

# "2121 News and Views"

The Rev. Walter LeFlore, Minister



Volume 60 Number 7 Founded 1952 March 2013

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.

## March Services

March 3 "Haiti: Food for Art," Vassar College students, coordinated by Judith Knauss/UUFP Campaign Kick-Off

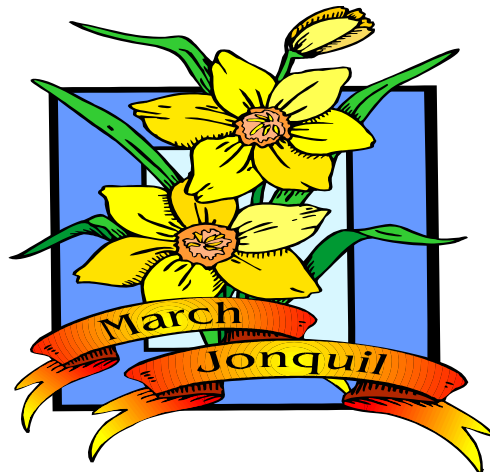
March 10 Not With Faint Heart: Rev. Walter LeFlore

March 17 Diane Diachishin in "Building Bridges," a musical intergenerational service, coordinated by Pat Lamanna

March 24 Built on the Past: Rev. Walter LeFlore

March 31 It's the Egg: 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.*



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We are one of 52 Societies in the Unitarian Universalist District of Metropolitan New York  
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## March Highlights

March 2: Buildings and Ground Work Day (note day change for this month) **9AM to Noon**

60<sup>th</sup> Anniversary Celebration **6PM**

March 3: Senior Group **Noon**

March 9: **10AM** Herb class starts

March 13: Talk by Andrew O-Grady, Executive Director of Mental Health America **7:30PM**

March 17: 3<sup>rd</sup> Sunday Lunch **Noon**

March 21: **7:15PM** Board of Trustees meeting

March 22: Meal for Homeless

March 23: Spoken Word Café **7PM**

March 24: Bring a friend Sunday **10:30AM**

March 26: Brown bag lunch with Walter **Noon**

March 31: 5<sup>th</sup> Sunday Collection. Dutchess Outreach

Reminder!  
Saturday March 2nd 6PM  
60<sup>th</sup> Anniversary Celebration!



### Senior Group

Meets 1<sup>st</sup> Sunday of the month at Noon  
March 3<sup>rd</sup>  
Humanism  
April 7<sup>th</sup>  
Bahai

## Nina's Noodlings

I've been thinking lately about how membership in our faith community differs from our membership in a political party, the Rotary Club, League of Women Voters, a Community Supported Agricultural project, or even a favorite charity. All of those organizations look to us for support – both financial support and service to the cause. We are all well aware that our faith community relies on our financial support and relies on our voluntary service to keep the grass mowed, the coffee served, the newsletter written, the records kept...so what is the difference?

I believe the difference is that here in our faith community we are encouraged and able to work on living our lives in the way that best expresses our values and best express our understanding of the meaning of our lives. Here in our Unitarian Universalist liberal religious home we recognize that the work of living our values and realizing and deepening the meaning of our lives is a process – one that we experience every minute of every day. When we are in touch with our true values we may take a little extra time to shop ethically or curb our hasty judgment of another's idea when it challenges ours. Even more wonderful we may tolerate the reminder from another in the faith community when we slip in our efforts because that too is part of being in a faith community.

May it be so.

Nina



### From the Minister

March 2013

There is always something special about March. While we can't ignore winter's lingering sharp-edged wind and we know we have not seen the end of snow, we get this feeling something is changing. There is anticipation in the air. The days are getting longer and the sun warmer. We can feel it. There is a hint of what's to come, a hint of budding spring.

Soon we will awake to the vernal equinox, Spring, when the days become longer than the nights, there's more light than darkness, and we literally begin to lean into the promise of new life, of regeneration.

How appropriate it is that we should schedule our annual pledge drive for this time of year! (Although I doubt this thinking was in the original plan.) I'm excited by the excitement I feel within the congregation. I'm invigorated by seeing newly sanded wooden floors, new carpet in the upper tier. I'm thankful for a new sound system. I love seeing the new faces of young people in our religious education program.

It feels like spring has already sprung inside our Fellowship. There is such promise of warmth and light and days to come. The feeling and spirit of regeneration is palpable. I hope you feel it too.

