

"2121 News and Views"

The Rev. Walter LeFlore, Minister

Volume 62 Number 2 Founded 1952 October 2014

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.

October Services

October 5: Contemplations to Nurture Compassion
Lama Depa

October 5: Frost Valley: Deep Thinking Rev. Walter LeFlore

October 12: What is Sacred? A musical service by Emily Boardman

October 19: Opportunity or Responsibility Rev. Walter LeFlore

October 26: Hello, Darkness, My Old Friend
Spiral Web Intergenerational

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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|----------------|------------------|
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| Julie Colacchio | '15 |
| Merrylea Bullock (youth trustee) | '14 |

The UU Fellowship of Poughkeepsie

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Thurs: 11 am – 2 pm

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The UU Fellowship of Poughkeepsie is a member of the Society of the Unitarian Universalist Association
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www.uua.org

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

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October Highlights

Oct 1: Social Justice Committee meeting **6PM**
Film “Even the Rain” **7PM**

Oct 3-5: Congregational Retreat Frost Valley

Oct 6: Speaking of Books. Discussing My Beloved World by Sonia Sotomayor **7PM**

Oct 11: Building and Grounds work day **9AM-Noon**

Oct 16: Board of Trustees meeting **7PM**

Oct 20: Spiritual movie night.
“To Play and To Fight” **7PM**

Oct 22: Lunch with Walter **Noon**

Lunch with Walter

Save the date for a bring-your-own, brown bag lunch with me and whoever else shows up. I can honestly say I’ve enjoyed each and every one we had last year. The conversation ranges from the humorous to the sublime. Come join us, October 22 at noon.



President's Column

For a recent Sunday Service Tom Hackett, Soyul Smalls and I reported on our experiences at UUA General Assembly, and I discussed a great session called "Resolving Conflict Without Compromising Either Your Values or Your Needs" by Rev. Catherine Cox. I feel the principles she presented are so useful that I will ask your pardon for repeating them again here. Upon reflection, I changed the order a bit for a better flow.

Principle 1: Separate the Human Needs from the Strategy

Underlying a conflict are valid human needs. Identifying and validating those needs, frees people to honestly disagree on the strategy to meet the needs, while minimizing damage to the relationships.

Principle 2: Listen

To identify the needs you need to listen. If you actively and genuinely listen, you show true respect. This is a real application of the UU First Principle. The other person will feel the difference.

Principle 3: Be Aware of your Feelings

We all have emotional "buttons" that can be pushed during conflict. Be aware of how you are feeling. And if you can, try to take some action. You may simply express your feelings "This harsh language is making it hard for me to listen. Maybe we need to take a break".

Principle 4: Reduce the stress that you bring to the table

We are trained to defer our rewards till after a goal is achieved. While not a bad thing, it can lead us to defer "happiness" until after a goal is achieved. "When I get X (e.g. new job, new house, a partner), then I will be happy". But this can lead to stress, and to a "happiness treadmill", where you constantly have to accomplish the next thing to get happy again. In this mode, happiness always lies on the other side of the accomplishment. Instead, choose to increase your happiness where you are now. When conflicts arise, and they will, they are not lying between you and your happiness.

Principle 5: Commit yourself to a Social Covenant, rather than a Social Contract.

In a social contract I commit to uphold principles only if the other person does too. If they don't, then I'm off the hook. In a social covenant, however, I commit myself to how I want to be in the world, regardless of what the other person does.

These principles only scratch the surface of this complex topic. I look forward to more conversation on this topic. Constructively engaging with conflict and tension provides us all with, what my kids refer to as, "Another %\$#@ opportunity for growth!"

In faith,
Paul Silverstein



From the Minister

October 2014

Each month of the year has a certain feel and we develop expectations for holidays, birthdays, vacations, swimming, skiing, etc. While each of us experiences the same months, we may very well experience a given month very differently. Some like warm weather while others can't wait for snow.

Each month provides an opportunity to reinforce how we feel about a given time of year. It also provides an opportunity to be surprised, to notice something we've not paid attention to before. Or we might decide "This January, I will not spend just waiting for spring and warm weather".

