

**Unitarian Universalist Church of Canton**  
**NEWSLETTER**  
**June 2024 - THIS MONTH AND SUNDAYS**

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**Saturday, June 1**

11:30 a.m., Marching Band Rehearsal  
1:00 p.m., Dairy Parade – Join the Marching Band!

**Sunday, June 2**

***Honoring the Rite of Retirement***

*The Rev. James Galasinski*

As a congregation we have rites of passage for birth and entering adulthood. As a society we celebrate graduations. However, we do too little to honor retirement as a new phase in life. For those of us in good health and who save prudently, retirement can be a joyous time. It can also be a confusing time trying to navigate this new last phase of life.

11:45 a.m., OWL Ceremony  
12:15 p.m., First Sunday Listening Circle

**Monday, June 3**

7:00 p.m., UU Men's Group

**Wednesday, June 5**

8:00 a.m., Building & Grounds Committee  
6:30 p.m., Church Council Meeting

**Friday, June 7:**

5:45 p.m., Support Pride at Pine Street Arena

**Sunday, June 9**

***Fun and Games with Religious Education***

*UU Church Youth Group*

Experiential learning is one of the foundations of our religious education program. Using fun and games, we will explore what it means to be UU. We will also celebrate our graduating high school seniors.

Noon, Annual Church Picnic, Bend in the River

**Monday, June 10**

7:00 p.m., Worship Committee Meeting

**Tuesday, June 11**

9:30 a.m., [Sacred Texts and Coffee](#)  
1:00 p.m., CommComm Meeting

**Wednesday, June 12**

7:00 p.m., Second Wednesday Listening Circle

**Thursday, June 13**

7:00 p.m., Navigating the Spiritual Journey

**Sunday, June 16**

9:00 a.m., History Circle Meeting  
***Patriarchy, Fathergod, and Our Fathers***

*The Rev. James Galasinski*

On this Father's Day we will explore how God became a father and how mixing the two can really complicate things. This service will feature the jazz group *4 All We Know*.

11:30 a.m. Rachel Somers Grant Award Reception

**Tuesday, June 18 - Office is Closed Today**

1:30 p.m., Membership and Outreach Meeting  
6:30 p.m., RE Committee Meeting

**Wednesday, June 19**

*Juneteenth will be observed by all staff.*

**Thursday, June 20**

Noon, Budget & Finance Committee Meeting  
7:00 p.m., Science Book Club

**Saturday, June 22**

9:30 a.m. UU Canoe/Kayak Outing  
11:00 a.m., UU Geos to Paul Smiths VIC

**Sunday, June 23**

***Weaving Our Lives***

*The Rev. Molly Housh Gordon*

We are all tangled up together in a great web of life that is woven with beauty and hardship, love and loss, thriving and struggle. How do we tend well to the weaving so that all of us are held in care?

**Monday, June 24**

7:00 p.m., UU Men's Group

**Tuesday, June 25**

9:30 a.m., [Sacred Texts and Coffee](#)

**Sunday, June 30**

***Norbert Čapek and the Flower Ceremony***

*The Rev. James Galasinski*

Unitarian minister Norbert Čapek of Prague was looking for an inclusive way to celebrate the summer, community, and our individual beauty. Now UUs around the world bring flowers on Sunday morning and place their flower in a shared vase. The congregation blesses them and each person brings home a different flower than the one they brought.

## JAMES' JOURNAL

### Being Together is Good



When I candidated to be your minister 8 years ago, one of the first things I remember saying to everyone at a shared meal was "Please repeat after me:

It is good...

It is good to be....

It is good to be together...."

One of the simple and profound joys I have in my ministry with all of you is to eat together. My family recently hosted 18 total people for Gourmet Dining For A Great Cause. We thought it was fun to host. It also felt satisfying to just sit around the table and see where the conversation went. I couldn't help but harken back to my childhood where every other Sunday afternoon some extended family members would come over for a roast. My uncle would always bring his famous cheesecake. We would play cards and other games, eat, tell stories, and just be.

We can harken back even further to ancient times where people would gather to eat. We all must eat and maybe it is more efficient to cook for a large group. But there is something about eating together that transcends physical nourishment. Eating together somehow provides spiritual nourishment. It's no wonder why Christians and Jews ritualize meals.

At the last Third Thursday Soup at the church, we combined two tables and about a dozen or so of us engaged in conversation. We talked about the legalization of marijuana, wild mushrooms, baking, you name it. Nothing was forced. Everything flowed. We did not speak of profound things about the universe. We were just together talking, laughing, and telling stories.