For these reasons and more, I feel very comfortable asking that you find a place within our community to share your vision and hopes for the future. I ask that you make a commitment to be a part of our regeneration. I ask that you contribute your time, talent and treasures to help build a stronger, more vibrant us. Please use this pledge campaign to make a generous contribution toward our shared future.

In Fellowship,  
Walter



Thank you to Barbara Kendall for filling in for Mary Ann Osgood. Thank you to the Lifespan Faith Development committee for all their efforts on behalf of RE.

Thanks for all you do!

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## Greetings from Lifespan Faith Development!



We are the committee which "coordinates" the Religious Exploration (RE) classes at Fellowship, and these do stretch from Kindergarten to Adult opportunities.

First and foremost, THANK YOU to ALL who have come into the fold of teacher and assistant in our Sunday school-ages group classes!!! Your help is appreciated and valued highly!! If you are interested in joining this group, or in taking on more times to help, spots are still available. See the sign up papers by the RE office door, or see one of us co-chairs anytime! We are hoping to have a training/orientation meeting and class in March: keep an eye on the Blast for details.

Special Sundays in March include:

March 10th-Girl Scout Sunday. All. Scouts, past and present, are welcome to participate: wear any uniform that still fits!

March 31st-Easter Sunday. We will have a large group activity, possibly involving eggs.....

The school aged groups are thriving, building solid relationships among peers and learning within and beyond their curricula. On certain Sundays (notably Holiday weekends), we have begun "One Room Sunday schoolhouse" sessions, grouping us all in one room sometimes to do a shared activity, sometimes several parallel activities. Our first one went well last week: we decorated commemorative bookmarks to be distributed during the 60th Anniversary Celebration, and we decorated cupcakes which we shared at that day's Coffee Time, which were to note all who had February birthdays.

The Coming of Age group (younger teens) is continuing to explore questions of their own faith, looking and learning about other cultures and religions through discussion, activities, and visits to other places of worship.

The Youth group has almost doubled in size and is embarking on an ambitious list of projects including painting the Nursery, which is undergoing a major facelift, and bringing world hunger-themed lessons and activities to each level of school-aged RE class (yes, this means they will teach those classes for a day!) as well as to a Sunday Service. They are planning on attending one or more CONs, as well. Thank you to Nava and Paul Silverstein and Geri Wilmott for coordinating their efforts!

Paul Silverstein and Tom Hackett are leading an Adult RE class on Wednesday evenings. They invite attendees to consider some of the BIG questions--life, purpose....and to then create a personal credo to express these. Contact one of them with questions: this sounds like the best chance for those of us who didn't "grow up" with UU RE classes to catch up to our kids!

Once again, all are invited to get involved in RE, as teacher, guest story reader, featured artist, etc. In order to weave a strong Fellowship, all threads should connect.

Thank you.

Soozie Nowak, Margie Watters, Terry Horner, LFD co-chairs

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## Social Justice Committee News



Wednesday, March 13 at 6 p.m.: Monthly meeting of the Social Justice Committee. All are welcome!

Wednesday, March 13 at 7:30 p.m.: Talk by Andrew O-Grady, Executive Director of Mental Health America. This is part of our popular series focusing on the resources and volunteer opportunities available in our community.

Sunday, March 31: This is a Fifth Sunday, and a second collection will be taken to go to Dutchess Outreach. The Executive Director of Dutchess Outreach, Brian Riddell, spoke to us about his agency at our February meeting. Dutchess Outreach operates a food pantry and a soup kitchen and offers information, referral and advocacy services to all who stop by. There is a hamper in our lobby to collect donations for the food pantry. To learn more, you can visit their web site at [www.dutchessoutreach.org](http://www.dutchessoutreach.org).

Meals for the Homeless: Many of you have noticed that we have a sign-up sheet on the door to the Main Meeting Room to sign up to help out at the monthly preparation and serving of a meal for guests at the homeless shelter. Thanks to all who have signed up! For those who have not done so, we prepare and serve a meal at the homeless shelter the fourth Friday of every month. Everyone who has helped will report that it is an extremely rewarding experience. If you're interested, sign up on the sheet or speak with Nick Garin.

