

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



Sunday, September 1

Humanizing Work and Income Equality

The Rev. James Galasinski

AI, automation, and technology are challenging our ideas of what work is and how it is done. As the gap widens between the poor and the powerful, thinking about ourselves being in an ecological civilization just might give dignity back to our work.

Wednesday, September 4

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

Saturday, September 7

UU Canoe/Kayak Progressive Paddle

Sunday, September 8

Ingathering: The Journey of Joy

The Rev. James Galasinski

Our rivers meander, curve, and flow. Life is like a river. We are all part of the great journey of joy. Please bring a small amount of water from somewhere sacred to you as we will be celebrating our multi-generational water ceremony.
Noon, Silent Auction Opens

Tuesday, September 10

9:30 a.m., Sacred Texts and Coffee
1:00 p.m., CommComm Meeting

Thursday, September 12

6:00 p.m., Second Thursday Listening Circle

Friday, September 13

12:30 p.m., Second Friday Listening Circle

Saturday, September 14

6:30 p.m., All That Jazz and an Auction, too

Sunday, September 15

9:00 a.m., History Circle
9:00 a.m., Choir Rehearsal

The Citizen, Consumer, and Subject

The Rev. James Galasinski

According to author Jon Alexander there are three main stories we have been telling ourselves over the last 100 years. While we have transitioned out of the subject story and the consumer story is prominent, being a citizen is needed more than ever. Being a citizen is more than voting and much bigger than any legal definition.

Monday, September 16

7:00 p.m., Worship Committee Meeting

Tuesday, September 17

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

Saturday, September 21

10:00 a.m., Mindfulness Meditation

Sunday, September 22

9:00 a.m., Choir Rehearsal

Mabon and the Perspective of Trees

The Rev. James Galasinski

Mabon is a Celtic autumnal equinox celebration. It is a good time to think about time and change. Trees don't really know time like we do but they know when the sun is leaving and when to let go of their leaves. The old trees understand perspective. I mean how many things do we get bombarded with each day that no one, including us, will care about in years.

11:30 a.m., Connections Fair

Monday, September 23

5:00 p.m., Bicentennial Committee Meeting
7:00 p.m., UU Men's Group

Tuesday, September 24

9:30 a.m., Sacred Texts and Coffee

Thursday, September 26

7:00 p.m., Canvasser Training

Friday, September 27

5:00 p.m., Game Night

Saturday, September 28

8:30 a.m., Canvasser Training
10:00 a.m., Shamanic Workshop

Sunday, September 29

TBA

Pulpit Guest

Stay tuned to e-news, Facebook and our website for information about who will be our pulpit guest and what their sermon topic is for this last Sunday in September.

Noon, UUGeos Outing



JAMES' JOURNAL We Shake With Joy

We shake with joy, we shake with grief.
What a time they have, these two
housed as they are in the same body.
-Mary Oliver

There is much destruction, injustice, illness, and war in the world. There are many things to grieve for. This we know. Yet housed in this same body there is joy. The simple joy of being together, singing hymns, knowing we are loved, celebrating this life which is too marvelous to quite comprehend, being aware of the goodness of each other. Or when we see a stranger, as our neighbor. When we pause in stillness, to breathe and just notice the sacred beauty of the moment. If we cannot find joy in this life, what will do it for us then?

I am looking to the joy of our 9th year together! Ours is not a journey of despair. We are finding meaning through connection, interdependence, and the astonishing mystery of life. There is much to be joyous about over the next year. We will begin celebrating 200 years of being a space for liberatory love in the North Country. There are Jazz and Coffee Nights, small groups and auctions. We will be offering opportunities to learn and experience spiritual practices and traditions from around the world. Let's UU the Vote, and let's shake with joy!

A handwritten signature in cursive script that reads "James Galasinski".

The Rev. James Galasinski

P.S. I need your help with sermon themes and topics in the coming year. What are the spiritual, religious, ethical, and justice concerns and ideas that you would like me to address from the pulpit? Are there timeless UU theological themes that need to be repeated? Please let me know by filling out [this form](#).