To help enliven our months and spirits, this year, we've decided to add a twist to each month. We will associate each month with a theme. For example, October's theme is Covenant, for November it's Maturity, and Grace for December. At least one sermon during the month will address that theme.

We hope that each of us will spend some time during the month thinking about our relationship to the theme, exploring our thoughts, feelings, and experiences. As a community, we hope each theme will provide an opportunity for us to collectively engage the topic. We can talk about it at coffee hour, in small groups, in RE classes. We can read, journal, meditate or see a movie on the theme. You can even discuss it with family and friends over dinner.

Each theme is intended to take us deeper, to stretch us spiritually. Each theme has the potential to touch us emotionally, to bring up experiences from our past. It can allow us to consider what role each plays in our lives, to notice what messages we've received and accepted or rejected.

I look forward to discovering what the year brings.

Faithfully,
Walter



A very BIG Thank you everyone who made the Tag Sale possible. Garnette Arledge, Roseanne Ashby, Ajamu Ayinde, Jane Bartik, Dee Blackman, Kathy Boone, Pat Buckstrup, Merrylea Bullock, Beatrix Clarke, Erica Chase-Salerno, John Colacchio, Barbara Corona, Cori Cumming, Larry Decker, Rick Foster, Nick Garin, Chad Halson, Eleanor Harmantas, Meg Heshner, Paul Hirsch, Jolanda Jansen, Judith Knauss, Pat Lamanna, Anne Lancellotti, Len Marcus, Mary Ann Osgood, Paul Osgood, Laura Price, Bill Ryan, Conrad Schnakenberg, Betsy Silverstein, Merrill Sunderland, Thalia Sudnik, Rosalynde Trammel, Betsy Vivas, Karl Volk, Ellen Waggener, Geri Willmott. If we missed anyone we apologize!

A special thank you to Jane Bartik, Larry Decker, Jolanda Jansen, Eleanor Harmantas, Joyce Marra, Len Marcus, Mary Ann Osgood, Betsy Silverstein for planning and organizing and shepherding the tag sale through to a successful completion.

It started with all the donations coming in. Thank you to all who donated items! Sorting out the mass of donated items in the attic, thank you to Larry Decker for keeping the stuff under control, thanks to our setup crew who brought stuff down from the attic, especially to our crew of teens who braved all the stairs, thank you to Mary Ann Osgood for her expertise in pricing our more valuable items, thank you to Joyce Marra and Len Marcus for organizing and distributing all our yard signs, thank you to Betsy Silverstein for shepherding our clothes which were a big seller, thank you to Eleanor Harmantas for our beautiful plant sale table that greeted folks outside the door, thank you to our bakers for donating baked goods to make our coffee/tea/snacks a big hit, for all those folks who were there to work at opening on Friday where we had a busy line of people waiting for our doors to open at 9AM, through all the bustle of the two day sale to the final burst of sales at our bargain bag sale to cleaning up and distributing all our unsold goods. Thank you to Jolanda Jansen for helping to make cleanup a bit less stressful this year. Books went to the Poughkeepsie Library Sale, Clothes went to PEOPLE Inc., The Barn, another church, housewares to Goodwill, and blankets/sheets to the ASPCE. An event like this is only possible with lots of effort, lots of people and lots of help. Thank you ALL!

Lifespan Faith Developments



OPEN HOUSE INTRODUCES NEW LFD CURRICULUM

Spirits soared on Saturday, September 6th, when the Lifespan Faith Development Committee (aka, RE) presented its new curriculum to assembled parents and children. This Open House gave members of the LFDC the opportunity to share their excitement about Spirit Play, a UU adapted curriculum, based on the Montessori Method.

