

“UU News and Views”



The Rev. Walter LeFlore, Minister

Volume 63

Number 3

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November 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

- | | |
|---------------------------------|--|
| November 1st | “Day of the Dead”
Rev. Walter LeFlore |
| November 8th | “Practice Gratitude”
Rev. Walter LeFlore |
| November 15th | “Looking Around”
Rev. Walter LeFlore |
| November 22nd | “Breaking Bread Together” Multigenerational Service
Rev. Walter LeFlore |
| November 29th | “Opening Hearts To The Universal Divine”
Dan Badgle |

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.

November



The Fellowship's Theme for the Month of November is Gratitude



**DAYLIGHT SAVINGS TIME ENDS SUNDAY, 11/1 –
PLEASE REMEMBER TO TURN YOUR CLOCKS BACK ONE HOUR!**

"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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This Person	Serves until
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Wayne Cochran	2016
Eleanor Harmantas	2016

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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

****November Calendar of Events****

- 11/1 Daylight Savings Time Ends – Turn clocks back**
Choir Rehearsal (weekly) 9am
Music Series/The Bernstein Bard Quartet Concert 3pm
- 11/2 Speaking of Books 7pm**
B&G Committee Meeting 7pm
- 11/3 Silent Meditation (weekly) 7:30am**
DC BOE General Election All Day
Coming Home Program 6pm
- 11/4 Social Justice Committee Meeting 7pm**
- 11/5 Program Committee Meeting 7pm**
Stewardship Committee Meeting 7pm
- 11/6 Leadership Faith Development Workshop 6pm**
- 11/8 SGM Facilitators Meeting 12:15pm**
Seniors Group 12:30pm (2nd & 4th weeks)
Mary Flad Tapestry and Woven Hangings Reception 3pm
- 11/9 Beading Group 7pm**
Small Group Ministry Meeting 7pm (2nd & 4th Weeks)
- 11/10 Small Group Ministry Meeting 7:10pm (2nd & 4th Weeks)**
- 11/11 Small Group Ministry Meeting 10am (2nd & 4th weeks)**
Endowment Fund Committee Meeting 6pm @ Pat's house
- 11/12 Bridge Club 7pm (2nd & 4th weeks)**
- 11/14 B&G Workday 9am**
Coming Home Coffee House 7pm
- 11/15 Music Series/Lost in the Woods & Madrigals & Guys 3pm**
- 11/18 Membership Committee Meeting 6pm**
- 11/19 Finance Committee Meeting 6pm**
Board of Trustees Meeting 7pm
- 11/21 Popcorn Theology Sleepover 6pm**
- 11/26 LFD/RE Meeting 6:30pm**
- 11/27 Meals for the Homeless Shelter 4:30pm**

Thanks Giving Break Fast on November 22nd



Our Annual Thanks Giving Break Fast will be held on Sunday, November 22. For those of you unfamiliar with this multi-generational and family-friendly service, the Main Meeting Room is set with tables and chairs. There is a short service of thanksgiving, and then we "break bread" together with a sort of pot-luck meal in the spirit of beloved community.

To help organize the food, please use your last name as a guide to what to bring:

Last Names A-D: Juice and/or fruit

Last Names E-L: Muffins, bagels or breads, and spreads

Last Names M-Z: A dozen hard boiled eggs (peeled, please)



Hope to see you all there!

From the Minister

November 2015

It might be a coincidence that the theme for the month of November, which includes Thanksgiving, is Gratitude, but then maybe not! As I write, I find myself wondering if thanks giving is the same or different than gratitude. My inclination is they are different.

Thanks giving, to me, has an outward orientation. It connotes giving thanks for something, someone, "out there", perhaps quite appropriately so. I can give thanks for a present or service I've received. I can give thanks for what I own and possess. For these things I might be grateful.