It is good to be together.

  
The Rev. James Galasinski

### FROM OUR PRESIDENT

#### A Picture is Worth a Thousand Words

I recently had a very surreal experience. I am not a particularly nostalgic person, but nostalgia was thrust upon me by the environment of digital information in which we live these days.

I grew up in Montclair, New Jersey and spent most of my first 18 years in a home in a quiet, safe, tree-lined suburban neighborhood. The local kids and I had lots of fun playing, riding our bikes, and exploring. When I graduated from college and after my parents sold the house, I never expected to see the house again.

Fast forward 50 years to a few days ago.

One of my Connecticut cousins was delivering something to my New Jersey cousin, and she thought she would swing by the old neighborhood just to see what it looked like. Lo and behold, my 3-story childhood house had just been sold and was listed on Zillow. There on the Zillow website were some 42 photos of the house, taken from every angle and of every room -- even drone shots. Looking at the photos -- the extensive remodeling, my old bedroom, the missing trees, the staircase where my sleepwalking brother laid down on the bottom step, scaring the living daylights out of me when I went down to get a midnight snack -- I felt like a



ghost returning for a visit. It was a rare case of forced nostalgia. The photos also showed the choices and life-style of those unknown people who lived there during the past 5 decades. They had their unique lives and lived them out just as our family did as the occupants before us. We all arrive, we settle, we move on.

My wish for all who are temporarily settled is that the words of Hymn #1 *May Nothing Evil Cross This Door* be true for you.

Happy June,  
*Jon Montan, Church Council President*

### FAITH ENGAGEMENT

At [General Assembly](#) this year from June 20-23, congregations will be voting to approve changes to Article 2 of the UUA's bylaws, which guides our operating principles and purpose. Check out the proposed revision by clicking [here](#).

These changes will have a direct impact on how we teach religious education in the future. It means a change to our [7 Principles](#). We have been using these for over a decade to help our children and youth understand what it means to be Unitarian Universalist.



The new covenant states: "As Unitarian Universalists, we covenant, congregation-to-congregation and through our Association, to support and assist one another in our ministries. We draw from our heritages of freedom, reason, hope, and courage, building on the foundation of love. Love is the power that holds us together and is at the center of our shared values. We are accountable to one another for doing the work of living our shared values through the spiritual discipline of Love. Inseparable from one another, these shared values are justice, equity, transformation, pluralism, interdependence and generosity."

If adopted, our religious education program will look to these new values as we continue to provide meaningful faith development for our children and youth. May it be so.

*Carol Zimmerman, Director of Religious Education*

### JOYS & SORROWS



- Adam Ahlquist, son of Brian and Claire Gardam, married Sara Sundström in Lund, Sweden on December 13, 2023. On May 19, Adam received his Master's Degree in Social Work from the University of Vermont. Congratulations!!
- We celebrate the birth of Sadie James Woodruff to Carl Woodruff (son of Valerie Ingram) and Mia Kortebein on April 29 in Greenfield, VT. A good time is being had by all!

• Our hearts go out to Gwen Cunningham as she mourns the loss of her father, Dennis Burrow, who died of cancer on May 9.

### THANK YOU



- Thank you Cara Coffin and Sarah Bentley-Garfinkel for organizing the new Spirit Play story boxes we received from the UU Church of Utica
- Thanks to all who showed up to help with the Spring Work Day on May 4.
- Many thanks to everyone who participated in the Gourmet Dining Fundraiser.

## JUNE BIRTHDAYS

In an effort to use Everybody's Birthday to connect us within our community throughout the year, the Caring Circle has compiled a list of birthdays for the coming month. If you see someone at church or out and about, wish them Happy Birthday! If you're inclined to send a card, addresses can be found in the [church directory online](#). You can ask Sara in the office for the password to access it. And if you'd like to *support* the [Caring Circle](#), fill out [this form](#) and join us in supporting members in a variety of ways! Notice that we're missing someone on the list? Contact the Caring Circle to get them added!

June 4	Cara Coffin	June 21	Sally Hoose, Nate Sturges,
June 6	Liliana Trevizan		Leo Burger
June 7	Christian Beekman	June 22	Jon Montan
June 8	Tera Siegfried, Ryan Hicks	June 23	Miles Manchester
June 10	Lauren Dixon	June 24	Suzannah Coffin
June 11	Valerie Ingram	June 25	Brianna Dixon
June 14	Mary Michalek	June 28	Linda Kenny, Wil Rivers
June 15	Lila Hunnewell		

## SUMMER WORSHIP SERIES

The Worship Team is excited to bring you another special summer worship series. Like last summer, the series will feature different worship formats befitting the summer season. They will occur on the eight Sundays beginning July 7 and ending on August 25. We have brought back some of the formats from last summer along with another modified format, as well as an outdoor service!

