

"2121 News and Views"

The Rev. Walter LeFlore, Minister



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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.

January Services

January 6: "A Quaker's Perspective" by Don Badgley
with Peg Malloy

January 13: Turning Points Rev. Walter LeFlore

January 20: Otherization Rev. Walter LeFlore

January 27: Where Social Justice Begins Rev. Walter
LeFlore

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 to the main 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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The UU Fellowship of Poughkeepsie is a member of the Society of the Unitarian Universalist Association
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We are one of 52 Societies in the Unitarian Universalist District of Metropolitan New York
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January Highlights

Jan 6: Senior Group **Noon**

Jan 9: Talk by Leah Feldman, Executive Director of Domestic Violence Services of Family Services NY **7:30PM**

Jan 12:
Building and Grounds work day **9AM to Noon**

Mirage Theater “Distant Survivors”
7:30PM

Jan 17: Board of Trustees meeting **7PM**

Jan 20:
3rd Sunday Lunch **Noon**

Town Meeting

Jan 25: Homeless meal

Jan 26: Spoken Word **7PM**

Senior Group

Meets 1st Sunday of the month at Noon
January 6th

Exploring psychotherapy

February 3rd

Meaning of Life – if any?

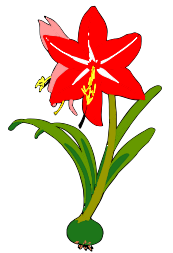
Nina's Noodlings

An article in Forbes Magazine about a year ago by Chrissy Scivioque brought attention to some of the challenges we all face in our effort to keep New Year's resolutions. In reading them I am strongly reminded of the UU Fellowship of Poughkeepsie's on-going stewardship-awareness effort and annual fund drive. Consider the eight points that Chrissy cites: we need to be proactive, i.e. have a plan; we need to be clear about our goals; we need to be prepared for setbacks; we need strong group support; we need to be careful about taking on too much at one time; we need to hold ourselves accountable; we have to be sure that what we are trying to do really matters; and most amazing – we need to beware of sabotaging ourselves because of the fear of success! We are attached to what we know so the prospect of change resulting from success can be very scary.

Later in January we will be invited to gather together to "Reach for the Stars" in identifying our shared goals for the continued growth and development of our Fellowship community. Last year's annual fund drive was remarkably successful. The improvements that we see inspire us. Together we can take on change because we know that it really does matter that we work together to have a more energy efficient, sustainable and welcoming building.

Save the date of **March 2nd** for the celebration of our 60th anniversary!

In Faith and Fellowship,
Nina



From the Minister

January 2013

Happy New Year!

The turning of the calendar from one year to the next is an obvious time for new beginnings. Yet true new beginnings are hard to come by. Generally, what we hope for and what we find are often quite different. New beginnings are, all too often, only modifications of what has been.

But, slight changes can be more than sufficient to have a significant impact in our lives. Take exercising for example; while the rest of our week may remain largely unchanged, the result of beginning an exercise program may pay great dividends over time. Starting or enhancing a spiritual practice might be the exact right decision at this point in our life. While such a practice may well improve the quality of our life, it is unlikely to fundamentally change who we are.

Moderate change is often much more achievable than radical change. And maybe that's a good thing. After all, if we were to radically change, those who know and love us, exactly as we are, may no longer recognize us. The new year is a great time for resolutions about changes we'd like to make. For those of you who use the turning of the calendar as a jumping off point, remember, we want to still be able to recognize you come June!

In Faith,
Walter



Thanks to Joe Cosentino for agreeing to join the Board of Trustees for the remainder of this Fellowship year.

Thanks to the folks who provided our extraordinary holiday tree...

- The provider/tree-feller - Dale Sutton
- The lighting boss – Tony Maresco
- The supervisors – Nick Garin and Judith Knauss



Lifespan Faith Development



Greetings from RE!!

Hoping everyone enjoyed happy surprises over the Holiday break! I know we did in the RE groups: between the participation of the children in both the Spiral Web and the Christmas Eve services, we discovered we can boast of several phenomenal readers, many capable of a great performance after very little prep time. Stay tuned on future Sundays to enjoy more from our younger members!

Among things to watch for in the months to come: a teen trip to the UN and other memorable sites in NYC, stewardship projects by some of the classes, more participation during services, and some special events (QUUizbowl, anyone?). We are very seriously intent to implement a congregation wide effort to more fully integrate ALL generations of our members: no more ageism!! (Wink)

One way in which we can bring more familiarity between the generations is to continue encouraging the adults to venture into the RE classrooms in the roles of teacher or co-teacher. It's not all that hard: we are following curricula prepared by the UUA ("Tapestry of Faith"), which is easily available to study online (we also have some printed copies on site). Any and all of the "seasoned" teachers would be more than happy to help you get on your feet with this! Catch us after service, or contact me! (If I don't get back to you quickly enough, tap me again..as many of us are, I am a bit over booked....)

Hoping to see more of everyone,
Soozie Nowak for RE (soozienow@yahoo.com)



Social Justice Committee News

Many thanks to Michelle Sutton, who for several years has conscientiously coordinated the meals for the homeless shelter on the fourth Friday of each month. Starting in January, Nick Garin will be taking on that responsibility. Please see him if you would like to help.

