

"UU News and Views"

The Rev. Walter LeFlore, Minister

Volume 60 Number 1 Founded 1952 September 2012

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.

September Services

- 9/9 In-Gathering Water Ceremony
(A Multigenerational service; remember to bring some water that represents a part of your summertime activities)
Rev. Walter LeFlore
- 9/16 A Helping Hand. Rev. Walter LeFlore
- 9/23 Walking The Spiritual Path Rev. Walter LeFlore
- 9/30 "The Sienna Project in Guatemala" Martin and Caroline Lavanhar from Ridgefield, NJ's UU with Thalia Sudnik

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.

Editor: Jane Bartik
email: UUPokNewsletter@yahoo.com

OFFICERS

President	Nina Lynch
Vice-President	Jeff Asher
Treasurer	Jim Wood
Corp. Clerk	Jane Bartik

Trustees at Large

<i>This Person</i>	<i>Serves until</i>
Anne Lancellotti	'14
Nick Garin	'14
Larry Decker	'14
Beth Kohn	'13
Thalia Sudnik	'13

The UU Fellowship of Poughkeepsie

67 South Randolph Avenue
Poughkeepsie, NY 12601
845-471-6580

Web: www.uupok.org

email: office@uupok.org

Office administrator: Joedy Kievit

Office Hours:

Tues, Wed: 10 am – 1 pm

Thurs: 11 am – 2 pm

Friday: 10 am – 1 pm

The UU Fellowship of Poughkeepsie is a member of the Society of the Unitarian Universalist Association
25 Beacon Street Boston, MA 02108
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

September Highlight

Sept 8: Buildings and Grounds workday
9AM to Noon and 1PM to 3

Sept 16th: 3rd Sunday Lunch **Noon**
Conradance **1:30PM**

Sept 20th: Board of Trustees meeting
7PM

Sept 23rd: Seniors Group **Noon**

Sept 28: Homeless meal

The Choir needs new members

The Helen Baldwin Choir needs new members! You don't need to have a lovely singing voice or read music well to join. Our first rehearsal of the season will be Sunday morning September 9th at 9 a.m. It's fun to be in the choir. We have a true sense of camaraderie and will welcome you!

Mary Ann Osgood



Nina's Noodlings....

Cooler nights and shortened days are the subtle message of change as we move on into the fall season. We will celebrate our remembrances of summer activities with our Water Ceremony Ingathering at our September 9th service.

I'll have my dancing shoes polished up and ready to go on Sept. 16 for our Sunday afternoon Family Contra Dance. *We heard it when you said you wanted more fun time together!*

What better way to start the year than a nice lunch served up by the Board of Trustees followed by the pleasure of live music and instructed dance!



Here are some of us celebrating last summer. Our carpet is designed with a removable center because the tradition of folk dancing is one that goes way back at our Fellowship.

Invite your friends...especially those with children to join us on Sept.16 from 1:30 – 3:30!

We will offer a special price for those who attend both the Third Sunday Lunch and the Contra Dance. The family maximum for lunch and the dance will be \$22.00.

The Board of Trustees and committee and task force leaders are committed to do all that we can to actualize the priorities that you set at our town meeting last January. We are a community and as such we will have fun together and as the adult classes take shape this fall we will have opportunities to share our hearts and deepest thoughts and hopes together also.

In Faith and Fellowship,
Nina

Senior Group

Sunday September 23rd Noon
Dee Rod
Compassion and Choices.
You are in the driver seat



From the Minister

September 2012

Welcome back from your summertime doings, whether they took you to a hammock in the back yard or somewhere further from home. Quite deliberately, it was mostly a low-key, laze around the house kind of summer for me, the first in our new home. I wanted to make sure I had an opportunity to recoup my energy for what, by all accounts, appears to be another exciting year. I hope you've regained your energy as well because you are likely to be asked to share some of it with the rest of us!