We will provide more detail in the July-August Newsletter, but here is what you can look forward to:

- **Coffee and Conversation:** Two or three times this summer you will have the opportunity to talk with other community members about topics important to our congregation. These conversations will take place in the Romer room and will be facilitated by members of the Worship Team and other church groups. Individuals will be able to participate via Zoom. And of course, there will be coffee – and tea, juice, and goodies!
- **Contemplating Big Questions:** This represents a new format we are exploring this summer. These services will begin in the sanctuary for an abbreviated liturgy, including most of the elements of the service except the sermon. Instead, the service will set us up for small group discussions on an important question. You will be able to join the service through Zoom like our regular Sunday services.
- **Interactive Events:** A couple of times this summer, Carol Zimmerman, Director of Religious Education, will lead us on a spiritual adventure appropriate for everyone from toddlers to elders.
- **Outdoor Service:** Yes, we will have an outdoor service this summer! We hope to have the service at Taylor Park. This service will be filled with readings, sermonettes by members of the congregation, and music. We will then enjoy fellowship over a potluck lunch. Feel free to make a day of it at the beach!

If you have questions, comments, or suggestions, please contact the office. Also, if you would like to help in any way over the summer, please reach out to us. We welcome new voices and ideas always!

Thanks!  
*Your Worship Team*

## MEMBERSHIP & OUTREACH TEAM

Are you interested in offering an event for our church community? The Membership and Outreach team is here to help you! Fill out the [Event Proposal Form](#) and someone from Membership and Outreach will be in touch.



A link to the form can always be found at the [Events and Activities tab](#) on our website.

### **A NOTE FROM OUR COMMUNICATIONS COMMITTEE**

#### **You are "Eyes and Ears" for information opportunities.**

We have been working hard to increase communication about UU activities, both internally to our congregation and to the outside world and have seen much more exposure in the public media.

You can help. Whether you are a committee chair or member, or a church member at large, if you are involved with something that may be newsworthy, talk with someone on the Communications Committee about how the topic could be shared. Take a moment to think about what you are involved with, and whether others may find it of interest.

It could be as simple as a photo with a caption, a posting on Facebook, a complete news release, or something for weekly e-news or the monthly newsletter. Let us know your bit of information, and then we can work out the best ways to get the message out.

You can simply email [communications@uucantonny.org](mailto:communications@uucantonny.org) or contact any committee member: Cliff Westerling, chair, Larissa Fawkner, associate chair, Jenn Whittaker, Clara Fargo, Katie Boczarski, Carol Zimmerman, or Sara Trimm.

Sharing information helps build our UU Canton community.

### **Gourmet Dining Was a Great Success!**

We are happy to report that we filled 65 out of 65 available seats. Everyone combined paid a total of \$4,225! Thank you to everyone who hosted and bought a seat. We received an additional \$1,000 from Becky Van de Water and \$1,000 from the Opdykes for a grand total of \$6,225.

From feedback and comments, the dinners were a great success; folks really enjoyed themselves and got to know each other better and all this fun and good food benefited our beloved community!



### **2024 Rachel Somers Grant Social Action Award Congratulations to John Tenbusch**

John Tenbusch was selected as this year's recipient of the award for his 20+ years of exemplary community service and involvement in issues concerning housing, environmental stewardship, and a diversity of other social justice causes.

Tenbusch's duties at the County Planning Office focused on issues of St. Lawrence County, particularly the provision of safe, decent, affordable housing. His dedication to the effort resulted in hundreds of units being purchased and/or preserved for future affordable use at little or no cost to hundreds of low- and moderate-income households. Tenbusch is recognized for his outstanding service to the community through his leadership in such grassroots volunteer efforts as: the Poor People's Campaign of St. Lawrence County, Black Lives Matter, Fair Housing task force, Juneteenth Committee, and the Raquette River Valley Habitat for Humanity. Tenbusch has worked tirelessly to advance environmental sustainability in the region. He volunteered for the county's household hazardous waste collection days and worked on energy efficiency issues with the New York State Council of Churches. He is responsible for creating an ecumenical faith and ecology group which has inspired more faith-based environmentally sustainable behavior.