Wednesday, January 9 at 7:30 p.m.: The Social Justice Committee presents a talk on domestic violence by Leah Feldman, Executive Director of Domestic Violence Services of Family Services NY, and a representative from Grace Smith House, a domestic violence shelter in Dutchess County. As we know, this has been a serious issue in the past few years. We will learn more about what is being done in our region to prevent domestic violence, and to help its victims. This is part of a series on community resources that the Committee is sponsoring on second Wednesdays, that I like to call "better know an agency." There is no admission and refreshments will be served. Please come and bring a friend!

The Social Justice Committee has been sponsoring a theater group, Mirage Theatre, which has been using our space to rehearse their productions, all of which have social justice themes. We are pleased to announce that Mirage Theatre has generously offered to hold a staged reading of one of their plays at the Fellowship on **Saturday, January 12 at 7:30 p.m.** The inspiration for this play, "Distant Survivors," came from several volumes of holocaust poetry by German poet William Heyen, exploring man's attempt to fathom the evil that spurred it, the responsibility for that evil, and insight into the nature of man. June Prager dramatizes this exploration for the stage with five actors: Ralph Cashen; Lew Gardner; Philip Levine; Wayne Pyle; and Linda Roper. The donations collected (suggested amount: \$10) will be split equally between Mirage Theatre and our Fellowship, and the reading will be open to the public, so in addition to providing a moving theatrical experience for our members and the community, we should be able to raise some funds. Please reserve Saturday, January 12 at 7:30 for "Distant Survivors."

Pat Lamanna

Stewardship News

As a result of your generosity in the past year, Your Fellowship is in a new place with many more opportunities available to our congregation. We have grown from a needs-based budget to one that can support our expanded vision.

With this in mind, the Stewardship Committee announces our theme for 2013-2014, "REACHING FOR THE STARS." Please mark your calendars for our Annual Town Meeting on **Sunday, January 20, 2013** when we will detail how our work next year will strengthen us.



In preparation, the Stewardship Committee has asked our Committee Chairs to prepare a list of needs and, more importantly, their wishes. We are encouraging them and YOU to THINK BIG. Where would you like to focus our efforts and resources?

We also asked each committee to review the "List of Priorities" that you set at last year's Town Meeting. We want to be accountable to you, our congregation, who set those 2012 priorities, so we will discuss the progress we have made in meeting those priorities.

We encourage everyone to attend this January 20th. Town Meeting. Please submit any ideas you have before or during the meeting, ideas to strengthen our mission to serve our children, our community, and our world.

Your Stewardship Co-Chairs, Barbara Corona and Paul Osgood

Caring Committee



Lots of Helping Hands Make a Difference!

The caring committee is reaching out to the fellowship with two requests.

1. Want to help but need to manage it around your hectic schedule? Be a 'Friend' to the Caring Committee.

Members interested in temporarily helping other members with meals, rides, etc are asked to please sign up as “Friends” of the Caring Committee after service on Sundays. Requests for support will only be sent to those who are signed up so please stop by if you want to participate. “Friends” can pick the times and days they want to help based on the need communicated by the Caring Committee Coordinator.

2. Call for Caring Committee Coordinators.

Join Paul Silverstein and Katy Corcoran as Caring Committee Coordinators. We will use software tools to manage meal scheduling, minimizing the legwork. Computer work is only a small part of what we do so technical skills are not necessary. Please come talk to Katy or Paul to know how you can help!

STEWARD OF THE MONTH

SUE SCIACCA



Sue joined the Fellowship in June 2009 with her husband Kevin Barnes and beautiful daughter Ava. An occupational therapist by training, Sue devotes her time to her family and her creative interests which include playing the piano and knitting. Sue served on the Board of Trustees for two years as both a source of wisdom and Corporate Clerk. During that time she took on the added responsibility of editing and distributing our

weekly news' update, *The Blast*. Sue is taking a break from that job at the end of 2012. She continues to help with homeless shelter meals and piano accompaniment during Sunday services once a month or so. Sue's friendly smile and willing hands are a blessing to us.

Thank you Sue!

UUniplayers:



Calling the next Neil Simon or Carrie Bradshaw. This year's UUniplayers performance is scheduled for Saturday, May 11, 7:30pm at the UUFPP main meeting room. As many of you know this is a great fundraiser for the UUFPP and a great fun evening for all of us. This year we are performing staged ten-minute original plays. So far our line-up includes plays by Joe Cosentino, Jonathan Dickau, and Judith Knauss. If you have written (or just decided to write) a short play that you would like to offer as part of our evening of creativity and chaos, please email it to Joe Cosentino, Judith Knauss, or Paul Silverstein. Curtain up! (Oh, we don't have a curtain.)

Lights up!

Hospitality/Coffee Hour

Thanks to Pat Buckstrup and Katy Corcoran for steering us across the bump in the hospitality road in December. We are back on track now but continue to need volunteers to sign up to cover our hospitality on Sundays.