FROM OUR PRESIDENT Bees to the Hive

September is upon us. Birds have fledged, gardens are producing, the sky has a different color, bees are filling their hives with honey.

Like the bees, we have spent our summer foraging for the sweetness of life. Some have traveled, some have enjoyed being home, some have worked, some have played, some have done all of these things and more. Summer is a high energy, dramatic, often frenetic season punctuated by moments of peace and calm. Like the bees, we gather together back at church to bring the sweetness of life back to our spiritual hive to share and store for the challenges to come. Still, as UU's, we don't take the bee metaphor too far – we are not mostly female worker bees with a smattering of lazy male drones, and we definitely do not have a queen!



I want to thank the Worship Team for incorporating voices from our members and friends and giving us the gift of varied and meaningful services during July and August.

I also want to encourage you to take full advantage of our upcoming programs and activities that are detailed in this Newsletter and in our News for UU e-news. Just to mention a few:

- Check out our Rumi quotations on our Church grounds.
- Be aware that the Potsdam Interfaith Community's PIC-nic will be held 5:30 – 7:30 p.m. on Thursday, September 19 at Sandstoner Park, Potsdam.
- Let us know if you have a nominee for the Theo Dunn Award.

In closing, so much is happening with our religious community as we approach our Bicentennial year. Stay tuned for updates.

Thank you,
Jon Montan, Church Council President

FAITH ENGAGEMENT

As I write this, I am planning and preparing for our 5-day summer program for children 5-12 years of age. During the last week in August, we will find awe and wonder in our local community through nature, history, music and food. I fondly remember attending girl scout day camp when I was a child, and the memories and experiences helped shape who I am today. My love of nature, play and community building all come from my camp experiences.



I am also currently planning and creating the agenda for the religious education committee retreat. We will be looking to create a program that inspires both children and adults to grow in our UU faith. There are a few unknowns, and it is likely there will be some changes to our programming this year. Feel free to ask me or members of the RE committee what we are up to.

Participating in the RE program's vital and meaningful shared ministry offers the same opportunity to create memories and shape our lives. As we begin this new year, may we find the places to help us grow and find meaning in our faith. Blessed be.

Carol Zimmerman, Director of Religious Education

THANK YOU



- **Special Thanks** to Eden Terrell, Rajiv Narula and Rev. James for their late night assistance at church when the rain came. Also to Kurt and Eden Terrell, Steve Manders, Gary Hoose, and Stefan Grimberg for caring for our building and drying out the rugs.

JOYS & SORROWS



- ♥ We wish our "flown and grown" youth well as they depart for further education or employment after a whirlwind summer. May they carry the lessons they've learned with them and be open to the new lessons they'll face!
- ♥ We hold Cliff Westerling in our hearts and prayers as he navigates the path of multiple myeloma treatment.
- ♥ Larissa Fawkner was recently diagnosed with colorectal cancer; please keep her and Alan in your prayers, bringing love and light as needed. They truly appreciate all the support of this UU community.
- ♥ Duncan Cutter recently suffered a blood clot and is recovering at home. Please keep him in your heart.

UU BIRTHDAYS

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? Email caringcircle@uucantonny.org to get them added!

September 1	Tom Van de Water
September 2	Coral Pondysh
September 3	Jacky Ryan
September 6	Carol LaMarche
September 7	Kayla Bisnett
September 8	Tom Pynchon
September 10	Jim Williams
September 14	Sheila Cerwonka, Keenen LeBoeuf-Davis
September 17	Emma Hull
September 18	Colette LaMarche
September 22	Ruth Baltus, Ali Kocho-Williams
September 24	Sarah Rivers
September 25	Ken Hebb, Lorraine Olendzenski
September 26	Robin Collen

FROM THE WORSHIP TEAM

A big thank you from the Worship Team to all of the individuals who helped to make our summer worship series a success, including all of those members who came and participated each week! We hope you enjoyed yourselves while also getting a little food for thought – and a little food, for which we are also grateful!

