

# “UU News and Views”

The Rev. Walter LeFlore, Minister

Volume 65    Number 8    Founded 1952    April 2018

## Our Mission

The Unitarian Universalist Fellowship of Poughkeepsie is a welcoming congregation rooted in the liberating message of Unitarian Universalism.

**WE INSPIRE** spiritual and intellectual growth.

**WE NURTURE** a supportive and diverse community of members, families and friends.

**WE ACT** in service to the broader community.

## Upcoming Services

- |      |   |
|------|---|
| 4/1  | “Arms Open Wide”<br>Leonisa Ardizzone         |
| 4/8  | “LGBTQ Center 101”<br>Program Committee       |
| 4/15 | “Fail Better”<br>Leonisa Ardizzone            |
| 4/22 | “At Sixes and Sevens”<br>Spiral Web           |
| 4/29 | “Blessings of the Earth”<br>Leonisa Ardizzone |

*Our Nursery is available during all regular services. Please feel free to bring your young one there. Information is available from the Greeter at the Welcome Desk in the lobby and the Usher at the door of the main meeting room.*



UU News and Views" is published monthly (except July and August) by the Unitarian Universalist Fellowship of Poughkeepsie and is distributed to our members and friends without charge.

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**Annual Theme:  
Radical Acceptance**

## **\*\*April UUPF Calendar of Events\*\***

- 4/1 Choir Rehearsal 9am (weekly)  
Unicircles 9:15am (weekly)  
FULL SERVICE 10:30am (weekly)  
Zen Meditation 6pm (weekly)
- 4/2 Homeschoolers on the Hudson (weekly)  
Speaking of Books 7pm
- 4/3 Tuesday Meditation 7:30am (weekly)  
Choir Rehearsal 7:00pm
- 4/4 Play Rehearsal 6:00pm  
Soul Mind Body Wellness Group 6:30pm (weekly)  
Course in Miracles 7:00pm (weekly)  
Social Justice Meeting 7:00pm
- 4/5 Fitness Over Fifty with Johanna 11am (1<sup>st</sup> & 3<sup>rd</sup> weeks)  
Program Committee Meeting 7:00pm
- 4/8 RE Parent/Bob Weiss Listening Session 12:15pm  
Seniors Group 12:30pm (2<sup>nd</sup> & 4<sup>th</sup> weeks)
- 4/9 Beading Group 5:30pm
- 4/10 Lunch with Leonisa 12:00pm
- 4/12 Hearing Loss Assoc. of America Meeting 5:00pm  
Building Your Own Theology 5:30pm  
Play Rehearsal 6:00pm  
Bridge Club 7:00pm (2<sup>nd</sup> & 4<sup>th</sup> weeks)
- 4/13 Drumming Circle 7:00pm
- 4/14 Buildings & Grounds Work Day 9:00am  
Healthy Living Workshop 9:00am  
SoulCollage 12:30pm
- 4/15 Solar Energy Program 12:00pm  
Third Sunday Pot Luck/Lunch 12:00pm
- 4/16 B & G Committee Meeting 6:00pm
- 4/17 Gillespie Forum 5:00pm
- 4/18 Play Rehearsal 6:00pm  
Membership Committee 6:00pm
- 4/19 Building Your Own Theology 5:30pm  
Finance Committee Meeting 6:00pm  
Board of Trustees 7:00pm
- 4/20 SCJ Movie Screening "Fix It" 7:00pm
- 4/21 Hudson Valley Folk Guild 7:00pm
- 4/22 Social Justice Health Care Presentation 12:30pm
- 4/26 Building Your Own Theology 5:30pm  
Play Rehearsal 6:00pm  
LFD/RE Meeting 6:30pm
- 4/27 Parkinson's Group 10:00am  
Meal for Homeless Shelter 4:30pm
- 4/29 SJC Special Corporate Meeting 12:30pm

## Intern's Corner February 2018

Here's hoping that April will bring us some warmer weather so we can greet the flowers and whisper to the buds on the trees. I am excited to be preaching three Sunday's this month, including an Earth-Day themed service on April 29th. I am also happy to announce the start of an Adult RE class "Building Your Own Theology". Join me on Thursday evenings from 5:30 - 7:00pm, starting on April 12th. (If you are interested and would like more information, please email me: [leonisa@uupok.org](mailto:leonisa@uupok.org)) Finally, why not join me for lunch? Tuesday, April 10th, 12-1. Brown Bag it! UUPF will provide tea.



