

“UU News and Views”

The Rev. Walter LeFlore, Minister

Volume 62

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February 2015

The Unitarian Universalist Fellowship of Poughkeepsie is a community that values diversity, peace, democracy and the interdependent web of all existence. The Fellowship nurtures and challenges its members in their religious journeys, and advocates for social justice in the larger community. We are engaged in worship, study, public service, fellowship and social action. We invite your attendance and participation.

Upcoming Services

February 1st **“The Dirty Socks Theory”**
Rev. Walter LeFlore

February 8th **“Commies in the Catskills: The Story of Camp Woodland”** Pat Lamanna

February 15th **“The Known and the Unknown”**
Rev. Walter LeFlore

February 22nd **“Healing is Change”**
Rev. Walter LeFlore

Please note: March 1st: “What Colour is a Native American?”
Ari and Kathy Dixon

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



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The Unitarian Universalist Fellowship of Poughkeepsie is a member of the Society of the Unitarian Universalist Association, 24 Farnsworth Street, Boston, MA 02210-1409. www.uua.org

We are one of 52 Societies in the Unitarian Universalist District of Metropolitan New York
P. O. Box 898, Croton-on-Hudson, NY 10520. www.uumetrony.org

February Calendar Highlights

2/1 Choir Rehearsal (weekly) 9am
2/1 Spiral Web Imbolc/Brigid/Candlemas and Pot Luck 12:15pm
2/2 Spirit Play Training 7pm
2/2 Speaking of Books 7pm
2/3 Silent Meditation (weekly) 7:30am
2/4 Thai Chi (weekly) 10am
2/4 Paganism 102 (1st & 3rd week) 7pm
2/4 Social Justice Meeting 7pm
2/5 Program Committee Meeting 7pm
2/7 Coming of Age Workshop Sleepover 6pm
2/8 Senior's Group (2nd & 4th week) 12:15pm
2/8 DC Interfaith Peace Concert 2pm
2/9 Beading Group 7pm
2/12 Bridge Club (2nd & 4th week) 7pm
2/13 Drumming Circle 7pm
2/14 B&G Workday 9am
2/15 Third Sunday Lunch 12:15pm
2/16 Stewardship Committee Meeting 1pm
2/19 Board of Trustees Meeting 7pm
2/26 LFD/RE Meeting 7pm
2/27 Meals for the Homeless Shelter 4:30pm
2/28 AUUCtion 6:00pm

MARDI GRAS – AUUCtion NIGHT – Saturday February 28 2015. 6:00pm – Until

We are, of course, hoping to repeat the success of last year's auction evening. That can only happen with your help. YES WE CAN! Let us know what auction item(s) you might offer. Perhaps what you donated last year? If it sold, it is worth repeating. We are looking to draw from the general public, too, this year. Please use your social media skills to invite your family, friends, colleagues & neighbors. Jolanda will be at an AUUCtion Table after Sunday services to sign up for auction donations, food for refreshments and time (setting up/taking down, etc.). Or contact Jolanda Jansen ([845-462-4703](tel:845-462-4703)/jgjansen@jansen-engineering.com) or Joyce Marra ([845-453-1188](tel:845-453-1188)/ajoy12601@hotmail.com).

President's Column – February 2015

After dodging the super storm –now known as Fizzard 2015, we find ourselves next looking to Punxsutawney Phil for his take on our weather future. In the midst of winter we have several new activities beginning at the UUFP. In December we had our first Christmas Day celebration and New Year's Eve event. Now we have more activities: a new session of Small Group Ministry, a new Tai Chi class, a first ever OWLS for Adults, and a Compassionate Communication seminar.

The not-so-secret way to get the most out the UUFP is to join in some of our wonderful activities or to help out on one of the committees. This is where you get to know people and build connections and make friendships. On the committees you also get the satisfaction that comes from service to others. In particular, the Social Justice committee provides us opportunities to connect with the larger community. A bunch of us participated in a very impressive, and inspiring, set of seminars on Economic Equality. We look to see more follow up activities where we join with others in supporting those in need within our local community.

So, put on your hat and gloves and head over to the UUFP and see what's cookin'!! And don't forget your scarf....and warm socks.... and your long underwear....