Gratitude, on the other hand, seems to me to be functionally different. Instead of a primary focus on the external, the external may merely be the starting point of gratitude. Gratitude is an internal experience of appreciation, of connectedness. I suspect that is why gratitude is sometimes referred to as a spiritual practice.

Placing our attention on the feelings associated with being grateful can have a beneficial impact on our physical wellbeing science tells us. I'm sure others would benefit from us being grateful more often as well.

Give it a try, you might like it! Why not take a moment or more, each day, to contemplate what you are grateful for, that for which you can have gratitude? You could do this any time of the day, at first waking, just before sleep, at the beginning of a meal, or during a walk. And because it can be a practice, you may find you get better at noticing the feeling of gratitude over time.

Grateful for who we are,

Rev. Walter

Steward of the Month



The Board would like to recognize Katy Corcoran as our November Steward of the Month. For several years Katy has been coordinating care for our congregation as a key member of the Caring Circle. She has greatly improved our ability to coordinate care requests with caregivers by setting us up with a software management system.

This makes it much easier for us to provide and track care. She actively keeps aware of people in need, and gently reaches out to see how the UUFPP can help them. In addition to coordinating, Katy has taken on a lot of caregiving herself, whether it is sending cards, giving rides, making visits or bringing food. When someone in our congregation is in need, it is essential that we are there to help out. Katy has consistently been a leader in this effort and for this we should be very grateful.

She is involved in a variety of other UUFPP activities, whether it is co-leading our Beading Group, helping out on the Tag Sale, Lunch with Walter or participating in the Course in Miracles. She has a positive, can-do pragmatism that helps make things happen.

In addition to her UUFPP work, Katy puts tremendous amounts of time and effort into her “pet project” of dog rescue, and providing foster care for dogs. She both takes care of dogs herself and fundraises for the care of others. Its another example of her generous heart.

For all you do for our congregation and the community, Katy, we say thank you!!



The Board would like to thank all those who gave so much of their time and energy to planning and running our very successful Tag Sale.

Members of the Tag Sale Committee include: Jane Bartik, Kathy Boone, Larry Decker, Eleanor Harmantas, Jolanda Jensen, Judith Knauss, Len Marcus, Joyce Marra, Mary Ann Osgood, Betsy Silverstein, and Merrill Sunderland.

The many others who also participated include: Garnette Arledge, Roseanne Ashby, Ajamu Ayinde, Laura Bracken, Pat Buckstrup, John Colacchio, Katy Corcoran, Barbara Corona, Cori Cumming, Linda Curtis, Joel and Maureen Fisch,

Nick Garin, Carol Gustafson, Tom Hackett, Robert Halliday, Paul Hirsch, Pat Holtz, Elizabeth and Terry Horner, Pat Lamanna, Anne Lancelotti, Richard Mattocks, Cheryl McFee, Carol Moran, Paul Osgood, Laura Price, Bill Ryan, Paul Silverstein, Soyal Smalls, Xiaodong Smith, Scott Stevens, Amy Strom, Karl Volk, Ellen Waggener, Georgette Weir and Geri Willmott. (With our apologies to anyone we've forgotten to mention.)

The Board also wants to thank those who normally conduct events on the second Thursday and Friday of the month for cancelling or rescheduling their events so the Tag Sale could use space normally reserved for them. They are:

Nick Garin - Bridge Club; Xiaodong Smith - Tai Chi; Hawklyn - Community Drumming Circle and Sandy Goldberg – AAUW (American Association of University Women Inc.)

THANK YOU SO MUCH ONE AND ALL!!



Reflections

October was a month rich in religious exploration for our children. Through stories, programs and activities, they dove deeper into the meaning of our principles and sources.

For example, the youngest children explored our time-honored institution of hospitality. What does it mean to share hospitality with members of the congregation? Cookies? Hot chocolate? More than that, hospitality hour gives everyone a chance to meet and greet each other with kindness and compassion.