### RENews

*April 2018*

March's winter storms and Spring Break affected attendance for RE, especially in the beginning of March.

However, RE made the best of the Sundays we did get to meet.

The Pre-K/K and Spirit Play Children learned the story of Passover through Spirit Play. On Passover, Jewish people have a special dinner celebration called the Seder. Jewish people celebrate Passover to remember when Moses led the Hebrew people out of slavery in Egypt across the Red Sea to a new land, where they were free again. The children learned about the 4 questions, and the answer to those questions. They also learned about the 10 plagues, and took part in a mini

Seder of their own, where lots of fun was had by all!



*Happy Spring!*



The Social Justice Committee has been researching a bill, the New York Health Act, which has passed the Assembly three times and needs only one more Senator's sponsorship to be brought to the floor of the Senate. This bill will bring single payer health insurance to New York State, meaning that the provider of health insurance for all New Yorkers would be the state, not private insurance companies.

We encourage all members of the congregation to familiarize themselves with the terms of this bill. There are flyers in the lobby, and you can go to <http://www.nyhcampaign.org/> for more information.

Because we feel strongly that passage of this bill would mean improved health outcomes for all New Yorkers, we have asked the Board for permission to hold a **special Corporate Meeting on Sunday, April 29 following the service**, giving the congregation the opportunity to vote on the following resolution:

*We, the members of the Unitarian Universalist Fellowship of Poughkeepsie, endorse the NY Health Act (S. 4840; A. 4738), guaranteeing universal, comprehensive, affordable coverage for every New Yorker. We urge our State Legislators to co-sponsor this bill and work to assure its speedy passage.*

If this resolution passes with a large number in favor, the results will be published in the Poughkeepsie Journal and sent to our local State representatives.

The Social Justice Committee will be holding an **information session on Sunday, April 22 following the service**, one week before the Corporate Meeting, at which time members will have a chance to learn more about this bill and have their questions answered. We hope you will all attend the information session and the Corporate Meeting! It will give the Fellowship yet another chance to show the community that we are in the forefront of social justice concerns and activities in the mid-Hudson Valley.

Please also note the following important Social Justice dates for April:

**Social Justice Committee Meeting:** Wednesday, April 4 at 7 p.m.

**Fifth Sunday Collection:** The collection on Sunday, April 29, will go to the Hudson Valley LGBTQ Community Center in Kingston. To learn more about this Center, go to <https://www.lgbtcenters.org/LGBTCenters/Center/6693/Hudson-Valley-LGBTQ-Community-Center>. This will be the only collection that will be taken that morning. If you will not be attending service that day and wish to make a donation, or if you wish to donate at any time during the month of April, you may write a check to the UUFP with "LGBTQ Center" in the memo line and either give it to Walter Engel or mail it to the Fellowship to Walter Engel's attention.

## Note from the Programming Committee

The April 8<sup>th</sup> service is entitled "LGBTQ Center 101". Our guest speaker is Jake Salt, Publicity Director at the Hudson Valley LGBTQ Center in Kingston. Jake will discuss the good work of the center, and how it impacts the lives of LGBTQ people and their families in the Hudson Valley.



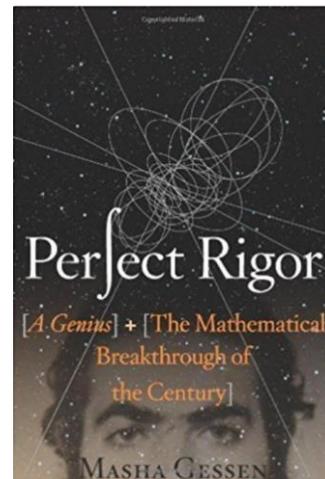
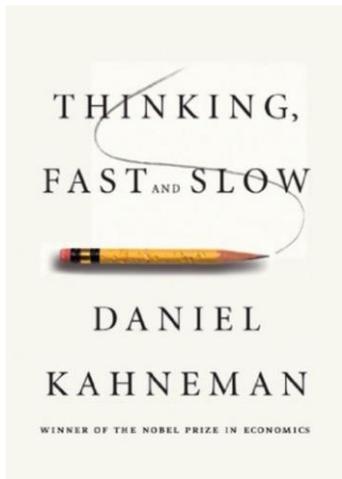


## Speaking of Books

We had a good meeting last month between snows discussing *Quiet* by Susan Cain. Since we all identified as introverts, we had many similar tales of our past efforts to survive in the more extroverted world around us.