### Events of Interest in the Wider Community:

Wednesday, March 6 at 5 p.m.: Vandana Shiva, an internationally-known environmental scholar-activist, will give a public lecture on Wednesday, March 6 in the Villard Room at Vassar College. Her lecture will focus on grassroots struggles for environmental resources, with particular attention to how these struggles have affected farmers and women.

Thursday, March 7, 7:00 p.m. at The Crafted Kup, 44 Raymond Avenue: Dutchess Peace and the Poughkeepsie Farm Project present a free screening of the movie "Fresh," followed by audience discussion. The documentary FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet. Among several main characters, FRESH features urban farmer and activist, Will Allen, the recipient of MacArthur's 2008 Genius Award; sustainable farmer and entrepreneur, Joel Salatin, made famous by Michael Pollan's book, The Omnivore's Dilemma; and supermarket owner, David Ball, challenging our Wal-Mart dominated economy. The screening is co-sponsored by Dutchess Peace and the Poughkeepsie Farm Project. It will be shown at The Crafted Kup, 44 Raymond Avenue, on Thursday, March 7 at 7 p.m., followed by audience discussion.

Friday, March 8, 2:30-5 p.m. International Women's Day. We will meet at 61 Parker Avenue in Poughkeepsie, across from the parking lot for the Walkway Over the Hudson. Following music (some provided by Pat Lamanna) and speeches, we will walk across the Walkway. International Women's Day is both a celebration of women around the world and an opportunity to educate people about the plight of women in other countries. Each year, thousands of events occur worldwide on March 8 and throughout the month to mark the political and social achievements of women. For more information and to register, visit <http://www.wlahv.org/WOMEN/international-womens-day>

Pat Lamanna

## Building and Grounds



The Buildings and Grounds Work Day in March will be on **March 2 from 9am to 12pm** - the **first Saturday** instead of the second. Please Come and help us get ready for our fabulous 60th Anniversary Celebration!

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## Ambassadors

Have you noticed a few members are wearing green ‘ambassador’ name tags at Sunday Services? They have made a commitment to seek out and welcome visitors to the UUFP. Of course, we can all be ambassadors and are encouraged to be so. We just have to keep our antennae tuned. Do you ever find yourself talking to a friend on Sunday morning, while observing someone you don’t know standing alone? Why not suggest to your friend that you include this unknown person in your conversation? Reach out, draw the person in, give meaning to the service’s opening invitation to visitors....’stay for coffee. We know you’ll meet someone interesting.’

We do have a strong welcoming culture in our congregation. Let’s make it even more so. If you want your own green name tag, see me on any Sunday!

Anne Lancellotti

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## STEWARD OF THE MONTH



**Paul Silverstein**

That calm presence, which graces our UUFP, is also a powerhouse of activity. Paul Silverstein, a member for 20 years has been involved in almost every facet of this congregation’s life. Husband of Betsy and father of

Ilana, Brian and Nava, Paul was drawn to children's RE, early in his membership years. He taught classes and was a Coming of Age Mentor several times. Paul's easy friendliness and interest in people led him to the Membership Committee, where he served as chair. Love those 3<sup>rd</sup> Sunday lunches? Thank Paul and his Membership Team for initiating them several years ago. Oh, yes, let's not forget his stellar performances with the Uniplayers. Anyone remember Paul's authentic Eastern European accent?

More recently, Paul was a member of the Search Committee, which brought us our minister, Rev. Walter LeFlore. It was only natural that he follow that service with a term on the Committee on Ministry. Religious Education never strayed far from Paul's heart, however. Last year and currently he's co-chaired two adult RE courses – Articulating Your UU Faith and Building Your Own Theology. Lest you think he's moved on from the young people, read your orders of service. You will find Paul listed as a founder of the newly formed teen group.

Paul...way to go! Thank you for all you've done for us. You are truly a UUFP Steward.

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## Bring a Friend Sunday, March 24

Every Sunday is Fellowship Sunday at UUFP, and visitors are always welcome. But on **Sunday, March 24**, we hope to see more than the usual number of guests. The Membership Committee and Rev. LeFlore encourage our members and friends to bring a friend, colleague, or relative for a special Fellowship Sunday. There will be no hard sell, just an opportunity for people you know to be among many visitors (we hope) attending that day's service. It's a chance for new people to become acquainted with our congregation and Unitarian Universalism.

Do you know someone who you think might find UUFP a good fit as a community and spiritual home? Invite them to attend the service and stay for coffee hour that day. We promise they will enjoy food for thought and food for their body and, perhaps, a place where they can nourish their spirit. Can't make it that day? Remember that guests are always welcome to come "try us out."