Our middle schoolers also experienced the joy of ministering to the congregation through hospitality. They helped the Building and Grounds committee prepare and serve a sumptuous lunch on the Third Sunday of the month.

Tending to our community in this way enables our young people to understand the breadth of our second principle – justice, equity and compassion in human relations, or, as they know it, fair and kind treatment for all.

Our teens examined this principle by watching a TED talk about compassion. This video augmented what they've learned from the Compassionate Communication curriculum.

It's important that our children also learn about the sources, from which we UU's derive our religious pluralism. 'Jewish and Christian teachings, which call us to respond to God's love by loving our neighbors as ourselves' are important sources, which inspired two October classes.

The middle-schoolers experienced a mini "Popcorn Theology" session, watching episodes of "Davey and Goliath" as a way of fostering discussions about ethics. On October 11th, all our children participated in the building of the Sukkot, a tradition belonging to one of the most joyful Jewish holidays.

The month would not have been complete without an evening devoted to more Popcorn Theology. Nine teens and four adult facilitators laughed and learned through the movie "Saved." This film also addressed the theme of "justice, equity and compassion in human relationships."

We will continue to develop our philosophy of hospitality in November, with the introduction, during the Thanksgiving Breakfast on November 22, of the Guest at Your Table Program. Guest at Your Table is an annual fundraising and education program that supports the human rights work of the Unitarian Universalist Service Committee. See more about this program at <http://www.uusc.org/welcome-to-guest-at-your-table>.

The Lifespan Faith Development Committee



Our Music Series

Good, Good Vibrations are coming our way. **November 1st** at 3pm the audience will enjoy the **Bernstein Bard Quartet** playing and singing a variety of genres. Spread the word - let family, friends and neighbors know they can enjoy fall afternoons Admission is \$10 pp or attend all three at \$25 (prepaid); Seniors and Students \$8 pp. For advanced sales see Mary Ann Osgood or Joyce Marra during Sunday coffee hour



About The Bernstein Bard Quartet - The Bernstein Bard Quartet has become an acoustic music phenomenon in the Hudson Valley over the past 12 years, performing up and down the East Coast. They're known for their imaginative arrangements, eclectic repertoire, infectious grooves, and great performances.

Brothers Mark and Steve on guitar and mandolin and Robert Bard on upright bass, have been playing and recording together since 2004. Their 13 song debut CD "We'll Know When We Get There", includes fiddler Jay Unger, clarinetist Peter Davis, Percussionist Brian Melick and Steve Born on bamboo flute. Their CD, "Center of the Wheel" released in April of 2009 includes Brian Melick, Peter Davis, singing bowl player Amy McTear, and violinist Michael Snow.

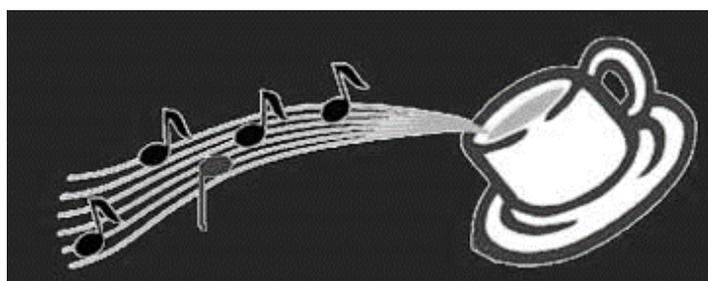


The third concert in the Music Series at the UUFP is on Sunday, **November 15th** at 3o'clock. **All the funds raised for this concert will go to the Fellowship.** Suggested donation is \$10. Seniors and Students \$8.

Lost In The Woods is a quartet of three wonderful woodwind women and one celestial cellist who have been impressing audiences for many years. While listening to songs by Michael Pretorius to Michael Jackson, sit back and enjoy!