If you have any feedback to share about the summer worship series, please come by the Worship Committee's table at the Connections Fair on September 22nd or drop us an email at worship@uucantonny.org.

See you in the sanctuary!



ALL THAT JAZZ... AND AN AUCTION, TOO! Saturday, September 14, 2024

One of your favorite fundraisers returns this September – and this time our online Silent Auction will be joined by a Live Auction ... and “All That Jazz”!

Two Auctions? How Does That Work?

The Silent Auction opens at noon on Sunday, September 8 and closes at 5 pm on Sunday, September 15. Items that have been donated by church members and friends can now be viewed at our GalaBid auction site. **To get started** click [here](#) to reach our auction site.

The Live Auction will be held in the church sanctuary **on Saturday, September 14 at 6:30 pm.** and will also feature the 5 Dots Jazz Band (John Danis, the Rev. James Galasinski, Tim Savage, Steve Manders, and Hailey Hodge) Come and listen to great jazz, bid, bid, and bid some more, and then enjoy coffee, tea, and fanciful desserts. This is guaranteed to be a fun-filled evening with auctioneer Todd Moe and the music of the 5 Dots.

To learn more, [visit our website](#).

WORLD SPIRITUAL PRACTICES PROJECT (WiSPP)

In the summer newsletter we announced that our congregation received an \$8,000 grant from the Unitarian Universalist Association funding program (UAFP) to support this year's World Spiritual Practices Project (WiSPP). The project is intended to expand our pluralistic UU values in alignment with our living tradition, including wisdom from the world's religions that inspire ethical and spiritual life and the spiritual teachings of 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. It will feature diverse and meaningful ways of connecting with the sacred and with each other.

The church launched the World Spiritual Practices Project on Wednesday, August 21 with **Rumi in Garden**; a poetry walk of Rumi verses that self-reflection and spiritual introspection. Be sure to visit the poetry walk installation on lawn and in the Memorial Garden between now and September 30.

The next WiSPP event will be **Meditation in the Thich Nhat Hanh Tradition** workshop on Saturday, September 21 offered by Jenna Joya Blondel. Our Sunday service on September 23 will celebrate **Mabon**, an earth-centric celebration of the harvest with rituals of gratitude for the fruits of the earth.

Then, on Saturdays, September 28 and October 5, a two-part workshop on **Core Shamanism**, shamanic healing, and practical applications of shamanism in daily life will be offered by Kathy Montan and Kim Bouchard.

In October, we'll host offerings in **Buddhism** in collaboration with the Tibetan Chenrezig Sand Mandala being created at St. Lawrence University by Buddhist monks from the Namgyal Monastery Institute of Buddhist Studies in Ithaca, NY. The creation of a mandala is a sacred ceremonial act, bringing into the world kindness and compassion.

The World Spiritual Practices Project will offer many more opportunities throughout the year to get involved and expand your knowledge of the faith and spiritual practices of our diverse UU community.

COME SING IN THE UU CHOIR for these Special Events!

Carol Strome and Paul Siskind invite new and returning singers to sing with our UU Church Choir for special themed services/events throughout the year. Along with being "in the choir" on a regular basis, we're also inviting new singers to join for individual services/events/themes which particularly interest you. The Choir rehearses from 9-10 a.m. on the Sunday the week before the performance service, as well as 9:00-10:00 a.m. on the day of the performance service.

A preliminary list of the dates/themes is given below. *To sign up to sing for any of these events, please e-mail Paul at paul@paulsiskind.com, and he'll add you to our choir info email list; please sign up 3-4 weeks ahead of the event date, so that Carol and Paul can select music that's appropriate for the roster.* Thanks!

Sunday, September 22: Mabon (tree and harvest service)

Rehearsals: Sundays 9/15 and 9/22, 9:00-10:00 a.m.

