
Connections  
with Rev. Jo



### Democracy in Action: Building Community Power & Resilience

The times call for more than hope, they call for skills. Join Rev. Jo VonRue, and Rev Douglas Taylor as well as UUs from multiple cities for this powerful 6-part monthly series, on 2nd Tuesdays starting October 14th, 6:30-8pm via Zoom.

**Learn: Strategic Action Design • Making Sense of Our Moment • Bridge Building Across Difference • Mutual Aid Essentials • Interrupting Violence & Building Peace • Scenario Planning Workshop**

Whether you're a seasoned activist or just getting started, these workshops will equip you with practical tools for the challenges ahead. Our communities need people prepared to act with wisdom, courage, and love. Please contact [office@mmuus.org](mailto:office@mmuus.org) to register.

*Join us in building the future we need.*



Fresh Faces,  
Coffee and  
Connection  
with Rev. Jo

Join us for Fresh Faces, Coffee and Connection every fourth Sunday directly after worship at 11:45am starting in October in the Memorial Room! This monthly gathering welcomes newcomers to MMUUS with coffee, snacks, and friendly conversation. It's a perfect opportunity to learn more about our community, meet our minister and fellow congregants, and ask questions in a relaxed setting. You are welcome exactly as you are, we're excited to get to know you better!



**Soul Matters**  
SHARING CIRCLE

October Soul Matters Sharing Circle will be October 19th at 12:30pm in the Teenz Room.

If you are interested in joining the group please contact the office to get on the distribution list. You'll receive a monthly reminder with the reading materials for the month.



Get ready for some fall fun! You're invited to our **Pumpkin Carving Potluck Party** — a festive gathering for all ages filled with food, creativity, and community.

**When:** Saturday, October 18th

**Time:** 3:00 PM – 8:00 PM

**Where:** May Memorial Social Hall  
3800 E. Genesee St, Syracuse, NY 13214

**We'll have:**

- \*Pumpkin carving for all skill levels (bring your creativity!)
- \*A community potluck – bring a dish to share (\*not required)
- \*Drinks & hot cocoa provided to keep you cozy

Come for the pumpkins, stay for the food and fellowship! Whether you're bringing a casserole, cookies, or just yourself.

RSVPs are appreciated, but not required.

Be on the lookout for a sign up to let us know if you plan to come and/or what dish you'd like to bring!

We would love to see you there!

Contact: Leah Cronlund ([leahcronlund@gmail.com](mailto:leahcronlund@gmail.com))



# May Memorial UU Society

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October Artist  
Vanessa Johnson  
Fabric Artist

Gallery Hours:  
Monday 9am - 2pm  
Thursday 9am - 2pm  
Sunday 9am - 1pm



## Mentors Series #3 - The Visual Artists

The defiant and rebellious women joined hands,  
and held the line.

We protected our still-damp newly born creations,  
just cut from their umbilical cords  
orange red purple green electric blues  
taking their first breath in the summer wind.

He said that we shouldn't be birthing tie dye on his sabbath,  
and we were evil women to disobey.

"Listen to me, for I speak for the Holy Trinity."  
Father, Son, and Holy Ghost  
Male, of Men, and Male Voiced

But we, the Mary's, of Virgin Birth and Magdalene  
Held the line, as his hand reached  
to abort our birthings  
and stomp them in the ground

"Hail Mary, full of Grace!"

We are women who know our place!

This quilt honors Megan White and Lauren Austin, past Directors of the Community Folk Art Gallery, and the Women of the Beauchamp Library Sankofa Piecemakers Quilting Circle

*"As Directors of the Community Folk Art Gallery, Megan and Lauren created a place for women to gather on Saturday mornings and birth art; sometimes under opposition from those who wanted to control women's expressions. It was there I created my first art pieces. And as a member of the Sankofa Piecemakers, Lauren taught me to find my own voice in Quilt World...to break all the rules!"*



**Save the Date!**

Register [nyscu.org](http://nyscu.org)



**New York State Convention of Universalists**  
2025 Annual Meeting

*Two Centuries of Love at the Center*

October 24 & 25, 2025  
Unitarian Universalist Church of Canton, NY



- *Keynote address by UUA President Rev. Dr. Sofia Betancourt*
- *Bicentennial celebrations*
- *Workshops on stewardship, resistance, and more*
- *Tours, talks, hikes, music, and fellowship*



**MMUUS**  
**Spaghetti Dinner Fundraiser**

**Saturday, October 25**  
**5:00-7:00 p.m.**

Spaghetti with marinara *(vegan or meat sauce)*  
Salad & Italian bread • Homemade desserts  
Gluten-free options available.

Adults...\$10-\$20    Children 5-12...\$5    Under 5...Free

Wine & beer available • Gift basket raffles!

**UPCOMING**  
*Events*

These are events happening in the church that are open to anyone to join

<u>Day</u>	<u>Date</u>	<u>Event</u>	<u>Time</u>	<u>Location</u>
Thursday	10/2	Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
Tuesday	10/5	Tai Chi	3pm	Social Hall
		60th Anniversary Organ Recital	7pm	Sanctuary
Thursday	10/9	Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
Monday	10/13	Twisted Sisters	7pm	Teenz
Tuesday	10/14	Tai Chi	3pm	Social Hall
Thursday	10/16	Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
Saturday	10/18	Pumpkin Carving Family Event	3pm	Social Hall
Sunday	10/19	Soul Matters Sharing Circle	12:30pm	Teenz Room
		October Artist Reception	12:30pm	Social Hall
Tuesday	10/21	Tai Chi	3pm	Social Hall
Thursday	10/23	Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Memorial Room
Saturday	10/25	Spaghetti Dinner	5pm	Social Hall
Sunday	10/26	Fresh Faces, coffee and connection	11:45am	Memorial Room
Tuesday	10/28	Tai Chi	3pm	Social Hall
Thursday	10/30	Tai Chi	3pm	Social Hall
		Depression Support Group	4:30pm	Teenz
		Emma's Revolution Concert	TBA	

	Minister	Rev. Jo VonRue	<a href="mailto:ministerjrev@gmail.com">ministerjrev@gmail.com</a>
	Director of Religious Education	Stacy Sceiford	<a href="mailto:stacymaydre@gmail.com">stacymaydre@gmail.com</a>
	Director of Music	Glenn Kime	<a href="mailto:gkimeorganist@gmail.com">gkimeorganist@gmail.com</a>
	Board President	Peter McClure	<a href="mailto:peterrogermcclure@gmail.com">peterrogermcclure@gmail.com</a>
	Book Keeper	Leslie Dendy	<a href="mailto:lesliedendy@yahoo.com">lesliedendy@yahoo.com</a>
	Finance	Jennifer Newman	<a href="mailto:mamaslash@twcny.rr.com">mamaslash@twcny.rr.com</a>
	Church Office	Teri Coon	<a href="mailto:office@mmuus.org">office@mmuus.org</a>

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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