

“UU 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.

Upcoming Services

- March 1st:** **“What Colour is a Native American?”**
 Airy Dixon
- March 8th:** **“Bring It” - Multigenerational Service**
 Rev. Walter LeFlore
- March 15th:** **“The Long Neck of Compassion”**
 Rev. Dr. LoraKim Joyner
- March 22nd:** **“Here We Are Gathered”**
 Rev. Walter LeFlore
- March 29th:** **“Humanity Is Humorous”**
 Soyal Smalls

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.



“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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Merrylea Bullock (youth trustee)	2015

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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

March Calendar Highlights

- 3/2 Speaking of Books 7pm
- 3/3 Silent Meditation (weekly) 7:30am
- 3/4 Tai Chi (weekly) 10am
Social Justice Meeting 7pm
Paganism 102 (1st & 3rd week) 7pm
- 3/5 Program Committee Meeting 7pm
- 3/6 Adult OWL (weekly) 6pm
- 3/7 Stewardship Training 9am
Coming of Age Workshop Sleepover 6pm
- 3/8 Choir Rehearsal (weekly) 9am
Seniors Meeting (2nd & 4th week) 12:30pm
- 3/9 Small Group Ministry 1pm & 7pm
(2nd & 4th week)
Beading Group 7pm
- 3/11 Small Group Ministry 12pm
(2nd & 4th week)
- 3/12 Bridge Club (2nd & 4th week) 7pm
- 3/13 Drumming Circle 7pm
- 3/14 Buildings & Grounds Workday 9am
- 3/15 Compassionate Communication Workshop
12:15pm
- 3/16 Stewardship Committee Meeting 1pm
- 3/19 Board of Trustees Meeting 7pm
- 3/21 Coordinating Council Meeting 9am
- 3/26 LFD/RE Meeting 7pm
- 3/24 SGM Facilitator’s Meeting 7pm
- 3/27 Meal for the Homeless Shelter 4:30pm

**Dutchess County Interfaith Council Presents
An Afternoon of Stories
Rescheduled to March 22nd at the UUFP 2pm**

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

Dear Friends,

The theme for this month is Generosity. What a coincidence that generosity is the theme during the same month that our Pledge Campaign begins in earnest! Each year we ask that you be generous in your pledges as they are the financial foundation of all that we do and all that we are. What is often left unsaid is that your annual pledges are also the foundation for what we CAN do and WHO we are growing into becoming.

We have been incredibly fortunate to have been given a significant gift a couple years ago from someone who chose to go unnamed. We leveraged that gift to install a chair lift and make other improvements to the function of our building. More recently, we were bequeathed an even greater sum that we will need to decide how best to use.

These are gifts of great generosity. But perhaps more importantly, they are a strong statement that says, "I believe in you, I want to invest in your future". While you may not be able to match such generosity in dollars, how would you assess your Spirit of Generosity?

This year, let's place our primary focus on the Spirit of Generosity. Generosity does include money, but encompasses so much more. Empathy and compassion are manifestations of generosity. Caring is a generous act. Generosity is both a path to and a by-product of Spirit. I hope we can use this month and the months ahead to continue our joint Spiritual Development.

In Faith,
Walter

Compassionate Communication

Ever frustrated at how a seemingly minor issue with another person, can suddenly spiral out of control? Or feel trapped in the middle of an argument between friends? Want to **resolve conflicts without compromising** either your values or your needs?

Come learn effective and practical tools for dealing with the inevitable tensions that arise between your fellow humans. All of us can strengthen our "communication muscles" with these practical approaches that apply our belief in the inherent worth of all people (including ourselves).

An Introduction to Compassionate Communications workshop will follow our service on Sunday March 15, from 12:15-4:00 pm. Lunch will be included, courtesy of our 3rd Sunday Lunch. Childcare provided.

Rev. Dr. LoraKim Joyner, the UU Metro District Right relations minister will be leading the workshop. Rev. Joyner is a certified trainer in Nonviolent Communication, a professor teaching Compassionate Communication at Meadville Lombard School Theological School, and a parish minister serving congregations for over 10 years.





