

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

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**Wednesday, July 3 – July 15:**

Office will be closed, Sara is out of town.

**Sunday, July 7**

**Coffee and Conversation**

*Hosted by Sacred Texts and Coffee Group*

**Sunday, July 14**

**Coffee and Conversation**

*Hosted by Bicentennial Steering Committee*

**Friday, July 19**

5:00 p.m., Game Night

**Sunday, July 21**

**Water is Life**

*Carol Zimmerman, DRE*

Water is essential for life. Here in northern NY, we are blessed with being surrounded by water. All ages, from toddler to elder, will play with water and explore the many ways water nourishes us.

**Sunday, July 28**

**Outdoor Service at Taylor Park**

*Led by the Worship Team*

Join us at Taylor Park for worship and make it a day at the beach.

12:30 p.m., UUGeos to Hannawa Falls

**Sunday, August 4**

9:00 a.m., Chair Yoga with Robin

**Big Questions: How do we cultivate good relationships with our loved ones?**

*Led by members of the Worship Team*

This service will begin with about 30 minutes of readings and music in the sanctuary, which will set up small group discussions on this big question.

**Wednesday, August 7**

8:00 a.m., Building & Grounds Committee

**Saturday, August 10**

UU Canoe/Kayak to Polliwog Pond Loop

**Sunday, August 11**

9:00 a.m., Chair Yoga with Robin

**Crafting as a Spiritual Experience**

*Carol Zimmerman, DRE*

Making something with your hands can be a balm to your mind, body and spirit. There is a bond between creating something and spirituality. All ages, toddler to elder, will explore how crafting can be soothing and try their hands at different crafts.

**Tuesday, August 13**

Noon, CommComm Planning Meeting

**Saturday, August 17**

11:00 a.m., UUGeos to Stone Valley

**Sunday, August 18**

9:00 a.m., Chair Yoga with Robin

**Coffee and Conversation**

*Hosted by Second Wednesday Listening Circle*

**Wednesday, August 21**

Noon, Budget & Finance Meeting

**Thursday, August 22**

5:00 p.m., Game Night

**Saturday, August 24**

8:30 a.m., RE Committee Retreat

**Sunday, August 25**

9:00 a.m., Chair Yoga with Robin

**Exploring Nature Through Poetry**

We will finish the summer worship series with this service of poetry and music featuring nature poetry written by members of our congregation. Look for more information and an invitation to participate later this summer.

**Tuesday, August 27**

4:00 p.m., Faith In Action Potluck Planning Meeting

6:30 p.m. Google Workshop for chairs and team leads

## JAMES' JOURNAL A Summer Credo

Be always dazzled by the red maple blossoms that have fallen on the hiking path.  
Ideas are important, never lose your intellectual grounding and curiosity but always recognize your feelings.  
Do something that benefits the community.  
Do something that creates community.  
Step outside of your comfort zone from time to time.  
Take the time each day to breathe in the spirit of living.  
Read a poem and journal.  
Exercise.  
Kiss and hug the children in your life and tell them how much you love them.  
Better yourself morally and ethically.  
Strive for peace.  
Recognize yourself in the all, how interdependent you are on the processes of life.  
Be wary of being too self-reliant.  
Look up in awe, think about the Universe being 13.8 billion years old.  
Let your shoulders droop and sag.  
Carve out of each day a time for meditation, contemplation, and introspection.  
Recognize your privilege.  
Live in gratitude.  
Let music lift you.  
Go on retreats.  
Stay in contact with those you love.  
Mourn those you miss.  
Breathe deep breaths.



*James Galasinski*

*The Rev. James Galasinski*  
July - Vacation  
August - Study Leave

### FROM OUR PRESIDENT Still Open for Business

Summer is upon us in the Northern Hemisphere. How different from Winter! How frenetic! How over-the-top! Should I cram as much in as possible or lie in the shade in my hammock? Whatever you are doing, may I suggest paying attention to it, lest the wonder of the moment evade you.



As we approach our Bicentennial in 2025, we take pride that the life of our Church Community remains strong. We are working on Bicentennial events and also three grant-funded outreach projects, the Is UU Right for You? campaign, Jazz and Coffee Nights and the World Spiritual Practices Project. You will be hearing more about these later.

The pulls and tugs of summer temporarily thin our attendance ranks but we are open for business. Our Worship Team supplies us with wonderful Sunday services.

If you are within travel distance of Canton during part or all of July and August, please add our service or an activity to your summer plans. It is good to be together.