The Madrigals and Guys first started singing together over three years ago. their director is Mary Ann Osgood who has a degree in music education from the Crane School of Music in Potsdam, New York. The group sings madrigals old and new. Madrigals are unaccompanied songs from the renaissance to modern times. The group sings such songs as “Which is the Properest day to Sing” by Thomas Arne (16th Century) to “The Wassail Song” by R. Vaughn Williams (20th Century).

The Coming Home COFFEE HOUSE



UUF

SATURDAY, NOVEMBER 14

7 TO 9PM

MUSIC, POETRY, DANCE, PERFORMANCE ART
COME SHARE YOUR TALENTS!

Enjoy coffee, tea, cocoa and delectable desserts!

Sign up in advance for your preferred performance time:
email theblisseekers@gmail.com



This coffee house is a fundraiser for the Coming Home Program, a life skills empowerment program for the previously incarcerated. It's hosted by the Social Justice Committee of the Unitarian Universalist Fellowship of Poughkeepsie in collaboration with The Beck Institute on Religion and Poverty at the Fordham Graduate School of Social Services, and assistance from the Dutchess Interfaith Council and other Poughkeepsie Houses of Worship. Donations joyfully accepted!



Thanks to all who walked in the CROP Walk, sponsored a walker, or made a contribution to our Special Collection on Oct. 18!

Thanks also to all who are participating in the Coming Home program. We have a good UU representation among the mentors, and many of our members have prepared, or are

scheduled to prepare, meals. This program is really making a difference in the lives of some of our most vulnerable neighbors, as well as bringing together several local congregations in providing assistance to the program. We can be proud of this contribution that we are making to our community.



Bricks & Mortar

The Monthly B&G Column

Buildings and Grounds is still working valiantly on on-going (perhaps endless) projects, such as the scraping and painting of the south porch and the remodeling of the teen space.

However, we had a wonderful Third Sunday Lunch and relatively successful Third Sunday Workday in October. We won't do that again until spring, however, as from now till then there are other things happening on Third Sunday afternoons, like the final concert in our Fall Concert Series in November and the Holiday Craft Festival in December. Hope to see you all at those events!

In the meantime, our next regular workday is scheduled for Saturday, November 14 from 9am to 12pm, with a light Ploughman's lunch served afterwards.

And, if you are interested in attending one of our exciting meetings, your next chance is Monday, November 2 at 7pm. We are currently working on developing a list of priorities for the Board of Trustees and would value input!

We'll be looking for you!

John Colacchio and Judith Knauss, Co-Chairs

Joel Fisch, Nick Garin, Eleanor Harmantas, Len Marcus, Scott Stevens



In her book Fundraising for Social Change, Kim Klein states "Nonprofits are leading the charge and in many cases are the only organizations working on saving the environment, ending racism, protecting and expanding our understanding of civil rights and civil liberties, creating art, preserving history, advocating, educating and organizing on any number of issues". What an awesome responsibility! At our UUF, we are taking the responsibility seriously - raising money to fund our causes is a happening thing!

Our major fundraising calendar for the 2015/2016 fiscal year looks like this:

- October..... Tag Sale
- October, November, April.... Concert Series
- February..... Mardi Gras AUUction
- May..... Tea
- June..... UUniplayers

The Tag Sale was a fabulous start to the season - grossing about \$4300!!!! Queen Bee, Eleanor Harmantas, directed a sizable team of worker bees and drones. This event not only brought income for our charitable uses, we supplied People Inc and The Living Room (organizations who assist with job interview attire and household supplies for their clients). It also supported our library and The Salvation Army. Talk about paying it forward! A HUGE THANK YOU to all who participated - obviously your support is truly valuable.

Among other issues, Social Justice is actively supporting Homeless Shelter Meals, Dutchess Outreach, the Coming Home Project and recently asked for assistance to supply school related and personal hygiene needs for Poughkeepsie Middle and High School students. About 87% of the Poughkeepsie School District students live at or below poverty level incomes. NGOs (we are a nongovernmental organization) can help them focus on learning and not have to worry about daily living needs.