The Annual Pledge Drive

The annual pledge drive for our Fellowship begins on March 8th. We are asking that you, once again, be generous in your pledge to our congregation to continue the programs we all care so deeply about. Our goal this year is \$159,000 and I hope you will take the time to read our brochure and the letter attached to it that indicates what our needs are for the fiscal year 2015/16. Please respond promptly. Your pledges will become effective July 1st 2015, the start of our fiscal year.

The following was selected from UUA web site. I found it inspirational and hope you will also.

Patrick O'Neill in his award winning sermon, *The Shoemaker's Window*, takes us on a journey out from ourselves and into the commonwealth of community.

O'Neill writes about being ushered into the grandeur of Chartres Cathedral and focusing on the incredible stained glass windows. The guide comments: *These windows, many of them, were given one mosaic at a time, piece by piece, coin by coin, by people who wanted to contribute something beautiful to last the ages.*

To last the ages requires giving beyond our own needs into the times we shall never see. The work of generosity is not about checking the ledger of here-and-now, but rather about changing enough to see beyond ourselves into the possibility of more abundant times.

As O'Neill puts it so perfectly: *Here is what I know about communities of faith: they are precious and rare, life-changing institutions, these little churches of ours. They touch people, and they are meaningful in people's lives in ways that most of us can only guess at, even those of us who have been active committed leaders ourselves for many years.*



Thanks to Judith Knauss and Nick Garin for being facilitators at the Trinity Institute Conference.



Children's Religious Education

A Chinese New Year in Spirit Play



Two years ago, our new member, Xiaodong Smith, celebrated Chinese New Year with her family in Liuzhou, a village in the south of China. Her future husband, our new member, Jonathan Smith, celebrated with them. This year, Xiaodong brought Chinese New Year to her UU family, on the south side of Poughkeepsie!

On February 15th, Xiaodong sat with our children in their Spirit Play Sacred Space. She shared her story of the origins of Chinese New Year. Using a lively Power Point presentation, she told

the tale of the monster who was driven out of a Chinese village by fire and noise (thus the fireworks in the annual celebration). Her doorkeeper for the day, Reed Asher, donned a dragon mask and built a story book scene, which complemented the Power Point.



What would a New Year's celebration be without food? Chinese New Year brings special foods, one of which is the 'year cake', or niangao. This is a delectable sweet made of glutinous rice. The young people enjoyed this treat while Xiaodong offered her story.

After the story, Xiaodong taught the children how to create the brightly colored lanterns, which are a staple of the Chinese New Year celebration. Did you know that this new year is the 'year of the sheep?' Our young people know, thanks to Xiaodong, who showed them how to write the Chinese character for sheep. This Spirit Play story and activity illustrated two important UU principles, which the children know as *1) yearn to learn throughout life* and *2) grow by exploring ideas and values together*.



Xiaodong's story was a wonderful example of how Spirit Play can enhance our children's appreciation of a wide range of experiences. Through such exposure, they deepen their understanding of the first principle, *'respect the importance and value of all beings'*.

I loved learning about why they wear red for Chinese New Year, and I loved trying the new foods and learning about Chinese



It was interactive and fun. (Xiaodong)
included lots of hands on stuff – Tory



I enjoyed the time - Xiaodong

The Lifespan Faith Development Committee invites members of the congregation to offer their stories to our children. The story teller is guaranteed to have as enriching an experience as the listeners. Interested members can speak to anyone on the LFDC Committee: Reed Asher, Erica Chase-Salerno, Julie Colacchio, Carol Gustafson, Judith Knauss, Anne Lancellotti, Sooosie Nowak and Margie Watters, chairperson.

CALLING ALL SCOUTS – New and Old

On Sunday, March 8th, we will be honoring all scouts during service.
Dig out your uniform and wear it if you'd like!