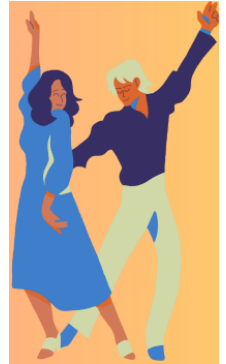
A nomination letter for Tenbusch stated, "*His compassion and appreciation of others has helped people directly and inspired many to act with him.*" Another states: "*John has made and continues to make a huge positive difference. The list of his volunteer involvement and transformative service to others is long. We are better because of him.*"

The award will be presented during worship on **Sunday, June 16**. The service will be followed by a reception and coffee hour in the social room. All are welcome to attend.

### **Dance Connections: Latin Beats! Salsa, Bachata, and Bomba**

North Country Latin Dance will host a Latin Beats: Salsa-Dancing Workshop, **Saturday, May 25, 4 - 5:30 p.m.**

Jeanna Matthews, founder of the North Country Latin Dance community, will lead a fundamentals of salsa workshop including a variety of dance moves such as shoulder check and hairbrush, and basic steps like cumbia, as well as a variety of turn patterns. In May, the instruction will include bomba moves. Workshops will be hosted in the social room and childcare will be available.



### **UPCOMING GAME NIGHTS**



Join us on **Thursday, May 30** and **Friday, June 21 at 5 p.m.** for an evening of board games! Bring your favorite game and friends or just come to join in! We'll meet in the social room and enjoy a relaxing evening of fun and fellowship. Want to stay up to date on all the game nights? Join the [private facebook group](#)! Contact [Carlene Bermann](#) if you have any questions.

### **THE BAND IS BACK!**

We will be marching and playing "We Are Family" again in the upcoming Canton Dairy Festival Parade. We march to bring awareness and support of the LGBTQIA+ community and to celebrate Pride Month. Our presence in this parade is more important than ever!

The parade is **Saturday, June 1 at 1:00 p.m.** The band will line-up behind the social services building, adjacent to the UU church parking lot, no later than **12:30 p.m.** We will meet in the UU Church social room the morning of the parade at **11:30 a.m. to run through our music just before we march.**

Contact [Jill Rubio](#) and tell her what instrument you play. If you do not already have the music, Jill will email you a PDF of your instrument's part so you can work on memorizing your part (or plan to use a lyre in the parade.) If you are a percussionist, we may be able to lend you a marching drum, but we need plenty of prior notice. Cowbells, tambourines and all sorts of percussion can be played too!

### **GOOGLE WORKSHOP**

A Google Workshop will be offered for all committee and team chairs on **Tuesday, June 4 at 6:30p.m.** in the Romer Room. The workshop is intended to help chairs log into the church Google suite account (yourcommittee@uucantonny.org account), familiarize themselves with the email system, and access their Google Drive. Before you attend, please make sure to reach out to Sara Trimm [office@uucantonny.org](mailto:office@uucantonny.org) or 315-396-2498, to get your username and password for your church Google account.



## Potsdam Pride Invites UU's to Stand with LOVE

UU LGBTQIA2S+ allies have been asked by Potsdam Pride to bring pride flags and stand outside the doors of the **June 7** Pride Festival drag show to welcome guests and form a visual deterrent to any protestors who might try to approach attendees.

To stand with love, sign up at social hour!



**FRIDAY**  
**JUNE 7** **2024**  
5:45 p.m.



Pine Street Arena  
43 Pine St.  
Potsdam, NY.

**Celebrate the freedom to LOVE**

*We'll also have a table at the Potsdam Pride Festival in Ives Park on Saturday, June 8. Make sure you find our table and say hello!*

## ANNUAL CHURCH PICNIC

Join us for our annual church picnic on **Sunday, June 9** at the **Bend-in-the-River Park Picnic Shelter** located at **90 Lincoln Street** in Canton from **12:00 to 2:00p.m.**

Here's how it works: The church will provide grilled meat and veggie burgers and drinks. Bring your favorite potluck salad or dessert to share. If your last name starts with the letters N-Z, you're invited to bring a salad or side dish to pass around. If your last name starts with the letters A-M, please bring a dessert instead.



Please bring your own silverware, plates, and cups. In case you forget, we'll have paper plates and plastic utensils on hand. There will be outdoor games provided and restrooms are available on site.

We can't wait to see you there!

## NAVIGATING THE SPIRITUAL JOURNEY Thursday, June 13 at 7p.m. in the Romer Room

Embarking on a spiritual journey is a deeply personal pursuit that prompts one to investigate the world to gain insight into one's self, one's life, and the meaning of it all. The two-hour workshop led by the Rev. James Galasinski will explore what spirituality is and engage participants in activities and conversations about beliefs, morals, values, and personal spiritual experiences.