From the Minister

February 2015

Dear Friends,

Welcome to February, the shortest month of the year. I often think of February as the “hump” month, the month that weaves the end of winter with the beginning of spring. The days become noticeably longer and average daily temperatures begin to rise.

The theme for February is Healing. While it wasn't a conscious thought at the time, perhaps it's appropriate that the “hump” month this year is focused on healing. Healing can take us from one state of being to another. Healing has the ability to transform our sense of what is.

February is also Black History month. If there is anything this past year has brought to our attention it is the need for our society to heal the deep wounds of class and racial divides. While separate and distinct, there is a great deal of overlap between the two. Any work to heal one will no doubt benefit the other. Yet, each has particular characteristics that deserve concerted focus and attention.

Let this short month that connects one season with another be the time we each focus on what's needed in order to heal these divides that afflict the health of our nation, state and communities. May the work we do this month help build a bridge to a better tomorrow.

In Faith, Walter



This month the Board wanted give thanks to ...Kathy Boone and Eleanor Harmantas for the Christmas Day celebration and Carol Miyake for the First Night celebration on New Year's Eve.



February 8th Service entitled: Commies in the Catskills: The Story of Camp Woodland Led by Pat Lamanna

Camp Woodland was a left-wing summer camp in Phoenicia, N.Y. which flourished from 1939-62. In addition to being known for collecting the folk songs of the Catskill region (and the place where Pete Seeger learned "Guantanamera"), it taught the children who attended (myself included) a set of values and ideals which are nicely summed up in our own Seven Principles. Come prepared to sing!



Stewards of the Month



This month the Board of Trustees selected the Stewards of the Month to be the RE team that developed and implemented Spirit Play, our brand new curriculum for the younger grades.

The team is Reed Asher, Erica Chase-Salerno, Nick Garin, Anne Lancellotti, Carol Gustafon, Elizabeth Horner, Judith Knauss, Katy Corcoran, Margie Watters, and Susie Nowak.

Over the past summer, the RE leadership decided that they needed a new approach for teaching our younger kids that would be more flexible and adaptable. They decided on Spirit Play, which is a child centered approach that draws on Montessori principles.

This was a big shift, and it required a lot of training and preparation to implement an entire new program. This team has enthusiastically embraced and developed the new approach. The results have been very successful and both the kids and their teachers have been having a great year.

If not familiar with the program, please reach out and ask one of the team, or one of the kids. We think you will learn something. And be sure to thank our wonderful RE team for the great work they are doing!!



Notes From The Lifespan Faith Development Committee

“Tell me and I forget
Teach me and I remember
Involve me and I learn” – Benjamin Franklin

SPIRIT PLAY

What is COLD January, without a celebration of snow! On January 4th, our first Spirit Play story of the new year was about – what else – snowflakes. What is there about snowflakes that makes them worthy of an entire

story? Well, each one is unique. Each one, small as it is, contributes to a blanket of snow, which can cover an entire city. Each child is also unique and, joined with others, can do something very special for the world.

On January 11th, Spirit Play followed the Drinking Gourd. The children learned of the slaves who ran north toward freedom by following the Big Dipper. They crafted their vision of the terrain over which the slaves in their story fled to Canada.

On January 18th, in honor of Martin Luther King Jr Day, the class continued their exploration of slavery with a discussion of the emancipation proclamation. They considered Abraham Lincoln's speech 100 years later and the position of African Americans today. Our teachers were very impressed at the children's understanding of 'freedom for all'. The children made collages depicting the way we help others, as Dr. King asks in his speech, "Life's most persistent and urgent question is, 'What are you doing for others?'" "

POPCORN THEOLOGY

On January 17th, Carol Gustafson and 9 of our youth viewed and discussed the film RENT. This was part of their POPCORN THEOLOGY curriculum. Think you are a sophisticated movie goer? Here are a few of the questions our young people pondered and discussed while watching this movie:

What does the title RENT signify to you and where did you see these meanings in the movie?

What do you think about the way AIDS is portrayed in the musical and how different was it to other movies which have characters with AIDS?

What are your thoughts about the support group's affirmation song: "There's only now. There's only here. Give into love, or live in fear. No other path. No other way. No day but today.

COA

Our Coming of Age students and their mentors have been meeting regularly. Most recently they and our Youth enjoyed a sleepover at the UU. Judith Knauss, COA coordinator, and Chris Tessler provided the adult presence. This was a great opportunity for our young people to learn more about each other. Bonding such as this makes for a safe environment in which to explore ideas about life, beliefs and one's place in the universe.