Our Equal Exchange fair-trade coffee is provided. The job entails making the coffee, set out the cups and 'makings' and providing some light refreshments to accompany the coffee. There is no need to provide elaborate or expensive snacks...this isn't meant to be Sunday brunch.

Thanks to all of you who have helped this year!

Please consider signing up to manage coffee/refreshment time for a Sunday in January and February. The sign-up calendar is hanging under the clock in the kitchen.



An Adult RE Class Coming in February - "Building Your Own Theology"

Paul Silverstein and Tom Hackett will be facilitating this classic UU class. Since our denomination does not have any test of faith or required beliefs and we covenant to affirm and promote a free and responsible search for truth and meaning, this class is designed to lead one through the kinds of questions and explorations that would lead you to be able to determine what it is that you personally believe about Life,



Ultimate Reality (God), human beings and what is right, and then to take the step of expressing this in the form of a credo. Paul has taken it before and really enjoyed the experience.

The class will run every **Wed evening 7-9 pm for 8 weeks, beginning on February 6**. If interested you should commit to attend most classes, but it is fine if you have to miss some of them. Sound like fun? If so, send Paul an email - paul.silverstein@oracle.com.

You might be interested.

► Classics in Religion Reading Group

On **January 2, 9, 16, 23, and 30**, the group will discuss *THE EMERALD TABLET*

The Emerald Tablet is an ancient text that includes the influential “as above, so below” teaching. Claiming to be the work of Hermes Trismegistus, the tablet’s esoteric philosophy has been studied throughout the Western world for millennia. Scholars include the ancient Greek philosopher Aristotle; 13th century Catholic Bishop Albertus Magnus, or Albert the Great, who achieved fame for his advocacy for the peaceful coexistence of science and religion; 17th century scientist-theologian Isaac Newton, responsible for one of the tablet’s more famous English translations; and the analytical psychiatrist Carl Jung, who was inspired by the text in the development of his processes of individuation. What is it about this short, cryptic work, whose origin is lost in antiquity, that has captivated and stimulated so many scholars and laypeople for centuries? On the five Wednesdays of January, we will look at the text and seek to understand and interpret its layers of meaning, from individual words to overall significance.

The discussion will be led by **Maria Elena Ferrer**, a student and teacher of personal alchemy based on the Western Hermetic tradition and Qabalah. The sessions take place on **Wednesdays at 10:30 A.M.** in the **Community Room of the Kingston Public Library at 55 Franklin St., corner of Prospect in mid-town Kingston.**

► Pat Lamanna will be singing with the Mid-Hudson Antislavery Singers at the eleventh annual Gift to the City Concert at Temple Beth El, on **Sunday, January 13 at 3 p.m.** The Antislavery Singers are just one of several wonderful choral groups that will be performing in this unique concert that has become a Poughkeepsie tradition.

Pat will also be doing a half-hour at the High Falls Cafe, 12 Stone Dock Road, High Falls, on **Thursday, January 31**. The music starts at 6 p.m.; what time Pat will be on is not known at this time, but the cafe has excellent food and there will be two other stellar performers that evening.

In Memoriam

Clue Engel

Clue Engel died peacefully in her sleep Monday morning December 17th at Vassar Hospital. Clue and Walter joined the Fellowship in 1954. She touched many lives and will be missed. A memorial service will be held on January 12.

SPOKEN WORD CAFE

*The place for people who love words, who love language,
who love stories.*

Please join us on Saturday, January 26th when
we feature

Adrianna Delgado

Adrianna is a poet, a philosopher, a person.
Known for performances at the Howland
Center, the Bank Square Coffeehouse in
Beacon and the Woodstock Poetry Society
among others, we are so pleased Adrianna
will share her work with us this month.

Saturday, January 26, 2013

7PM

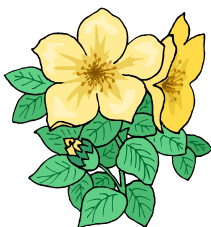
at the Fellowship

Admission \$5 – Open Mic – Refreshments –
Angela for Info: 917-509-5636

Flowers bring a sense of beauty, a feeling of
celebration, and create an environment of calm and
tranquility.

If you would like to provide flowers for Sunday Service
in honor of or in memory of someone or just because...

call (471-6580) or email Joedy in the office no later than
Wednesday so she can list your name and for whom they
are dedicated in the order of service.



Our Hampers

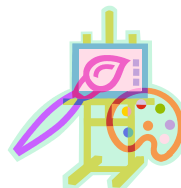
Located in our front lobby are two
hampers: one for non-perishables for the
local Food Bank, and one for small
personal items for the local Homeless
Shelter.

When shopping, please consider picking
up an extra item or so for those less
fortunate than us.



Wednesday, January 9 at 7:30 p.m. The
Social Justice Committee is hosting a talk on
domestic violence by
Leah Feldman,
Executive Director of Domestic Violence Services
of Family Services NY

Please come and bring a friend



Art at the Fellowship

Our January artist is
April S. Hubbard

Deadline for February newsletter is
January 24th. Please send submissions
to uupoknewsletter@yahoo.com