Thanks to your involvement, compassion is playing out in our fundraising and support of social justice programs.

Joyce Marra
Fundraising Development Co-Chair



Stewardship Committee News

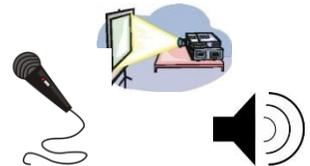
Paul Osgood and Barbara Corona are delighted to have a new member of our Stewardship Committee. John Hodos shares this about himself and what brought him to our community:

" I have been coming to the UU since January and am happy to have found a warm and welcoming community already here. I am married with two teenage children (one boy and one girl) who are at the moment not interested in sharing my religious experience, but that may change at some point. I have a technical work background (numbers and such) but have always felt a strong faith in a higher being. The main thing that attracted me to the UU was the open inclusive air expressed by the meeting opening statement 'no matter where you are on your life's journey you are welcome here.' "

John, we welcome you and look forward to working with you in encouraging sustainable stewardship for our community.



A Message from the Technology Committee



As most of you know by now, the Fellowship has a good sound system, a good Internet connection, a projector and a screen. These can be used to enhance a Sunday service or other program in the main meeting room. (The projector and Internet can also be used in other rooms.) As with any contemporary technology, and especially where there is an endless variety of source devices (laptop computers, iPhones, MP3 players, CD players, etc.), there is an unlimited number of ways that things can go wrong. We strongly suggest that if you are planning a service or other presentation involving multi-media that you contact me or another member of the Technology Committee to arrange for a walk-through at least several days in advance of your program. Most problems can be resolved if there is sufficient time.

Tom Hackett, chair



UUA NY Metro District Presents: Defying Gravity: Dawning Future - Saturday, November 14th

Friday evening activities also planned, consider coming out and staying over!

[UU Congregation at Shelter Rock](#), Manhasset NY.

Speaker bios, [click here](#). To register, [click here](#). The morning will be filled with worship and TED-like talks on innovation with opportunities to more deeply engage with the speakers in the afternoon. Moderator – [Rev. Tom Schade](#) of “the lively tradition” www.tomschade.com Tom will also be preaching Sunday Nov 15 at UU Congregation of Shelter Rock; Correlations and Covenant, Measurements and Mission – [Rev. Tandi Rogers](#); Democratizing Resources to Fuel 21st Century Church – [Rev. Sue Phillips](#); Authentic Connections in A Virtual World – [Rev. Meg Riley](#); Thematic Ministry – Staff team of the Washington Ethical Society – [Rev. Amanda Poppei](#), [Melissa Sinclair](#), [Robyn Kravitz](#), and [Bailey Whiteman](#); Black Lives Matter – [Kenny Wiley](#) and [Rev. Barbara Gadon](#); Let's Talk about UUs, Money, Power, and Secrecy. What Could Possibly Go Wrong? – [Bill Clontz](#); Online Leadership Learning Opportunities – [Rev. Renee Ruchotzke](#). HOTEL group rates for Holiday Inn Express Roslyn, 1053 Northern Boulevard, Roslyn, NY 11576 Reservations by telephone only: [516.627.2460](tel:516.627.2460) • Group Rate Use Code: UUC • Rates: \$145-\$155. CHILDREN’S PROGRAMMING with Starr Austin, DRE at the UU Fellowship of Huntington: A full day’s active program. (no additional charge; MUST register by November 5). Register online at: <https://uua.wufoo.com/forms/dawning-future/>



More Seriously About Coffee Hour: I remember when I was new to UUPF. I was extremely shy, and I hung onto my partner's tailcoats in order to meet people. Our coffee hour is great for reconnecting with other members, but be cognizant of the new members, such as we once were, and the visitors, who may have come out of interest or to have a religious need met.