The driving philosophy behind Spirit Play is that, in a supportive environment children can explore and begin answering some of life's most profound questions: Where do we come from? Why are we on this earth? What kind of person do I want to be? What kind of person CAN I be? What happens when I die? (www.spiritplay.com) In this curriculum, after hearing a story related to our UU faith, the children choose from a variety of tools (paper, pencils, markers, paints, cards, journals, clay and more) and 'work' for 20-30 minutes. They may be inspired by the story, or by other events in their lives. No matter, the objective is that they explore in a space which is respectful, supportive, and sacred.

At the LFDC open house, Judith Knauss taught a demonstration class to the children, parents and teachers. Everyone sat on her/his own carpet square to listen to a story about the UU chalice and our UU community. Although there was no 'work' to do afterwards, all present shared a bountiful pot luck meal, which was an example of our community in action!

The Spirit Play curriculum offers over 600 stories. Anyone in the congregation is invited to teach a Sunday class, using one of these stories, or one of her/his own. Interested members or friends are welcome to sit in on a class. Speak to or email Margie Watters, LFDC co-chair (mawatters@aol.com).

Sukkot Celebration:

Please join us on Sunday October 19 at our annual Sukkot celebration. Uniteens, COA, RE students, RE

teachers and adult assistants are welcome to join in as we build our Sukkah in the UUFP yard during service, make Lulav's and celebrate the fall harvest season.

Social Justice Committee News



Wednesday, Oct. 1 at 6 p.m.: Monthly meeting of the Social Justice Committee. All are welcome. This will be followed by a film at 7.

Wednesday, Oct. 1 at 7:00 p.m.: Film, “**Even the Rain.**” The Social Justice Committee presents “Even the Rain,” a film with a timely message. Spanish movie director Sebastián ([Gael García Bernal](#)) and his producer Costa ([Luis Tosar](#)) have arrived in Bolivia to shoot a picture about Columbus' exploration and exploitation of the New World. An open casting call for extras attracts far more people than the picture needs, but when Costa tries to send them away, one would-be actor, Daniel ([Juan Carlos Aduviri](#)), makes a strong and eloquent case for fair treatment of the locals, and Sebastián casts him as Hatuey, the chief of a native tribe who fought the invading Spaniards. As Sebastián stages scenes of revolt against would-be colonists, a real battle is brewing in Bolivia -- the government has privatized the national water works, and the price of water has jumped by 300 percent, leading to protests and riots in the streets of Cochabamba. Daniel is one of the activists. Will Sebastián and his colleagues join him in speaking out against this injustice? También la lluvia (aka Even the Rain) was an official selection at the 2010 Toronto International Film Festival.

Sunday, Oct. 12, at Vassar Alumnae House: Annual “**Soup-a-Bowl,**” fundraiser for the Poughkeepsie Farm Project. For \$35 you get a beautiful, handcrafted pottery bowl and two bowls of delicious soup donated by local restaurants, plus bread and a beverage. Two seatings: 12-1:30 and 2-3:30. Proceeds benefit the PFP’s Farm to School and FoodShare programs. For more information and tickets, www.farmproject.org or 845-516-1100.

Sunday, Oct. 12 noon-5: Beacon Sloop Club’s annual **Pumpkin Fest**, at Pete and Toshi Seeger Riverfront Park, Beacon. Food, music, crafts vendors, all to benefit the environmental work of the Beacon Sloop Club. www.beaconsloopclub.org.

Sunday, October 19, 2014: CROP Walk Lets all be involved with this year’s CROP Walk for Hunger. You can be a walker, help with the station at the UU, or sponsor somebody that is walking. We will walk right after service on Oct. 19, 2014 (about 2 hours/6 Miles) through Poughkeepsie. If you can’t walk or help at our station, please sponsor one of the first sign-up walkers: Barbara Corona, Len Marcus and Beatrix Clarke. More information: Beatrix Clarke - beabausch@verizon.net/phone # 454-9387

Sunday, Oct. 26, 4 p.m., Poughkeepsie United Methodist Church, 2381 New Hackensack Road, Poughkeepsie: Dutchess County Interfaith Council’s annual **Interfaith Music Festival**. For more information, www.dutchesscountyinterfaith.org.