Membership Committee



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What is Eschatology?

Who was Maria Mitchell??

Why is Transylvania important?

Curious about the answers to these and other intriguing questions which reflect upon Unitarian Universalism? Then come to our Third Annual

**QUIZBOWL!!!**  
**(Saturday, April 20th, in the evening)**



This UUnique game is a type of Jeopardy competition, in which teams consisting of individuals from each RE

group vie for the prestigious trophy (on proud display in the lobby). It is open to ALL ages, and I truly believe the adults in the audience in the past 2 years shook off 2 days' extra calories (and 10 years' extra stress!) with all our laughter.

Come! Play! Laugh! Learn!

QUUestions? Contact Soozie Nowak, [soozienow@yahoo.com](mailto:soozienow@yahoo.com) or 471.1792



Unitarian Universalist District  
of Metropolitan New York

## 2013 Annual Meeting of the Metro NY District

The date and place for the District Annual Meeting are May 3-4, 2013, at the Hyatt Morristown, Morristown, NJ.

On Saturday morning, the keynote speaker is Annette Marquis, UUA, LGBTQ and Multicultural Ministries program Manager and past District Executive of the Southeast District of the UUA. Special guests at the meeting will be Jim Key and Tamara Payne-Alex, candidates for UUA Moderator, a position that delegates will elect at General Assembly 2013.

The full meeting details, agenda and registration will be available online March 1 at [www.uumetrony.org/am13](http://www.uumetrony.org/am13)

UUF has three delegate positions...these will be participants who are eligible to vote. If you are interested in representing our congregation at the annual meeting, please speak to Nina Lynch.

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## Herbs for Body and Soul 2013

Spiral Web is sponsoring an introductory course to Herbalism. Learn to identify, grow and use herbs, for food, health, and spirit. Grow an herb garden, make medicines and explore shamanic and energetic uses of herbs.

Teachers: Beatrix Clarke, Pat Holtz, Jim Wood

Times:

Saturday, March 9, 2013, 10:00 am – 12:00 pm Orientation

Classes: 10:00 am – 2:00 pm on 4/20, 5/11, 6/8, 7/13, 9/14, 10/12/2013

Locations: UU Fellowship, Poughkeepsie Farm Project, herb gardens of Pat, Jim, and Beatrix

Cost: \$ 150 (\$ 100 for materials, \$ 50 contribution to UU)



Additional field experiences (optional):

Wednesdays: 4:00 – 6:00 pm at PFP Meditation Gardens

For more info and to sign up, call Beatrix Clarke (454-9387) or write to [beabausch@verizon.net](mailto:beabausch@verizon.net)

## Yoga

Come join Nava Silverstein in a Sivananda yoga class Tuesday's at 7:45-9:15! Sivananda yoga is a classical Hatha style class with an emphasis on a meditative mind and a spiritual atmosphere. The class will include breathing exercises, holding the postures, Sanskrit prayers, and a guided final relaxation. The aim of the class is to have you leaving feeling refreshed, emotionally and physically balanced, and more in tune with your mind, body, and soul. The class will run for about an hour and the last 15min will be either a brief talk on the philosophy of yoga or kirtans, which is sacred chanting. Nava recently returned from her teacher training at a Sivananda ashram in southern India and is excited to share with you all that she has learned. Suggested donation of \$10 per class.

Nava Silverstein



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## Brown bag Lunch



You are cordially invited to share a brown bag lunch with Rev. Walter, at noon, on Tuesday, March 26. No agenda, just good conversation. Please let the office know you plan to attend.

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## Men's Group Starting

A men's meeting group is starting at the UUFP. The group's contact people are Craig Altman, Bryan Cook, and Joe Cosentino (clearly the manliest man of the three and possibly in all creation—according to him). After a brief check-in, a spiritual, social, or personal topic(s) will be chosen each meeting night for discussion. Participants are free to attend as few or as many sessions as they are willing and able to attend, and are welcome to bring their dinner. The scheduled meeting times/dates are 6pm-8:30pm on Tuesdays February 19, March 5, March 19, and April 2; and on Wednesdays April 17, May 1, May 15, May 29, June 12, and June 26.