First, I want to introduce you to our new Director of Children's Lifespan Faith Development, Lynda Karanikolas. She previously worked with the Rev. Peggy Clarke. I'm excited by her enthusiasm, energy and commitment to a Religious Education program we can all be proud of. Please welcome her into our Fellowship community, introduce yourself, and offer whatever assistance you are able. There is much to be done to support our Religious Education program for our young people.

Keep an eye and ear open for information about the Small Group Ministry program we plan to kick-off this fall. Some of you may already be familiar with a model of small group ministry (SGM). We anticipate several groups, of about 7 people each, which meet monthly to focus on a specific subject or question. Facilitators are currently being trained to help ensure the groups are effective and successful.

The Growing Stronger Program team continues it's farsighted, diligent work in helping us to become a stronger faith community. The Social Justice Committee has been hard at work making plans for us as a community. In addition, the Rise to the Challenge program has been making plans for more improvements to the function and appearance of our physical space. And our choir can always use more music loving voices.

I'm looking forward to another exciting year. I trust there will be enough going on that each of you will find somewhere to offer your time, skills and talent.

In Faith,
Walter



Lifespan Faith Development

My name is Lynda Karanikolas, the newly hired Director of Children's Lifespan Faith Development, better known as Director of Religious Education (DRE). I welcome this opportunity to serve as your DRE. My experience teaches me that children are naturally spiritual even if they do not have the language to express it. They are persistent in their questions of why and how.

Our Lifespan Religious Education Program is grounded in the free and responsible search for truth and meaning and is guided by our commitment to liberal religious principles. Our children are taught to respect the inherent dignity and worth of every human being, the democratic process, the interdependent web of life and the use of reason in their Unitarian Universalist faith lives. They are also introduced to the many truths and beliefs that peoples around the world have and still follow.

We will be using lessons from the UUA Lifespan Faith Development Curricula. These lessons are available through the UUA site. We have hard copies in the RE Office if you would like to see them.

As DRE I am committed to :

- Bring a new and relevant curricula to our classes

- Helping to integrate Unitarian Universalism into the overall lives of our children

- Integrate UUFPA adult community into the lives of our children

- Integrate music and art into our programs

- Encourage committees to see children as part of their mission

- Ensure that parents and the congregation at large receive regular information about program activities

WE NEED YOUR HELP

TEACH

PLEASE VOLUNTEER TO

The RE committee and I cannot do this alone. We need the help and support of the congregation as a whole. I am including here an application to become a part of our program as a teacher or a "Helping Hand". I have copies of these forms on the door to the RE Office. You do not have to have children in the program. You simply need a desire to be part of assuring that we create a "Beloved Community" and that we grow our religion through our future UU's.

Please donate your time.

Lynda Karanikolas
Director of Religious Education



Teacher and Helping Hand (Teacher Assistant) Form
Please fill out this form and indicate below areas in which you would be willing to volunteer your time and energy as an investment in our future.

Name _____

Address _____

Home Phone _____

Mobile Phone _____

E-Mail _____

Check One **Teacher** _____ **Helping Hand** _____

Other Assistance Needed

Holiday Craft festival _____

Sleepovers _____

Have you taught before?

_____ when _____

Please list any special interests, skills, talents etc. that would be valuable to our lifespan development program.

What age Group do you prefer to work with? _____

Fill out and Send to:

LyndakDRE@aol.com or put in the envelope on **RE Office door.**

JUDITH KNAUSS



Steward of the Month

Far more than Steward for any one month, we honor Judith Knauss for her *long time stewardship* at UU Fellowship of Poughkeepsie. Stewardship is ministry – the act of serving. Judith has served UUFP in more ways than can probably be tallied. Officially a member for about twenty years, Judith’s history goes back to her childhood when she joined her beloved Aunt Emma at Fellowship activities.

Judith has served our religious community in almost every capacity possible. She has been a board member, a board officer (as president more than once), the chair of many committees, including Stewardship, Religious Education, and, currently as co-chair of Buildings and Grounds. She founded our CUUPs (Covenant of UU Pagans) Chapter, Spiral Web, introduced us to SoulCollage, led a poetry group that published several books, and baked brownies at the start of many Folk Guild gatherings in order to tease in customers. Her creativity, energy and enthusiasm are legendary.