For our April 2nd meeting, our book is:

For May 7th it will be *Perfect Rigor* by Masha Gesse



We hope these will both generate lively discussions.



## Building Your Own Theology - Adult RE offering

Thursday evenings, 5:30-7:00pm

Dates: April 12, 19, 26; May 3, 10, 17, 24, 31

It's time for some Adult RE! Join Intern Minister Leonisa Ardizzone and UUFPA Adult RE committee member Beatrix Clark for the UU course developed by Rev. Richard Gilbert, "Building Your Own Theology" that "provides some tools for building a theology based on the materials of individual life experiences." There will be readings, discussion and some writing assignments. We will meet for Eight (8) sessions, so please consider this commitment when deciding to join us.

## Lunch with Leonisa



Please join me for a brown bag lunch with tea, at noon, on Tuesday, April 10<sup>th</sup>. No agenda, just lunch and conversation. Please call the office to let us know you are coming. If you forget to call, come anyway.





## “Are You Seeing Stars?” *A Note from the Task Force*”

You may start noticing colored stars on member name tags. The stars indicate that members of the new Communications Task Force have completed a Pilot 3 hour Workshop in communications skills building with Bob Weiss.

The Task Force is working with Bob to tailor the Workshop, so it can be offered to all UUFP Members this Spring. It is part of our shared ministry to each other, to improve the ways we listen to and interact with each other, particularly when disagreements arise.

Bob is a longtime UU and practicing Bhuddist. His background is as a professional mediator and corporate trainer and owner of Cutting Edge Leader. As many of us know, Bob and his lovely wife Doris have been visiting at UUFP for several months, as they consider becoming members. Because Bob isn’t an official member quite yet, he has been an invaluable neutral voice to help us on this journey to improve communications within our Fellowship.

The Task Force members have all found the training to be insightful and challenging and of lasting value, both at UUFP and beyond. Our hope is that as many Members as possible will take advantage of this Workshop, There will be a number of Workshops offered, to accommodate different schedules. As more Members experience the Workshop, we’ll see a growing rainbow of stars, on Member nametags, as we’re moving forward together.

(Also watch for “Task Force Tidbits” each week in the Blast this Spring.)

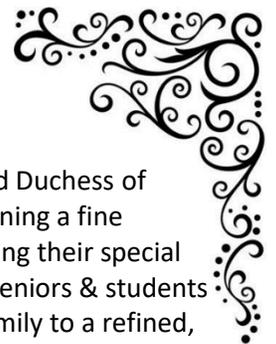
If you want to find out more about Bob and the work he does, visit his website at [www.CuttingEdgeLeader.com](http://www.CuttingEdgeLeader.com).

# Inside & Out News Section for Members and Friends

## ROYALTY & ROYAL TEA

There are some royal happenings this May: Tea at Randolph Manor and then of course, THE WEDDING.

We may not be among the 600 invited to the wedding, but everyone is invited to join the Duke and Duchess of Randolph Manor, along with their family, for tea on May 12th from 12:00 - 3:00 pm. They are planning a fine afternoon which will include the popular champagne starter, boutique shopping (14 shops displaying their special items), light music along with lunch and a variety of teas. Enjoy it all for the price of \$15 - \$12 for seniors & students (advance sales at a cost savings of \$12 - \$10 for seniors & students). Treat Mom and her whole family to a refined, gentle afternoon of relaxing pleasure!



## Join Us for the Biggest Event in Our Faith Movement

General Assembly (GA) [registration](#) and [housing reservations](#) are now open online! Join us for the 2018 General Assembly to be held June 20-24 in Kansas City, MO. GA is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn,

connect, and make policy for the Association through a democratic process. [Financial aid is available](#) if you apply by March 31. Additional opportunities to connect at GA: [Host a Networking Session](#) | [Present a Poster](#)

## Carpet Cleaning Brigade

While talking with a Board member about getting the Main Meeting Room carpet cleaned, acknowledging both the cost of doing so, and the other proposal to get a new carpet, we had another idea. We would like to try to recruit a group of at least 3 or 4 members who own carpet cleaning machines (as I do) who would be willing to work as a group to clean the Main Meeting Room carpet. If you are willing to be part of this volunteer cleaning brigade, please contact Ellen Waggener at [ewaggener@hvc.rr.com](mailto:ewaggener@hvc.rr.com) or [845-473-5173](tel:845-473-5173) (leave a message if we don't pick up). We can arrange a mutually convenient time, working around the UU calendar.