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## Unitarian Universalist College of Social Justice

This summer, we're offering our [National Youth Justice Training \(NYJT\) program](#), building on the success of our summer 2012 youth training. NYJT is a transformative three-week experience for high-school-aged youth. It will be held in **Boston, Mass., June 30–July 21, 2013**. The program will include interactive social justice education and real-world internships, grounded in Unitarian Universalist values and practices. [Apply today through our online application](#) or forward this e-mail to a young person in your life who is committed to justice. We are accepting applications now through April 15.

UU College of Social Justice: [info@uucsj.org](mailto:info@uucsj.org)

## SUMMER LOVIN'

Summer heat makes me feel fine. There's going to be a hot time in the old UUFPP this summer. It's time again to share our gifts by leading a summer Sunday service (try saying that 3 times fast). Our informal summer services are generally lay-led, and do not include an order or service, our choir, a musical director, or refreshments. However, they do include amazing insights by our members who volunteer to present a Sunday service that is informative, interactive, creative, and spiritual in nature. If you would like to volunteer to present a Sunday morning service of approximately one-hour in length (including opening and closing words, chalice lighting, joys and concerns, offering, sermon/reading/activity/prayer/meditation), please email Joe Cosentino, Program Committee Chair, with your service title, a brief write-up about your service, and your first and second date choices for a Sunday from the beginning of July through the first week of September. Here's looking forward to some summer magic!

Joe Cosentino



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## HOSPITALITY HOSTS NEEDED!

Please consider helping out with making the coffees, setting out the coffee, tea and makings, sharing some light goodies (whatever you'd like to offer) and cleaning up...All Sundays are open...This is a great opportunity for mixing and meeting friends and members of UU of Poughkeepsie Fellowship. Call Nina at 876-6043 or email her at [nina@talynch.com](mailto:nina@talynch.com) with questions. The sign-up calendar is on the kitchen wall near the outside door.

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## People we remember

In loving memory of Eli Jaffe who would have been 100 on Valentine's Day this year. I had the pleasure of talking to Wilma Jaffe recently and she sent me this note. "When Eli and I moved from New York to Poughkeepsie in 1969 we floundered for quite awhile but when we finally found the Fellowship we really felt we had finally found our spiritual home and community of friends that we sorely needed.



Eli was a doer, a people person and newly retired, jumped right into Fellowship activities". Eli initiated the June and Aaron Gillespie Forum and was subsequently honored by the establishment of the Eli Jaffe Film Festival. He was an outspoken advocate for world peace his entire life. When I talked to Pat Lamanna about Eli besides all his other activities with the Fellowship he also did a stint as the Newsletter editor.

Jane Bartik

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## You might be interested.

► March will be a very busy month for Pat Lamanna! Here are two of her events. Contact her for more!

Friday, March 8, between 2:30-5: Pat will be singing as part of the International Women's Day celebration at 61 Parker Avenue, across from the parking lot to the Walkway Over the Hudson. For more information, visit <http://www.dccoc.org/events/international-women-s-day>

Saturday, March 16: Pat will be the featured performer at the **Hudson Valley Folk Guild Poughkeepsie coffeehouse, held at our own UU Fellowship**. Open mic sign-up starts at 7:00. The music starts at 7:30 with open mic performances, followed by intermission, and her half-hour concert will begin sometime around 8:30, followed by more open mic acts. Come for all the great music, plus mouth-watering desserts! Admission is \$6; \$5 for members and seniors.

## Events in the wider community.

### **SPOKEN WORD CAFE**

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

Please join us on Saturday, March 23<sup>rd</sup> when we feature:

**Ken Holland**

Ken, a *Pushcart Prize* nominee, has had poetry and prose published in thirty-plus literary journals, most recently in *Southwest Review*, *Texas Review* and *Confrontation*, with poetry forthcoming in *The Comstock Review*. You're in for a treat on

Saturday, March 23, 2013

7PM

at the Fellowship

Admission \$5 – Open Mic – Refreshments –

Angela for Info: 917-509-5636

The Social Justice committee presents:

**Wednesday, March 13 at 7:30 p.m.:**

A Talk by Andrew O-Grady: Executive Director of Mental Health America. This is part of our popular series focusing on the resources and volunteer opportunities available in our community.

Please come and bring a friend

Deadline for April newsletter is March 27th. Please send submissions to [uupoknewsletter@yahoo.com](mailto:uupoknewsletter@yahoo.com)