Pat Lamanna

General Assembly and Social Justice

Due to a service on September 21 that was already quite long, I decided to defer most of what I had planned to say about General Assembly and to write about it, instead, in the newsletter. I will share this information over three or four articles, of which this is the first.

Even before the so-called “Justice GA” that took place in Phoenix Arizona in 2012, social justice issues have long been a key element of UU GAs. I want to mention four ways in which social justice was highlighted during the 2014 GA.

Congregational Study/Action

Congregational Study/Action Issues (CSAIs) are issues selected by Unitarian Universalist member congregations through the General Assembly for four years of study, reflection and action. In the third year of this process, delegates at General Assembly (GA) can vote to approve a Statement of Conscience (SOC) resulting from congregational feedback on the CSAI. A fourth year is devoted to implementation. CSAIs themselves are not statements; they are questions. It is up to the UUA member congregations to study the issues and develop Statements of Conscience and action plans.

Statements of Conscience resulting from prior CSAIs include “Immigration as a Moral Issue,” “Ethical Eating” and “Creating Peace.” The 2012-2016 CSAI is “Reproductive Justice.” A SOC on this topic will be proposed to be voted on at GA in 2015.

At the 2014 GA in Providence, we adopted as the CSAI for 2014-2018 “Escalating Inequality.” According to the CSAI description, “Upward mobility—the American Dream—has become a myth. Concentration of wealth and power has skyrocketed. Dr. [Martin Luther] King[Jr]’s dream of justice and equality has fractured. Half of all Americans are impoverished or struggling, as the middle class shrinks and billionaires take the profits.” The increasing inequality in income and wealth threatens our democracy. A study guide is scheduled to be available in November this year. Next year's GA, in Portland, OR, will feature programs and workshops on the topic.

What say we make it a goal of our congregation to take this study/action issue seriously and participate in the association-wide discussion?

For more information on this CSAI, see

<http://www.uua.org/statements/current/>

<http://www.uua.org/economic/escalatinginequality/index.shtml>

<http://www.uua.org/statements/current/290506.shtml>

Topics not chosen for the 2014-2018 CSAI include “Empowerment: Age and Ability Reconsidered,” “Ending the War on Terror,” “Gun Violence: A Public Health Issue” and “Renewing and Securing Our American Democracy.”

Next time, I'll talk about Actions of Immediate Witness (AIWs).

Tom Hackett

Stewardship Committee



The Stewardship Committee would like to thank all our members for their response to the 2014/15 pledge drive. We received pledges in the amount of \$136,150. This compares to last year's pledge drive which returned pledges of approximately \$129,000. We truly appreciate your support. We received a total of 78 pledges, as opposed to last year's 79 and this reflects increased amounts by some of our members. We received 8 new pledges, from people not previously pledging. 5 pledges decreased and 17 pledges were increased.

Thank You! Thank You!! Thank You!!!

The Stewardship Committee has need of one or two new members. We have lost one member and are now a committee of four. If you would like to join us and bring fresh ideas and enthusiasm to this worthy cause please speak with either Barbara Corona or Paul Osgood.

Team Sunday



September Team Sunday – the 'Starters' - ushered in our Fellowship year without a hitch. Though they lost a few members at the outset, they were relieved by pinch hitters. Our thanks to Starters Garnette Arledge, Wayne Cochran, Pat Holtz, Elizabeth Horner, Tory Horner, Fran Sunderland, Chris Tessler, Maya, Hayley and Jacob Tessler, Soozie Nowak, Merrylea Bullock, Rosie Trammel. Additional thanks go to pinch hitters Laura Price, Karl Volk and Ellen Waggener.

The Growing Stronger Team (Jeff Asher, Judith Knauss, Anne Lancellotti, Rev Walter LeFlore, Paul Silverstein)

Spiritual Movie Night

Join us on **Monday, October 20th at 7 PM** to see **To Play and To Fight**



"To Play and To Fight presents the captivating story of the Venezuelan Youth Orchestra System - an incredible network of hundreds of orchestras formed within most of Venezuela's towns and villages. Once a modest program designed to expose rural children to the wonders of music, the system has become one of the most important and beautiful social phenomena in modern history.