Whether it is fundraising, fun-raising, Uni-Players, idea-generating, planning, cooking, teaching, mentoring, poetry writing, painting walls, painting faces...you name it, Judith has probably had a hand in it!

Thank you Judith...we have all been enriched by your ministry to UUFP.

Your “Growing Stronger Team”

In the fall of 2011, the UUFP applied for and was accepted to be part of a workshop series called the “Growing Stronger” (GS) Initiative. This three-year workshop is sponsored by the Central East Regional Group (CERG) and is based on the “Planning for Growth and Vitality” series.

The program’s objective is to provide ideas, strategies and inspiration to help the small congregation (up to 150 members) to grow in strength, in influence and in numbers. Nine congregations, including the UUFP, were selected to participate.

Your UUFP GS Team is: Jeff Asher (Contact person), Judith Knauss, Anne Lancelotti, Walter LeFlore, Nina Lynch, James Pittman, Paul Silverstein, and Georgette Weir.

Our team meets every six months with the program facilitator, Mark Bernstein, and the other congregations for a face-to-face retreat. Our inaugural meeting was in New Jersey in the spring of 2012 and we are scheduled to meet again in October 2012. This continues until March 2015. Each of your representatives pays for their own accommodations and travel. The only cost to the UUFP was a one-time fee of \$100.

The UUFP Team has chosen as our Mission Statement, *“To lead and partner with the congregation in a process to deepen spiritual connections that will empower action.”*

The Growing Stronger Initiative is much more than just growing the numbers of members. Your Team wants also to ensure that we create a vibrant environment at the UUFP where we will both retain and enrich our membership.

There were a number of initial, six month goals that we set for ourselves and we have made much progress. For instance, at the January 2012 Town Meeting members indicated a high priority for increasing the number of adult courses. As a result, this was one of our goals.

To-date, Walter LeFlore has given a well-attended, three-part class on “Loss, Grief and Bereavement.” Paul Silverstein and James Pittman co-facilitated a course on “Articulating your UU Faith.” This latter course was one that was highlighted when we met with other congregations at the GS spring retreat. Additionally, Walter will be establishing a “Small Group Ministry” course that will begin this fall.

Another goal is to train and develop a group of at least five members to be “Ambassadors” who would approach and engage visitors after they have been to the Welcome Table at Sunday Services. Anne Lancelotti has made great progress on this goal and you will see these Ambassadors in action starting this fall. Please assist them where you can to continue to make the UUFP a truly welcoming place.

And, now these Ambassadors will have something to give newcomers to tell them about the U-U religion and the UUFP. As one of the GS goals, Georgette Weir created a FAQ (Frequently Asked Questions) document that will be available in the Lobby.

If you would like to know more about this initiative, please see or contact Jeff Asher at sustainlives@gmail.com or feel free to talk to any of the GS team members.

Ambassador Program

Do you enjoy chatting with visitors to our Fellowship? Do you find it satisfying to welcome them to our community? Do you take pride in introducing them to our members? Then you may be a natural for our Ambassador Program.

What is this Ambassador Program? It is a joint venture of the Growing Stronger Team and the Membership Committee. The idea is to supplement the traditional Sunday greeting with an extended welcome. Several committed members will engage visitors before and after service, to answer any questions they might have, to learn more about them, to show our appreciation for their presence, to introduce them to other members. The goal is to impart a strong sense that we are a welcoming community.

Several members have already agreed to take on this role of Sunday ambassador. Our hope is to have a new team every few months – maybe even every few weeks. In this way, more and more members will build the skills of welcoming.

If anyone is interested in joining this effort, speak to or email Anne Lancellotti. (anniel@hvc.rr.com).
In the meantime, take up our mantra: After Sunday service, before speaking to someone you know, speak to someone you don't know. Be an unofficial ambassador.