## Solar Energy Program

Come, bring a friend, and learn more about how you can become a part of NY Community Solar Farms---- April 15th, Sunday at 12:30 PM

NRG is a Community Solar Farm Company that builds, operates, and maintains solar farms in New York year round.

- 1) The solar farms are supported by subscription plans from community members. All rented and owned residences and businesses are eligible, no solar panels on rooftops, and no upfront costs. These collective commitments are the foundation for the solar farms.
- 2) The energy generated goes to local power grid subscribers.
- 3) Customers receive solar credits on their utility bill for the same solar energy generated.

In one year one NRG customer can help offset the carbon emissions equivalent to 16,000+ miles driven by a vehicle. For more details, see Barbara Corona, (845)-297-6814.



## ***“Solid Bro!”: Reverberations***

by Wayne Norman Cochran

[Originally written for a class in “Compassionate Communication”]

When you feel the frustration building, try being empathetic to yourself aloud, so your loved ones can help you before your cork pops!

“How could this be? I deserved better. I really did.”

Or, perhaps, one of them will spot the signs before you do.

“Do ya wanna talk about it sweetheart—Dad, sister?”

Might not your whole family be affected by compassionate voices and by your opening the chest of compassion inside you?

“Solid Bro! Then let it begin between you and me—the sounds of peace...”



## Upcoming COMMUNITY EVENTS

You Might Be Interested In:



### Successful Aging Seminar

Presented by Mr. Bryan Jones of the Dutchess County Office for Aging.

DATE: April 9, 2018 | TIME: 2:00pm – 3:30pm

Community Room at Poughkeepsie Galleria Mall, Upper Level, 2001 South Rd, Pok, NY 12590

If you are a senior or care for someone who is a senior, you may find this seminar very informative.



The next meeting of Repair Café will be Saturday 4/14/18 from 9am-12 noon at First Lutheran Church, Mill & Catherine Streets (downtown Poughkeepsie) People are welcome to bring anything broken and our coaches will try to fix it for no charge.



### Soul Mind Body Healthy Living Day Workshop

Saturday, April 14 | 10 am – 6 pm | UUFP, 67 S Randolph Ave, Poughkeepsie, NY

with Christie Lapitan and Judy Eng, Tao Hand Practitioners and Soul Teacher Trainees,

\$25, RSVP/questions @ [520-203-3027](tel:520-203-3027) or [DHHGchristie@gmail.com](mailto:DHHGchristie@gmail.com)

In this one-day workshop you will learn practical techniques for greater health and well-being using the power of the soul. When we tap into the soul, we have access to our highest potential. We use practices that combine Body Power, Soul Power, Sound Power, and Mind Power to fully activate our whole being. You will learn techniques that you can add to your existing spiritual practices or that you can start to use if you are a beginner. We will combine mantras, body postures/movement, creative visualization and more to apply in daily life to reduce stress, have more harmonious relationships, feel lighter and happier, and more! These tools help us hold the frequencies of greatest love, forgiveness, compassion, and light so that we can help bring these qualities into our world as we bring them more into ourselves.



### Folk Guild Coffeehouse Series to Feature Janie March

The Poughkeepsie Chapter of the Hudson Valley Folk Guild continues its 2017-2018 coffeehouse series on Saturday, April 21, 2018, at the Unitarian Fellowship, 67 South Randolph Avenue, Poughkeepsie, NY. The coffeehouse performances start at 7:30 p.m. with an open mic format followed by featured performer Janie March.

Admission to the coffeehouse is \$6, general admission and \$5 for Folk Guild members and seniors. For more information about this topic, please contact Rich Keyes by calling [845-592-4216](tel:845-592-4216), or e-mail [hvfgpoughkeepsie@gmail.com](mailto:hvfgpoughkeepsie@gmail.com).



The **Artist of the Month** for April is Harvey Sprung



### Newsletter Deadline Dates:

**May:** Tues., April 24, 2018. | **June:** Wed., May 23, 2018. | **July:** Wed., June 20, 2018

All newsletter submissions should be mailed to [uupoknewsletter@uupok.org](mailto:uupoknewsletter@uupok.org), Thank you!

April is Parkinson's Awareness Month



Aries

Taurus



21 Mar- 19 Apr

20 Apr - 20 May

**Birthstone: Diamond. Flower: Daisy** – The Daisy symbolizes innocence, lasting pleasure, simplicity and youth. If your birth flower is Daisy: You are a happy-go-lucky person. You love to spread joy and cheer around you. Your leadership skills will take you ahead in your work. You should try to become a better communicator for more success in life.