Have a safe and happy summer,  
*Jon Montan, Church Council President*

## FAITH ENGAGEMENT

Summer is upon us. Our religious education program will be taking a hiatus for all of July and part of August – there will be no nursery or religious education classes. Please consider joining me for the all-ages experiential services planned for Sunday, July 21: *Water is Life* and Sunday, August 11: *Crafting as a Spiritual Practice*.



Starting August 18th, we will resume Sunday faith filled fun days. If you are interested in leading one of these Sundays, please reach out to me!

We are planning a summer program the week of August 26-30 from 9 a.m. till 2:30 p.m. each day for ages 5-12 at a nominal cost for church members and friends. We are looking for adults to lead activities and teens to help, please contact me if you are interested. If you are interested in participating, please reach out, too. Look for more details in weekly e-news and on the website soon!

May summer find you seeking solace and finding rejuvenation. Blessed be.

*Carol Zimmerman, Director of Religious Education*

## JOYS & SORROWS

• Our hearts go out to Miles Manchester as he mourns the loss of his mother, Mary Lou Manchester, age 94, who died at the end of May.



## THANK YOU

- Franny Frank, Evelyn Boczarski and Sofiya Boczarski for participating in RE Sunday worship.
- Many thanks to those who took part in Robert Best's memorial service; it was lovely to gather with others to remember him (and Anita) with their family and friends.
- Thank you to Robin Collen for leading a wonderful yoga session during Church Council's annual retreat.
- Thank you to Jenn Whittaker for facilitating a Google workshop for Committee Chairs and Team Leads
- Thank you to Kim Bouchard for leading the bicentennial celebration efforts



## SUMMER 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 months. 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!

<b>July Birthdays</b>	
Steve Coffin	July 3
Franny Frank	July 4
Mike Corse	July 4
Carol Zimmerman	July 9
Tim Opdyke	July 9
David Weissbard	July 10
Henry Hebb	July 13
Kathy Wyckoff	July 15
Einar Kocho-Williams	July 15
Carol Gable	July 17
Max Kocho-Williams	July 18
Finley Thomas	July 19
Emma Bentley-Hicks	July 27
<b>August Birthdays</b>	
Arliene Oey	August 5

Isabel Cleary Schelly	August 5
Thomas Cleary Schelly	August 5
Nadia Marano	August 7
Sara Hutcheson	August 7
Walter Michalek	August 7
Judy Gibson	August 9
Sharon Tavernier	August 9
Josiah Nelson	August 13
Bill Hull	August 14
Ella Rubio	August 18
Jamey Merkel	August 19
Sam Joseph	August 23
Caleb Bentley-Hicks	August 24
Ethel Slocum	August 30
Barbie Miller	August 31
Teresa Veramendi	August 31

## PASTORAL CARE TEAM

If you find yourself needing a listening ear for something you are going through while Rev. James is on vacation and study leave, please remember we have trained Pastoral Care Team members here for you. You can contact the Pastoral Care Team either by calling the church at 315-386-2498 or by contacting an individual member of the Team directly.

The Pastoral Care Team members are Sara Hutcheson, Leo Burger, Valerie Ingram, Pete Wyckoff, Judi Cohen, and Helen Hutchinson

## ANTOHER GRANT AWARDED!

We are thrilled to announce that our congregation has received an \$8,000 grant from the grant making program of the [Unitarian Universalist Association \(UUFP\)](#) to support a new World Spiritual Practices Project.

In the Spring, several members of our congregation from church leadership, Council, Outreach, Communications, and Ministry collaborated to draft a grant to the Unitarian Universalist Funding Program (UUFP) to underwrite a year-long World Spiritual Practices Project (WiSPP).

The intent of the WiSPP grant is to expand world spiritual practices in Northern New York in alignment with UU living tradition, specifically: wisdom from the world's religions inspiring ethical and spiritual life and spiritual teachings of Earth-centered traditions that celebrate the sacred circle of life and promote harmony with the rhythms of nature.

The World Spiritual Practices Project will have anchor experiences from a diversity of religious and spiritual perspectives including, but not limited to: Agnostic, Atheist, Buddhist, Christian, Daoist, Earth-centered, Hindu, Indigenous, Islamic, Judaic, and Shamanic. The project will feature diverse and meaningful ways of connecting with the sacred and each other.