Sunday, October 20: Simchat Torah (new beginnings), featuring Yiddish Klezmer music

Rehearsals: Sundays 10/13 and 10/20 9:00-10:00 a.m.

Sunday, November 3: Positivity and Hope before the Election

Rehearsals: Sundays 10/28 and 11/3 9:00-10:00 a.m.

Sunday, December 15: Christmas Pageant

Rehearsals: Sundays 12/8 and 12/15 9:00-10:00 a.m.

Sunday, January 19: MLK Day, featuring African American music

Rehearsals: Sundays 1/12 and 1/19 9:00-10:00

Sunday March 16 and Thursday March 20 (evening) Nowruz Celebration, part of our World Spiritual Practices Project - We'll be performing a Zikr, which is a Sufi devotional praise song.

Rehearsals: Sundays 3/2 and 3/9, and rehearsal/service on Sunday 3/16

LISTENING CIRCLES

Listening Circles meet once a month September thru June. Each month we explore a spiritual theme through readings, activities and pondering a question or two. Then we get together and talk about our

experiences. You can spend 15 minutes or 5 hours prior to the gathering exploring the reading material. The goal is to experience the theme together and learn from each other. These circles provide an intimate opportunity for individual and collective growth. There will be 3 circles this church year:

Second Fridays (12:30-2 p.m.) – [contact Rev. James Galasinski](#)
Second Thursdays (6-7:30 p.m.) – [contact Rev. James Galasinski](#)
First Sundays (12:15-1:45 p.m.) – [contact Carol Zimmerman, DRE](#)

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.

SOCIAL ACTION SHARED OFFERING (SASO) SUNDAY, SEPTEMBER 22

Our first SASO of the Fall will be collected on Sunday, September 22, (the same day as the Connections Fair.) It will benefit our local [North Country Composts](#) (NoCoCompost) organization.

NoCoCompost is a locally based composting service that has been collecting food scraps on a weekly basis for the church since October. A 5-gallon bucket for that purpose is located by the rear entrance by the parking lot. NoCoCompost converts all food scraps, including meat, bone and fat, but not plastic containers, into compost available biennially to contributors. NoCoCompost also offers a paid home pickup service and services a free food scrap drop-off site near the Canton ice pavilion. For more information, please contact NoCoCompost@gmail.com or speak to Greg Todd at social hour. You can watch an informational YouTube video [at this link](#).

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 volunteers to help at church so they can begin serving sit down in person meals again. They are cooking approximately 80 meals each week and could use anyone's help with prepping, cooking, serving, delivering, and washing dishes. These shifts typically run from 1-6 p.m. every Monday.

If you find yourself free on a Sunday or Monday afternoon, you can simply add your name to the slot(s) you choose [Here is the spreadsheet](#) that has volunteering time slots. If you have any questions, please [email Erin](#).



UU SUMMER CANOE/KAYAK SERIES

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." Space is limited, so please [register here](#) by Sunday, September 1.

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

PIC-NIC AT SANDSTONER PARK

Potsdam Interfaith Community (PIC) will hold their annual PIC-nic on **Thursday, September 19** from 5:30-7:30 p.m. 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.

CONNECTIONS FAIR

The Connections Fair is scheduled for **Sunday, 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.

GAME NIGHT



Join us on **Friday, September 27 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.

CORE SHAMANISM WORKSHOP (WiSP)

Kim Bouchard and Kathy Montan will present a 2-part exploration of Core Shamanism. Part 1 will be on **Saturday, September 28th** from 10-12 at the UU church. This will include the history of Shamanism as a worldwide spiritual practice and also how it is being used today. There will be an opportunity for participants to experience the Classic Shamanic Journey.

Part 2 will be on **Saturday, October 5th** from 10-12 at the UU Church. This class will be an exploration of Classic Shamanic Healing Methods. It will be part lecture and part demonstration. Participants will have another chance to experience the Classic Shamanic Journey. It is recommended that participants attend both classes, but especially Part 1, in order to have adequate background information.