FUN!

As we write, the LFDC is planning a Groundhog Day sleepover, to be combined with the annual Ground Hog Day Pot Luck Dinner. There will be fun, food and games for all. Oh yes, another movie is on tap. How did you guess? It will be Groundhog Day.

-The LFDC Committee

Margie Watters, Co-chair, Reed Asher, Erica Chase-Salerno, Julie Colacchio, Carol Gustafson, Judith Knauss, Anne Lancellotti, Susie Nowak



Greetings from your Building & Grounds team!

We would like to welcome John Colacchio as the new co-chair to the B&G Committee. John brings experience and a down-to-earth, can-do attitude that we believe will serve the Fellowship well. Thank you, John!

Building improvements are ongoing, from basic repairs to major project planning.

Some of the basic work includes painting, organizing the attic, the garage and various supply closets, as well as some light “remodeling” of second floor spaces.

Major projects include having electrical work done in conformance with an electrical survey we had done of the entire building in December, finishing scraping and painting the south porch, and beginning work on scraping and painting the exterior of the east wing.

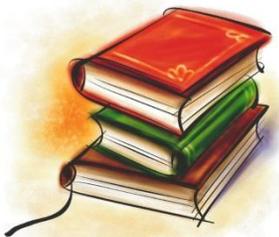
Also on the horizon is a really big project, the re-roofing of the entire building. The specifications for this job are under development to go out to bid. Once this job is completed, we will be able to pursue the possibility of solar energy, which is very exciting.

Get in on the ground floor, so to speak, of these improvements! Come to the next Buildings & Grounds workday on Saturday, February 14, from 9am to noon. We know it’s Valentine’s Day, so our light lunch will be a special one to show our deep appreciation for your help!



Social Justice News

Wednesday, February 4 at 7:00 p.m.: Meeting of the Social Justice Committee. All welcome.

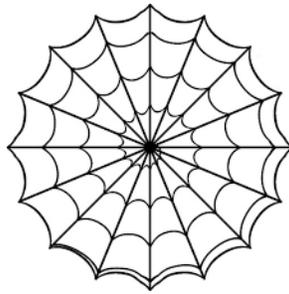


Speaking of Books

The Fellowship’s non-fiction book group meets first Mondays of the month at 7pm in the Conference Room. Contacts are Meg Heshner and Jane Bartik.

February 2nd: *Reading Lolita in Teheran* by Azar Nafisi.

If you wish to bring a refreshment to share, that would be welcome.



Spiral Web News

Spiral Web begins February with an Imbolc celebration on Sunday, February 1 at 12:30pm, followed by a pot-luck lunch. It may be hard to believe, as we are currently experiencing temperatures in the single digits, but Imbolc is traditionally considered the beginning of spring! The word Imbolc may be derived from an Irish word meaning either "in the belly," or "ewe's milk," as this is the time lambs are born. In any event, even if we can't see or feel it, life is stirring underground. Some traditional foods for Imbolc are colcannon, oats, dumplings, breads, milk, cheese and eggs.

Our Paganism 102 classes continue on the first and third Wednesdays of each month at 7pm. In February, we will begin exploring what it means to "work with" the elements. On February 4th, we will work with air, and on February 18, with fire. We hope you will join us!



Dutchess County Interfaith Council Presents An Afternoon of Stories UUFP on February 8th at 2pm.

Storytellers: Janet Carter; Lorraine Hartin-Gelardi; Kusum Gupta; Adah Hetko; Muriel Horowitz, Karen Pillwsorth; Mary Platt and Ron Sopyla. Suggested Donation: \$10 proceeds to benefit Hudson River Housing. visit: dutchesscountyinterfaith.org for more information.



From Wayne Norman Cochran

I thought of an original saying on the way back from a walk with my life-partner, Carol Miyake. We had been talking about memorable orchestral phrases, and Carol started humming the notes to the climax of the "1812 Overture"-- a climax that includes cannon-fire and pealing bells. Tchaikovsky wrote this overture to

commemorate Russia's successful 1812 defense against Napoleon.

After the French Revolution, Napoleon became an emperor instead of a president. He led France into wars of conquest. Although the history is more complex, the opportunity France had to become a democracy like our own was castaway.