In Fellowship,
Anne Lancellotti
For the Growing Stronger Team, and Membership Committee

Buildings and Grounds

Saturday - September 8 - is our regularly scheduled Second Saturday B&G Day at the Fellowship. We hope you will join us as we roll up our sleeves and spruce up our beautiful building and gorgeous grounds for the ingathering Water Ceremony on Sunday on September 9.

We are trying something a little different - Shifts! So, if the morning shift (9 to 12) doesn't work for you, come for the afternoon shift (1 to 3). Coffee, tea, juice and light fare (bagels, toast, hard-boiled eggs, yoghurt, etc) will be available.

Hope to see you!
Dale Sutton & Judith Knauss

Share your culinary skills with us.

Reed Asher will be gathering a list of all those who would like to host a meal. This is part of our fund raising plan for 2012-13. The idea is that anyone who wants to can host an evening at their home involving food and whatever else. Make it as fancy or as simple as desired, and charge an appropriate fee that can cover expenses and still net a good profit for the UUFP.

For now, Reed will be asking for volunteers, approximate dates, and what the event might be. We can iron out the details later. Contact Reed by phone, or by email as soon as you come up with your idea. She will be hosting a fancy dinner, involving rack of lamb, served on handmade dinnerware.

Reed Asher
phoenix4242@mindspring.com

Hospitality

The Hospitality that follows service is a time to meet and greet visitors and catch up with each other in an atmosphere of joyful sharing.

Our hospitality is, like almost all activities at UUFP, is shared by all. Surely “yoUU” will want to participate once or twice during the year by brewing the fair trade coffee, heating the water for tea, putting out the cups and ‘makings, and serving up some healthy homemade or store-bought treats.

Please check out the calendar inside the kitchen door and mark your spot! It's a great place to meet other UU members and friends.



SEPTEMBER SCHEDULE

Sept 9	Sept 23
Judith Knauss and friends	Volunteers needed
Sept 16	Sept. 30
Nina Lynch and Pat Buckstrup	Volunteers needed
Third Sunday Lunch/Board of Trustees	

Hospitality Hosting How To...

Check out the Coffee Hour Procedure that is posted on the refrigerator.

Just find a board member or membership committee member and ask for help if you need guidance to start..

Coffee will most likely be found in freezer.

Bring some veggies and dip, cheese and crackers, sliced and quartered bagels, small cookies...use your imagination ... keep it simple!

The Spoken Word Café

will open the season on **September 22nd** with Featured Speaker **Garnette Arledge**, friend and supporter of the Café, and newly-published to boot! Garnette will share from One Hundred Thousand Lights (Love Song to India), which Rick Jarow calls "Hinduism's version of Pride and Prejudice." We'll follow Grace Avery from a two-timing fiancé and job-stealing colleague to her finding the real meaning of her name. Bring your own work for the Open Mic portion – we want to hear what you've been working on all summer!

Unitarian Universalist Fellowship
67 South Randolph Street, Poughkeepsie
7PM
Admission \$5 ▪ Open Mic ▪ Info: Angela at
917-509-5636

Deadline for October
newsletter is September 24th

Please send submissions to
uupoknewsletter@yahoo.com

Hudson Valley Community
Dances

Special Afternoon Family Contradance!

Third SUNDAY afternoon,

September 16!

at **Unitarian Universalist
Fellowship**

(co-sponsor)

**67 South Randolph Avenue
Poughkeepsie, NY 12601**

With

ERIC HOLLMAN calling

And

JEAN VILKELIS, fiddle,

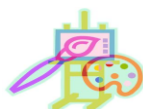
SUSIE DEANE, piano, guitar

Dance 1:30 PM to 3:30 PM

**\$6/\$3 children (\$18 maximum per
family)**

**FUN AND EASY DANCES FOR ALL
AGES!**

Gender Neutral; all are welcome!



Art at the Fellowship

Our September artist is Dr. Robert Lipgur