Social Justice News

Wednesday, **March 4** at 7 p.m.: **Meeting** of the Social Justice Committee

Sunday, March 29: The Fifth Sunday Collection will be taken to benefit the Hudson Valley Chapter of GLSEN (Gay, Lesbian, and Straight Education Network). From the web site: “GLSEN works to ensure safe schools for ALL students, regardless of sexual orientation and gender identity. There are 36 Chapters in the U.S., which work closely with the national staff of GLSEN to implement programs and share resources in our local schools. We provide teacher and student presentations and provide a high school leadership program, called Jump Start.” <http://glsen.org/chapters/hudsonvalley/ourchapter>.

At the end of January, some members of the Fellowship attended a **Conference on Income Equality** sponsored by the **Trinity Institute** and simulcast at Christ Episcopal Church. Rev. Walter, Judith Knauss and Nick Garin all facilitated breakout groups as well. It was a very powerful experience for those who attended, and we encourage members to watch it online (a link is below). The Social Justice Committee is considering ways to

continue the conversation begun that weekend in our own congregation and in the larger community. Wayne Cochran wrote the following:

How the Trinity Institute Inspired Me

Recently, Christ Episcopal Church in Poughkeepsie hosted an outstanding series of simulcasts on inequality and the common good. The UUFJ was well-represented by its membership at the three-day event sponsored by the Trinity Institute.

I could only attend on Saturday morning. The keynote speaker described the emergent social-justice economy she believed would outcompete capitalism. But I picked up on an irony, a perceptual paradox one panelist touched on. I put the paradox into my own words:

The brain lights up when the image of a person's face passes through the optic nerve. *Paradoxically, many people can't comprehend the faces of humanity no matter how closely they look!*

I continued to write:

"Love your own kind," says the preacher, "humankind." With complexity, she vocalizes her otherness: "I am woman, I am strong; I am black, I am accomplished; I am sixty-eight years old, fresh out of seminary; and I've had AIDS since 1999."

Who Is the Other?

The black sheep estranged who had been the family lamb.
The stranger in an ocean we do not navigate,
who is, perhaps really, a giant squid or a paltry ameba.

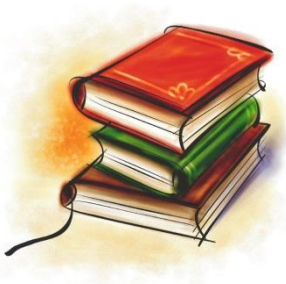
I am curious:
Is there a developmental stage for learning about **humanness**--
one's own or anyone else's?
I've been taking lessons at my own pace, and
I suspect the learning will take me a lifetime.

[You can view the whole of the Trinity Institute 2015 by clicking on
<https://www.trinitywallstreet.org/trinity-institute/2015/viewing-schedule.>]

~Wayne Norman Cochran~

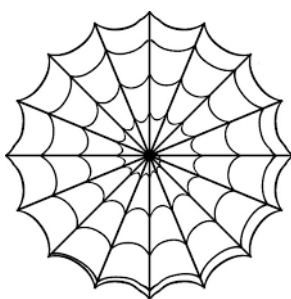


Our monthly workday is **March 14** from 9am to noon, followed by a light lunch and comradery! We hope you will join us as we continue to maintain - and improve - the physical aspect of our spiritual home!



Speaking of Books

Our **March 2nd** meeting will be *Reading Lolita in Tehran* by Azar Nafisi



Spiral Web

Spiral Web has a lot happening in March! We hope you will join us for some (or all!) of these activities:

March 4: Paganism 102 continues with "Working With Fire," which we all need right about now, as winter does not seem to want to let go! 7:00pm, at the Fellowship.

March 11: Shamanic Journey Circle, held off-site on South Randolph Avenue, close to the Fellowship. Contact Jim at raveninthewood@aol.com for more information.

March 13: Community Drumming Circle with Hawklyn. Experience the magic of the ancient practice of community rhythm! No experience necessary. Bring a drum or percussive instrument if you have one, but extras are always available. Come drum, rattle or dance! \$5 suggested donation. 7:00pm, at the Fellowship.

March 18: Paganism 102 continues with the Vernal Equinox/Ostara. 7:00pm, at the Fellowship.

March 22: Vernal Equinox/Ostara Ritual at 12:30pm, at the Fellowship, followed by a pot-luck, at the Fellowship.