The World Spiritual Practices Project is designed to foster community collaborations, such as:

- \* Expanding the understanding of Buddhism during the Fall Tibetan Chenrezig Sand Mandala hosted by St. Lawrence University in partnership with the Namgyal Monastery Institute of Buddhist Studies (Ithaca, NY). The creation of a mandala is a sacred ceremonial act, bringing into the world kindness and compassion.
- \* Celebrating the Hindu Makar Sankranti holiday in collaboration with Clarkson University Friends of India to expand the understanding of Hindu religious observances and cultural practices.
- \* Hosting opportunities to understand and attain depth of relationship with our indigenous community the Mohawk Nation at Akwesasne and spiritual practices of the Haudenosaunee, Algonquin, Huron-Wendat, and Abenaki Peoples.
- \* Earth-Centered - Inviting thought leaders of the ecofeminist and neopagan UU community to engage with us in nature-centered traditions of our Unitarian Universalist faith.
- \* Christian/Judaic/Islamic - Engaging faith leaders, religious scholars and speakers in the presentation of workshops to advance perspectives of each faith.
- \* Our Pluralist Faith - Members of our congregation will have the opportunity to present their ideas to advance our World Spiritual Practices Project.

A goal of this World Spiritual Practices Project is to elevate awareness of Unitarian Universalism and extend an invitation to those seeking a sacred space into our congregation.

We offer the community an open and affirming space so that every person in the North Country can express their true self and spirituality in an accepting and loving UU family.

Our Minister, DRE, Membership and Outreach Committee and others will collaborate to ensure enriching sacred experiences that advance our understanding of other religious and world spiritual practices.

Lastly, the World Spiritual Practices Project is intended to dovetail with the *Is UU Right for You?* campaign, which will feature underwriting and advertisements in local media outlets. We plan to launch the campaign and create a wave of UU sacred programming leading up to our Bicentennial.



## Goods and Services Auction Saturday, September 14, 2024

The Stewardship Committee is planning a goods and services auction to support our 2024 operating budget.

**We need you to donate items to be auctioned!** Do you have that nice thing too valuable to throw away, but you are not really using it? Put it up for the auction. Can you (or your children) rake lawns, do yard work, help with a household chore? Put it up for auction. Do you have a vacation camp you could rent out for a week? Put it up for auction. Do you have a special skill that you think others would like to learn? Put it up for auction. We are halfway to our fundraising goals, but we need your help with items to auction.

To learn more, [visit our website](#). You can submit items online using [this simple form](#). If you need help submitting items, reach out to any member of the stewardship committee - we are happy to help!

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

*Steve Coffin, Chair, Pete Beekman, Sam Joseph, Lorraine Olendzenski, Tim Opdyke, Cliff Westerling*

## 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.

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:** 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:** We will hold our Sunday, July 28 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.

### SUMMER IS HIGH DEMAND TIME FOR FOOD PANTRY

When school lets out, all of those breakfasts and lunches served in school go away. For those in need, this results in increased usage of the Church and Community food pantry. Please help by making it part of your weekly visit to church to drop something in the big blue bin in the social room. Non-perishable items-soups, pasta, vegetables, whatever you would like to see on your own plate! Thank you to all who give - it makes a difference.



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### FREE COMPOST FOR COMPOSTERS!

If you're one of the lucky people who has been contributing to the food scrap bucket at church, then we've got some free compost for you. Who says no good deed goes unrewarded?

If you're interested in getting free compost, please email Greg at [wastenotgreg@gmail.com](mailto:wastenotgreg@gmail.com).

Don't wait. We expect to make the distribution before the end of July.

## CAMPUS KITCHENS PROGRAM SERVING FREE MEALS

The St. Lawrence University Chapter of Campus Kitchens, a program that uses the excess food from dining services to serve free meals in the community, is seeking summer volunteers. They are cooking approximately 80 meals each week throughout the entire summer and could use anyone's help with prepping, cooking, delivering, and washing dishes. These shifts typically run from 1-6 p.m. every Monday.

If you find yourself free on a Monday afternoon, Erin, the CKP summer intern, will be cooking in the Eben Holden kitchen on the SLU campus and would appreciate any help she can get to make these meals possible. [Here is the spreadsheet](#) that has volunteering time slots. You can simply add your name to the slot(s) you choose. If you have any questions, please [email Erin](#).

## UPCOMING GAME NIGHTS



Join us on **Friday, July 19** and **Thursday, August 22 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.



## Summer Fun with the UUGeos!

Come enjoy geocaching with the UUGeos on Sunday, July 28 in Hannawa Falls and on Saturday, August 17 we will celebrate International Geocaching Day. Geocaching is a family friendly activity for all ages and abilities, where you seek and find hidden or camouflaged geocaches which often contain fun prizes.