Think of what you might like to hear if positions were reversed. Then, be friendly by opening up a conversation. Yes, you know how, even if you haven't done it a million times.

Wayne Cochran



CORE-HEARTED : 

One can bathe in the ocean or love, but one cannot command the ocean or love.

LIGHT-HEARTED : 

UUism (if there is such a word) may be the only religion where, if you miss the service, you might just go for the coffee hour, anyway. (I know I have!)

BEST,
Wayne Norman Cochran



I would like to thank the organizers of the “Staycation” retreat for giving UU members an opportunity to think, reflect and create at the Sunday morning event where I wrote this poem:

Grace

Sunlight guides your morning ride
A newborn baby at your side

Ocean swells at high tide
Giving beyond all pride
Grace heals all divides

by
Barbara Kendall

Upcoming COMMUNITY EVENTS

You Might Be Interested In:

- ✧ **Dutchess County Interfaith Council presents: "Giving Thanks for 40 Years"**, an interfaith music festival, Sunday, **November 22**, 2:30Pm at the Church of St. Kateri Tekakwitha, 1925 Route 82, Lagrangeville. Suggested donation \$15, children under 12 free. Featuring performances by Spirit Of Thunderheart, award winning Womens Native American Drummers, Shreyas Naty Vidyalaya Dance School, Kagyu Thubten Choling, Buddhist Monastery, Choirs from St. Katera Tekakwitha R.C. Church, Beulah Baptists Church and The Interfaith Choir.
- ✧ **Pat Lamanna Sighting: Saturday, Nov, 14**, 2:30-4:30, Boardman Road Branch Library, 141 Boardman Road: The movie "Ain't Got No Home," a documentary about the life of Woody Guthrie, will be shown as part of the Poughkeepsie Big Read, "The Grapes of Wrath." Pat will perform songs by the famed Dust Bowl balladeer. This event is free and open to the public.
- ✧ **Pat Lamanna Sighting: Sunday, Nov. 15**, 2-4:30, Cuneen-Hackett Cultural Center, 12 Vassar Street, Poughkeepsie: Songs of the Roosevelt Era, with performances by Hudson Valley Folk Guild members Pat Lamanna; Kevin and Carol Becker with Rich Keyes; Lee Hunter; and Frank Tetler. Also part of the Poughkeepsie Big Read. A collection will be taken to benefit the Cuneen-Hackett Cultural Center.
- ✧ **The Vassar Haiti Project and St. James RC Church**, Setauket, Long Island, NY invite you to their 2nd Benefit HAITIAN ART & HANDCRAFT SALE. Come to a weekend celebration of Haitian art and culture! **Handcrafts start at \$5, paintings at \$50. All purchases are 50% tax deductible.** Hours of Operation: Friday, **Nov. 20th** 7:00pm - 9:00pm; Opening Reception; Saturday, **Nov. 21st** 10:00am - 6:30pm; and Sunday, Nov. 22nd 9:00am - 2:00pm. St. James RC Church, Parish Center, 429 Route 25A, Setauket, NY 11733. **The art sale is free and open to the public, and will support education and women's projects in Chermaitre, a rural Haitian village.**

ARTIST OF THE MONTH INFORMATION

From Nov. 8th through Dec. 27th
Mary Flad

Art Reception entitled Sun, Moon, Et Cetera

Tapestries and Woven Hangings by Mary Flad will be held at the Fellowship on **Nov. 8th** from 3pm to 5pm





2015/2016 Newsletter Deadline Dates: December: Friday, November 20th; January: Monday, December 21st; February: Friday, January 22nd; March: Monday, February 22nd; April: Wednesday, March 23rd; May: Friday, April 22nd; and June: Monday, May, 23rd.

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

Thank you!



Scorpio
♏
23 Oct - 22 Nov

Sagittarius
♐
23 Nov - 20 Dec



Birthstone: Topaz

Flower: Chrysanthemums ("mums")