BARDAVON

Legendary Performances Since 1869



UU Youth To Perform At Bardavon!

Three of our own youth—Dylan Cook, Shawn Colacchio, and Tory Horner will perform at the Bardavon 1869 Opera House in Poughkeepsie

Saturday, March 21, 2015, 3:30 and 7:30

Fundraiser for STRINGENDO THE ORCHESTRA SCHOOL OF THE HUDSON VALLEY

200 musicians • 6 orchestras • 4 fiddle groups

Tickets \$20 • \$10 student/senior -

See Tory Horner or Shawn Colacchio at the Fellowship to order tickets or Bardavon Box Office, 35 Market Street, Poughkeepsie, (845) 473-2072

For more information visit www.StringendoMusic.org



Chad Halson's Hydrofracking and Renewable Energy Videos

Chad Halson, one of our UUTEens, has made a series of videos on hydrofracking and renewable energy with an independent research team through his high school. Watch and support!

Here are each of the links:

Video 1- 5 O'clock News at six

<https://www.youtube.com/watch?v=qZQTQzp7swE>

Video 2- United Nations meeting on hydrofracking

https://www.youtube.com/watch?v=Vqo_aiRhdcC

Video 3- Jeff, Chuck and the president of the USA
https://www.youtube.com/watch?v=i9gm0AF_WYk

Video 4- Carbon Dating (Chad as the Dating Game host, with Solar Power, Wind Power, and Oil/Gas contestants. His family's personal favorite.)
<https://www.youtube.com/watch?v=aSbi9YnMqI0>

Video 5- The fracktastic five
<https://www.youtube.com/watch?v=YjhlEmRU-24>

- Carol E. Gustafson

Scott's Traumatic Brain Injury Fund is now available



From being a Volunteer Fireman, a first onsite Volunteer at 9/11, to years with the Salvation Army...my husband has selflessly been there to help so many.

Please read his story, share it with others and any bit of help if you possibly can.
<http://www.gofundme.com/ScottsTBIfund>.

Thank you so much. This is the most challenging thing I've ever had to do as we are out of any other options at this point.

--Laura Stevens



You might be interested in:

- **Pat Lamanna Sighting:** Sunday, **March 15**, 2 p.m., Hyde Park Free Library, 2 Main Street, Hyde Park: Pat Lamanna in concert; also, Dr. Steve with "The Phony John Suite: A Spiritual Quest told in Story and Song." Dr.

Steve is the stage name of Dr. Steven Prasinis, psychologist, singer/songwriter, and much more. You won't want to miss his quirky and poignant presentation.

- **Pat Lamanna Sighting:** Sunday, **March 22**, 2:30 p.m., Mid-Hudson Library System Auditorium at the Adriaance Library, 93 Market Street, Poughkeepsie: "Songs of the Abolitionist, Temperance and Women's Suffrage Movements." Dressed in period garb, Pat Lamanna and Lydia Adams Davis will sing songs, often to well-known tunes, from each of these movements and relate their histories. Many of the songs were sung in the Hudson Valley by local women espousing the causes of the abolition of slavery, prohibition of alcohol, and the right of women to vote. These seemingly disparate causes were intertwined in many interesting and surprising ways.