On Sunday, July 28th we will meet at our church parking lot at 12:30 p.m. and carpool to three Hannawa Falls geocaches.

On Saturday, August 17, we will meet at 11:00 a.m at the parking area for the northwest trailhead of the Stone Valley Trail for three geocaches. The northwest trailhead parking is located before the bridge on Browns Bridge Road, off of NY-56 in Colton.

Please dress for the weather, bring water, and wear sturdy hiking shoes. Refreshments will be provided. For more information, contact Caron Collins at [bandtchr1@hotmail.com](mailto:bandtchr1@hotmail.com) or Phil Collins at 315-212-4210.

## CHAIR YOGA WITH ROBIN

Robin Collen will be teaching a free 9 a.m. chair yoga class on Sundays during the month of August in the Romer Room. Depending on interest, the class will continue into the fall. Based on her training in Lakshmi Voelker Chair Yoga, the class will include (a) traditional yoga poses that are modified for the chair, making the health and fitness benefits accessible to everyone, (b) breathing techniques, (c) meditation, and (d) other Eastern and Western movements which are beneficial. Everyone is welcome! You will want to wear clothes that you can easily move in, and plan to be barefoot (or, if you prefer, wear socks—non-slip socks, if possible). No equipment is necessary. There is space for a maximum of 16 participants. [Please sign up here](#).



## UU SUMMER CANOE/KAYAK SERIES

### The UU Canoe & Kayak series continues!

Mark your calendars for August 10, when we'll ramp up our canoe adventures to tackle the Polliwog Pond Loop. The drive to get there is a little longer than our previous two paddles, and the loop has some new features for our group. It involves four **very short** carries, the longest only two tenths of a mile. We'll get to explore four ponds, and the Adirondack Paddling book promises we'd be "unlucky if [we] didn't see several loons." Many bays, bogs, and islands await our exploration. For more information, contact Carol Zimmerman or Valerie Ingram at [outreach@uucantonny.org](mailto:outreach@uucantonny.org).



On Saturday, September 7, we'll be holding a **Progressive Paddling Picnic** at Trout Lake. We'll leisurely paddle between the homes/camps of Stevie and Jim Michaelson, Barbara and Pete Beekman, and Laura Foster and John Arthur to enjoy our picnic meal "courses." This will be an accessible event for just about everyone. Even if you can't or don't want to paddle, there will be larger boats ready to chauffeur you.

We hope to have one more paddle in the fall, perhaps to Deer River Flow near Paul Smith's. Date and details TBD

## FAITH IN ACTION POTLUCK

The next Faith in Action meeting will be a potluck held at Pat Alden's house in Canton on August 27 from 4-7 p.m. ---for both pleasure and a wide-ranging discussion about how we put our faith into action this year. Please contact Pat to let her know you are coming and get more information. Contact by phone is best – check the [church directory](#).

## GOOGLE WORKSHOP

A Google Workshop will be offered for all committee and team chairs on **Tuesday, August 27 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](mailto: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.

## SCIENCE BOOK CLUB

The Science Book Club is taking a summer break after our meeting on Thursday, June 20. We will meet again in October. We are holding a poll to determine which books we will read for the next season. If you are interested in joining the Science Book Club and would like to participate in the poll, you can find it [here](#). Please send your completed poll and any questions to [briangardam@gmail.com](mailto:briangardam@gmail.com).

## COLLECT WATER THIS SUMMER FOR OUR INGATHERING 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(S)!

**Potsdam Interfaith Community (PIC) will hold their annual PIC-nic on Thursday, September 19** from 5:30-7:30 pm at Sandstoner Park, 43 Pine St in Potsdam. Please watch for further details. Contact our PIC liaisons, Pat Alden and Sarah Bentley-Garfinkel, to learn more.

**The Connections Fair is scheduled for September 22.** Join us after the service to learn about opportunities for connection in our church community. From committees and teams to circles and groups, there are many ways to begin or deepen involvement. There will be tasty snacks and good conversation, too! Contact Sarah Bentley-Garfinkel with questions.

### Staff Schedules for the SUMMER:

**The Rev. James Galasinski:** **will be on vacation in July and taking study leave in August**

**Carol Zimmerman, DRE:** Available [by email](#) **Sunday–Thursday** and by appointment on **Tuesdays & Wednesdays.**  
**Carol will be away July 7-14 and July 22-29**

**Sara Trimm, Administrator:** Available [by email](#) **Monday – Thursday** & in the office **Tuesday & Thursday from 9a.m. – 2p.m.**  
**Sara will be away July 3-15**

### 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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