During the workshop participants will map their own journeys and begin to define what a spiritual practice is and frameworks for thinking about spirituality. There will be small group discussions about how each person thinks about ethics and morality as well as discussions about how humans connect with each other and that which is greater than oneself.

The workshop will promote personal reflection about how spirituality manifests in various forms within us whether through religion, meditation, nature, or holistic healing traditions. Participants will be invited to create their own awe-inspiring journey of truth and discovery and will depart with an understanding of the spiritual practices that nurture them and a personal road map to consider possible directions to be taken on a near future spiritual journey.

### SCIENCE BOOK CLUB

On Thursday, June 20, the UU Science Book Club will change pace by discussing a fiction selection: *The Overstory*, by Richard Powers. It is a novel about the determination of a diverse group to protect the trees. We meet by Zoom at 7:00p.m. For more information, contact [briangardam@gmail.com](mailto:briangardam@gmail.com).

### UU SUMMER CANOE/KAYAK SERIES

Mark your calendars for Saturdays **June 22 and August 10**.

Contact [Valerie Ingram](#) or [Carol Zimmerman](#) to sign up and for more details.

On **Saturday, June 22**, we will be exploring Stark Reservoir in the Raquette River chain of reservoirs. We will all meet at the [pulloff in Colton just south of Kunoco](#), (where Routes 68 and 56 meet) **at 9:30 a.m.**



Please let us know if you would like to participate, but do not have access to a canoe or kayak. We'll round one up for you!



### Discovering Turtles and Geocaches at Paul Smith's VIC

Join the UUGeos for an adventure discovering the hidden geocaches at Paul Smith's Visitor Interpretive Center on Saturday, June 22. We will meet at the center at 11:00 a.m. to seek and find hidden geocaches along the beautiful nature trails. Afterwards we will return to the center for a pack lunch and stay, if you wish, for a presentation about Adirondack Turtles. "Presenter Debbie Philp is a wildlife rehabilitator who specializes in injured turtles, a master herpetologist, and the founder of Dancing Turtle Rescue." Please bring your own pack lunch and wear sturdy shoes for

this fun and informative outing. The Paul Smith's Visitor Interpretive Center (VIC) is located at 8023 State Route 30 Paul Smiths, NY. For more information about the VIC, go to <https://www.paulsmithsvic.org/>

### Collect Water this Summer for Fall Water Ceremony

As part of the Ingathering Service on Sunday, September 8, we will have our traditional water ceremony. Congregants bring water, often from a place special to them or from a summer trip to a favorite or faraway place. So, you may wish to put a small container in your car or your luggage, to bring back your own sacred water to share at Ingathering.

### Save The Date:

**Goods and Services Auction – Saturday, September 14, 2024**

Sunday, September 8th will begin the online portion of our auction which will culminate in a live auction event on Saturday, September 14, 2024.



Please think of items or services you would like to donate. All proceeds from the Goods and Services Auction will go to the operating budget of the UU Church of Canton.

**Staff Schedules for the 2023-2024 Church Year:**

**THE CHURCH OFFICE IS OPEN on TUESDAY and THURSDAY from 9 a.m. – 2 p.m.**

**The Rev. James Galasinski:** Available [by email](#) and by appointment **Monday – Thursday**  
**Carol Zimmerman, DRE:** Available [by email](#) **Sunday–Thursday** and  
by appointment on **Tuesdays & Wednesdays.**  
**Sara Trimm, Administrator:** Available [by email](#) **Monday – Thursday** &  
in the office **Tuesday & Thursday**

**PLEASE NOTE:** Summer is coming! The church staff often take the bulk of their vacation time in the summer months. Please check the church calendar or contact the office if you have any questions about staff availability or to confirm that the person you wish to see will be in the office. Thank you!

**Unitarian Universalist Church of Canton**

Creating a welcoming, compassionate faith community,  
committed to social justice and open to wonder.

Together we strive to:

- Foster a spirit of inclusion and connection
- Encourage exploration of truth and meaning
- Nurture respect for all life and the environment
- Live our values in the North Country and in the wider world

**The Unitarian Universalist Church of Canton**

The Rev. James Galasinski, Minister  
Carol Zimmerman, Director of Religious Education  
Sara Trimm, Congregational Administrator  
Betsy Kepes, Music Coordinator  
The Revs. Anne Marsh and Wade Wheelock, Ministers Emeriti  
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