"The documentary portrays the inspirational stories of world class musicians trained by the Venezuelan system, including the Berlin Philharmonic's youngest player Edicson Ruiz and world renowned conductor Gustavo Dudamel. With interviews with many of the world's most celebrated musicians, To Play and To Fight is an inspirational story of courage, determination, ambition, and love showing us that... only those who dream can achieve the impossible."

Following the movie, we will have a discussion and refreshments.



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.

October 6th: *My Beloved World* by Sonia Sotomayor, a 'searingly candid memoir' according to NPR. There are plenty of copies in the Mid-Hudson library system.

You might be interested.

Events in our and the wider community.

► Unitarian Universalist Congregation at Rock Tavern is having a goods and services auction **October 18th**. <https://sites.google.com/a/uucrt.org/main/upcoming-events/goods-services-auction> for more details.

► Classics in Religion Reading Group October 1, 8, 15, 22, and 29

The Classics in Religion Reading Group meets weekly **in the Community Room at the Kingston Library every Wednesday at 10:30 AM**. The Library is at 55 Franklin Street, corner of Prospect in mid-town Kingston. This month's selection is: *The Sunflower* by Simon Wiesenthal

The *Sunflower* begins with a true story of an encounter between a Nazi soldier and a Jewish prisoner during World War II. The story leads to an ethical dilemma and ends with the question "What would you have done?" The second half of the book contains answers to this dilemma from theologians representing a diversity of religious traditions.

This series will explore questions of forgiveness: who can offer it, who cannot, who should, who should not and the ways different traditions think about the meaning and method of forgiveness.

Rev. Erica Baron, minister of the Unitarian Universalist Congregation of the Catskills will lead the series. She will offer selections for reading aloud and discussion.

► 7th Annual Soup-a-Bowl Benefit Luncheon

A family-friendly luncheon featuring local soup made and donated by select restaurants, hand-made pottery by local artisans, art, live music by the Roundabout Ramblers, raffle and silent auction, and more. Proceeds support the charitable and education programs of the **Poughkeepsie Farm Project**. These programs include donations and subsidies that provide fresh, healthy food for low-income neighbors and positive fresh food learning experiences for urban youth.

Sunday, October 12th with two seatings: 12-1:30 pm and 2-3:30 pm at

Alumnae House at Vassar College: 161 College Ave Poughkeepsie, NY 12603.

Contact: Lee Anne Albritton (executive director), leeanne@farmproject.org or 845-516-1100

Individual Ticket - \$25 till Sept. 30; \$35 after Sept. 30, good for one pottery bowl and a generous soup lunch.

Child Ticket (to age 12) - \$10, good for soup lunch.

Children 4 and under eat free.

Tickets can be purchased in advance online at www.farmproject.org, click on Calendar.

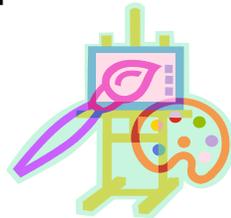
► Pat Lamanna Sightings:

Thursday, Oct. 16, 7:00 p.m., The High Falls Cafe, 12 Stone Dock Road, High Falls. Pat will be one of three singer-songwriters performing that evening.

Sat. Oct. 18, 2-4 p.m., Empire State Railway Museum, 70 High Street, Phoenicia, N.Y. As part of Ulster County's Cultural Heritage Week, Pat and others will perform songs of the Catskill Mountains and Hudson Valley at this quaint railroad museum in the lovely town of Phoenicia.

Sun. Oct. 26, 12-2 p.m., Matthewis Persen House, 74 John Street, Kingston. As part of Ulster County's Cultural Heritage Week, Pat and others will perform songs of the Catskill Mountains and Hudson Valley at this historic home in downtown Kingston.

Art at the Fellowship
Our October Artist is
April Hubbard



Deadline for November newsletter is
October 27th. Please send submissions to
uupoknewsletter@yahoo.com