The class will be limited to 25 participants, so please register in advance [here](#).

SEPTEMBER SCENIC WALK WITH THE UUGEOS

On Sunday, September 29th, join the UUGeos geocaching group with a beautiful walk through the woods to the Grasse River to seek and find 4 unique geocaches. This geocache trail is an unnamed spur of the Kip and Woods Trails of St. Lawrence University, known as "The Sand Banks", located between Park Street and the Grasse River. We will meet in our UU Church



parking lot after the Sunday service, at 12:00 noon, and car pool to the small parking area on Park Street at the trailhead. Wear sturdy shoes and dress for the weather. This is one of your last 3 chances to participate in our UUGeos group so we hope to see you there! For more information, contact Caron Collins at bandtchr1@hotmail.com.

JAZZ AND COFFEE NIGHTS Fall/Winter 2024

Our Jazz and Coffee Nights have met with such enthusiasm and success that we have written and received a grant to expand the offerings and jazz artists who will be playing. Here is the list of upcoming Jazz Nights for this fall and winter:

Friday, October 11, 2024: Paul Meyers and Matt Dunne Duo

Growing up in Potsdam, Paul has played all around the jazz world, and while living in New York City and made a name for himself as one of the best jazz guitarists in the country.

Friday, October 25, 2024: Sam Bailey and Friends

Sam grew up in this congregation and is currently the jazz band director at Canton Central.

Friday November 8, 2024: 5 Dots

John Danis, James Galasinski, Hailey Hodge, Steve Manders, Tim Savage

The band that started the UU Jazz Nights will sing and play jazz standards, originals, funk, straight ahead, blues, and Latin styles.

Friday, November 29, 2024: Ryan Meisel

Multi-saxophonist, composer, arranger, educator, from Wisconsin plays complex, accessible, smart, spirit-filled, entertaining, lyrical, and joyful music.

Friday, December 13, 2024: 5 Dots Jazzes up the Holidays

Your favorite quintet will play your favorite holiday music

Hailey Hodge, Steve Manders, James Galasinski, John Danis, Tim Savage

This project is made possible with funds from the Statewide Community Re-grants Program, a regrant program of the New York State Council on the Arts with the support of the Office of the Governor and the New York State Legislature and administered by the St. Lawrence County Arts Council.

LET'S WELCOME OUR NEW TENANTS!

You may see some new faces around the building during the weekdays starting in September.

The Resolution Center of Jefferson and Lewis Counties is expanding their services of mediation, family counseling, and court appointed special advocates to St. Lawrence County. They were in need of offices close to the courthouse and we have some underutilized RE rooms in the basement. It makes a lot of sense for us to partner together. We feel that our mission dovetails nicely with theirs, so it makes a lot of sense to partner together. Please welcome the Resolution Center of St. Lawrence County to our building!

UU THE VOTE OPPORTUNITIES:

UU the Vote will be hosting postcard parties before and after church on September 8 and 15, and in the evenings in Canton on Monday, September 9 (at church), and in Potsdam on Sunday, September 15 (at the home of the DeWaters/Grimberg). Contact Rebecca Rivers at ryoungivers@gmail.com for details.

Also, our neighbors in PA need our help with GOTV canvassing. There are two dates for in-person canvassing: [September 6-7: Philadelphia, PA](#) & [September 21-22: Pittsburgh, PA](#)

SAVE THE DATE:

Annual Meeting: Sunday, October 6 directly after worship. At this meeting we vote on the Church Council Slate. All may attend but only members can vote. Stay for a potluck lunch after the meeting!

Staff Schedules for the Church Year:

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** and **in the office Tuesday & Thursday from 9a.m. – 2p.m.**

The church office is open on Tuesdays and Thursdays from 9a.m. until 2p.m. You can always check [the calendar on our website](#) for details.

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
(315) 386-2498 • office@uucantonny.org • www.uucantonny.org