- "America's Story" Concert in Rock Tavern **March 28th** A concert by Spook Handy entitled, "America's Story through Folk Songs" will be held on Saturday, March 28 at 7:30 p.m., at the Unitarian Universalist Congregation at Rock Tavern. Spook will share the story of America over the past 85 years through the songs of Woody Guthrie, Pete Seeger, Peter Paul & Mary and Spook Handy. Songs inspired by the Dust Bowl, Great Depression, Civil Rights Movement and the 60's and 70's are interwoven with new songs about the world we live in today. Spook has toured throughout North America playing over 3000 concerts in 47 U.S. states and 2 Canadian provinces, facilitated scores of workshops and presented lecture/concerts on the Power of Song at colleges and universities. He performed dozens of times with Pete Seeger and has shared the stage with the likes of Peter Yarrow and Donovan. Audiences can't help but participate in Spook's concerts. They laugh at his stories, sing along with his songs and can't wait to chat with him after the show. In concert halls and people's living rooms, Spook shares the pearls of everyday life and extraordinary experiences through songs that come from both the giants of folk music and his own ample supply of original compositions. To learn more about Spook and listen to some of his music, go to his website at <http://spookhandy.com>. **Tickets \$12 from 2/15 - 3/27, and \$15 at the door.** To obtain tickets, just send a check for the correct amount payable to "UUCRT" and send with a self-addressed stamped envelope to Keith Jordan at 1 Summit Avenue, Poughkeepsie, NY 12601, and the tickets will be mailed to you in the envelope you provide. If you prefer, tickets can be purchased online through the UUCRT website, www.uucrt.org, but there is a small service charge for online tickets. The Unitarian Universalist Congregation at Rock Tavern is located in the Town of New Windsor at 9 Vance Road, Rock Tavern, NY, off Route 207, 3.4 miles west of Rte 300; or take I-84 to Exit 5A, Rte 747 south to Rte 207, make a right and take the second left. For more information just reply to this email or call: 845-978-5620.

- **April 26 Rally and March in NYC** - 2015 marks the 70th anniversary of the United States atomic bombings of Hiroshima and Nagasaki. It also marks 45 years since the first five nuclear powers agreed in Article VI of the Nuclear Non-Proliferation Treaty (NPT) to undertake good faith negotiations for the elimination of their nuclear arsenals. After the two-day International Peace & Planet Conference (April 24-25), on April 26, the day before the 2015 NPT Review Conference begins, we will gather by the thousands in the streets of New York City for an international rally and march to the United Nations. On the streets and in front of the U.N., activists from around the world – with 2,000 from Japan, including Hibakusha (survivors of the atomic bombings of Hiroshima and Nagasaki) – will make our demands for a nuclear-free world, for racial, economic, social, and environmental justice, and for an end to military crises and wars. The march will end with the presentation of millions of nuclear weapons abolition petition signatures to U.N. and NPT Review officials. For more information, please email info@peaceandplanet.org or go to <http://www.peaceandplanet.org/mobilization/>. If you are interested in taking a bus to NYC on that day, please email Pat Lamanna at patla42@gmail.com **by March 4** and let her know. The UU Congregation of Rock Tavern is looking to charter a bus but they need commitments by a sufficient number of people to do it.

•The New York Interfaith Campaign Against Torture (NYICAT) is a newly forming network of religious leaders, clergy and lay, organized to end the use of torture in our state. Our current issue is passage of the Humane Alternatives to Long Term (HALT) Solitary Confinement Act (A. 4401 / S. 2659) in New York. When enacted, this legislation will end the torture of prolonged solitary confinement and reform incarceration in NY's prisons and jails.

Currently we meet once a month via conference call. The call, facilitated by Rev. Laura Markle Downton of the National Religious Campaign Against Torture (NRCAT) and Claire Deroche, Social Justice Coordinator, UU Congregation at Shelter Rock (UUCSR), always takes place on the third Tuesday of the month from 6:30 pm - 7:30 pm. We share updates of activities in our areas and information on efforts to pass the Humane Alternatives to Long Term (HALT) Solitary Confinement Act. The next call will take place on **Tuesday, March 17 from 6:30 pm - 7:30 pm**. Call in number is: [1-855-392-2520](tel:1-855-392-2520). When prompted, **enter code 5471845#**. If you intend to participate, please email cderoche@uucsr.org to receive the agenda prior to the call. Warm regards, Claire Deroche (Social Justice Coordinator, UUCSR, 48 Shelter Rock Road, Manhasset, NY 11030, [516-472-2977](tel:516-472-2977)) and Rev. Laura Markle Downton (Director of U.S. Prisons Policy & Program, National Religious Campaign Against Torture, 110 Maryland Ave. NE, Suite 502, Washington, DC 20002, office [202-547-1920](tel:202-547-1920)).



ARTIST OF THE MONTH INFORMATION:

Karl Volk's Art will be in the MMR until March 13th.

Ulana Salewycz will be the artist for the remainder of March and all of April.



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

The deadline for April's Newsletter is **March 24th**