I don't want nations to be led into war. War is a dirty business. But, sometimes, wars are necessary. I am proud that my father was a communications technician in World War II and that Carol's father was one of the soldiers who liberated a concentration camp.

When I arrived home, I wrote the following saying:

Don't let the warmongers organize you.
For the sake of the nation, don't be afraid to dirty your hands
just because you might have to wash them.



Community Events You Might Be Interested In:

- “**Rodgers and Hammerstein Sneak Preview**” On Wednesday, **February 4**, 2015, the Hudson Valley Community Center and Northern Dutchess Symphony Orchestra, under the direction of music director Kathleen Beckmann, will present a mid-day preview of the orchestra's upcoming February 7th concert, "An Evening of Rodgers and Hammerstein Classics" at The Culinary Institute of America. For more information about NDSO, please call [845-635-0877](tel:845-635-0877) or visit its website: www.ndsorchestra.org. Wednesday's program, running from 11:30 am – 12:30 pm. Admission is free but small donations are gratefully accepted. Lunch is served immediately afterwards at a cost of \$5.00/person. The Hudson Valley Community Center is located at 110 South Grand Avenue in Poughkeepsie, and is handicapped accessible. Abundant free parking is available outside the building. For more information, lunch reservations, and last-minute program changes, please call the center at [845-471-0430](tel:845-471-0430).
- **Kairos: A Consort of Singers**, under the direction of Edward Lundergan, will present Johann Sebastian Bach's Cantata No. 67, *Halt im Gedächtnis Jesum Christ (Keep Jesus Christ in mind)*, with chamber orchestra, on Sunday, **February 8** at 4PM at Holy Cross Monastery, Route 9W (1615 Broadway), West Park, NY. The concert will also feature the *Sonata for Violin and Violone* by Italian Baroque composer Giovanni Paolo Cima (c. 1570-1622), performed by violinist Rachel Evans, cellist Susan Seligman, and organist James Fitzwilliam. Kairos will also perform the motet *Die mit Tränen säen (They that sow in tears)* by German Baroque composer Johann Hermann Schein (1586-1630). This concert will be dedicated to the memory of Alison Dolores Wilhelmy, beloved daughter-in-law of Artistic Director Edward Lundergan and Kairos soprano Carol Lundergan, who died on January 2,

2015 at the age of 27 after a courageous 16-month battle with kidney cancer. The service is open to the public with a \$10 suggested donation, which helps fund the Bach Cantata Series and ensure future performances. It is suggested that you arrive at the venue at least 20 minutes before the performance for optimal seating. For further information and directions, visit www.kairosconsort.org or call [845-256-9114](tel:845-256-9114).

- The Vassar Haiti Project in partnership with Poughkeepsie Ice House and Novella's Presents a special **Valentine's Dinner to celebrate women in our community & strengthen a community of women in Haiti**. Honoring: Caryn Halle, Molly Katz, and Kristy Grimes with the Heart and Soul of the Community Award. 6:00PM on **February 14, 2015**, Novella's New Paltz, 2 Terwilliger Lane, New Paltz. Featuring a four-course Valentine's dinner with live music and original Haitian artwork. Tickets and artwork purchases are 50% tax deductible. All proceeds from the dinner will go to Femmes de Chermaitre - a women's cooperative in Chermaitre, Haiti. The women of Chermaitre have joined forces to collectively improve their livelihoods. They strongly believe in the power of women working together. The growth of the cooperative will reverberate throughout the village because women truly are the Heart & Soul of the community. Tickets are \$75 per person, \$550 per table of 8. All ticket purchases are 50% tax deductible. Three ways to purchase tickets: By credit card through Eventbrite; By check made out to Vassar Haiti Project, 124 Raymond Avenue, Box 594, Poughkeepsie, NY 12604; By PayPal - via the Events page on our website. Questions? Email haitiproject@vassar.edu, or call [\(845\) 797-2123](tel:845-797-2123). Visit our website to view the menu, art for sale, and for more information.

Artist Information



Karl Volk's Art will hang in the MMR until March 13th. Ulana Salewycz will be the artist for the remainder of March and April.



All newsletter submissions should now be mailed to **uupoknewsletter@uupok.org**.

Deadline for March's Newsletter is **February 20th**