



Upcoming Sunday Services at 10:30am

March 5 "Always Look on the Bright Side of Life"

Dylan Cooke and Andrea Lerner

We are all faced with change and hardships at points in our lives. No matter the size, these occurrences can leave us vulnerable or lost. It is through our communities we find support at these challenging times, allowing us to overcome and be stronger.

March 12 "Divine Justice" Rev. T. J. FitzGerald

Let's explore the historical roots of some concepts of afterlife as we consider what justice means to us and to our neighbors.

Rev. T. J. FitzGerald serves as Minister of Community Care and Engagement at First Unitarian Church of Dallas. He has previously served congregations in Portland, Oregon and Honolulu, Hawaii. His recent book *Together Again: Reconstructing a Life of Meaning* is an Amazon best-seller in faith and spirituality. Rev. T. J. grew up outside Rochester, New York and studied law at University at Buffalo before pursuing ministry.

March 19 "The Other "F" Word: A Celebration of the Fat and Fierce" Rev. Jo VonRue

Let's celebrate fatness, and all sizes and shapes of bodies so that we can get closer to living into our first Principle.

Rev. Jo VonRue (she/her) is the settled Minister at May Memorial UU Society in Syracuse NY. A graduate of Meadville Lombard Theological School, Jo is passionate about living a life of authenticity and love while working towards freedom and liberation. Jo divides her time between Syracuse, NY and Shavertown, PA where her husband Isaac lives. Together they have two dogs Derby and Eleanor. Jo is an avid musician, equestrian, and quilter.

March 26 "Thinking, Being, Doing, Feeling" Rev. James Galasinski

One or two of these quadrants of spirituality probably come easy to us. The other two or three might be like a foreign language. It is important to find balance between them, especially in liminal seasons.

Rev. James Galasinski has served the UU Church of Canton, NY since 2016. Before that, he served congregations in Wisconsin and New Mexico. Rev. James notices that everything is in process, everything is related, and that nature is all. He is also a big fan of Rev. Douglas. James and his wife, Ulrike, and their two children, Miles and Oskar, love hiking in the Adirondacks.

STAFF:

Minister: Reverend Douglas Taylor
(currently on sabbatical)

Board President: Tracy Landers

Director of Family Ministry:
Dylan Cooke

Music Director: Vicky Gordon

Commissioned Lay Minister:
Jeff Donahue

**Office Administrator and
Membership Coordinator :**
Karen Manzer

Childcare Coordinator:
Rebecca Rayne

HOURS:

Office Hours: 9:00am to 1:00pm
M-F closed on Wed

Worship Services: Sundays at
10:30am

Children and Youth Programs:
Sundays at 10:30am
Nursery Care during services

First Sunday of the Month:
Worship service at 10:30am followed
by workshops for all at 11:30am

HOW TO CONTACT US:

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Email: office@uubinghamton.org
www.uubinghamton.org

Beacon Newsletter Deadline:
Noon on the last Friday of each
month.

Splinters from the Board

DINING FOR DOLLARS IS BACK!

After a three year hiatus due to the pandemic, our popular fundraiser, Dining for Dollars is back! We already have events being planned and our first event is posted in the Fireside Lobby, ready for your bids. If you would like to host, please submit your event to the Dining for Dollars team at uucbdining@gmail.com by March 12th. This is a great opportunity to enjoy each other's company while supporting the congregation and its mission. We will be publicizing many fun events and providing information on how the bidding process works soon. Please contact the Dining for Dollars team members Debby Herman, Jeff Deacon, Tammy Nist, or Lynne Theophanis for more information or to offer to host an event. Let the bidding begin!

Stewardship Campaign - We Need You!

The 2023 Stewardship campaign has started, and we need your support to plan for a successful year at UUCB in 2023-2024. You should have received your letter and materials this week. Please read them and carefully consider how much you can contribute. We are asking everyone to submit a form this year. You can mail it, put it in the box in the office on Sunday, or fill out a form online at <http://uubinghamton.org/pledgeform>

Return your pledge today! The deadline is Sunday, March 19.

March



The Last Sunday of Every Month at

UUCB

food friends fellowship fun

Join us after the service on Sunday, March 26 for a “Green” lunch.

Bring a favorite green food to share! Our featured group for March is the Green Sanctuary Committee. We can't wait to learn all about them!

We still need a March birthday cake, so if you would like to bring one that serves 12-15 people, sign up on the Get Connected bulletin board outside the office.

Come, Work with Us!

We have some new babies and toddlers who have joined us on Sundays. Child-care providers are needed to work in our brand-new nursery on Sunday mornings. Please email Karen Manzer in the office at office@uubinghamton.org if you are interested or for more information.

Mark your calendars! UNIRONDACK WEEKEND for the MMUUS, FUUS and other New York UU communities – Sept 22-24, 2023

New and returning families, individuals and people of all ages are encouraged to participate in the Fall family weekend at Unirondack - **Friday Sept 22 (starting at 4:00) - Sunday Sept 24 (ending at 2-3 pm)**. This weekend is a week later than our usual September weekend. Other congregations from Central New York are invited to participate as well.

Unirondack is a UU Camp and Conference Center, 2 - 2.5 hour drive from Syracuse in the western Adirondacks, near Lowville, NY. To see the Unirondack facilities/environment, the website is: www.unirondack.org

Since 2008, this intergenerational Unirondack weekend has been a source of early fall community building for our UU congregations. This weekend is often an introduction to the camp for youth and families who later go on to be campers and staff at the weeklong youth or family camps. We often have space for most folks, so invite a few friends and family to participate in our community gathering.

There are cabins and heated sleeping spaces with indoor bathroom facilities. People need to bring their own bedding, towels and pillows as well as their personal items. We ask that there be no electronic games since this is a weekend to spend in community with other UUs from the area. People hike, bike, read, play games, go boating, swim, talk, nap, arts, crafts, sport games or just sit by the lake soaking in the beauty. Group activities are encouraged and are led by the weekend participants. Please leave your pets at home.

The 2023 cost is expected to be: \$110/PP for those over 12 years old; Children 4-12 years \$100; Children 3 and under are free. This is inclusive of 2 nights (F, S) lodging, Friday night welcome light meal, 3 meals Saturday and Sunday breakfast & lunch. Meals are prepared by participants and are shared in a dining hall. Special dietary needs are carefully managed in food planning and prep; refrigeration is available for individual needs. Snacks and transportation are not included in this rate. Carpooling has been arranged by individuals in the past.

A 50% deposit is required to hold your space; the balance needs to be paid 2 weeks in advance of the weekend. Reservations can be made by sending your names/ ages of children to Stephanie Cross at mscross1234@gmail.com.

Deposit checks should be made to "Stephanie Cross", given to her at MMUUS or mailed to 3844 Pompey Center Road, Manlius, NY 13104. Venmo payments can be sent to: Stephanie-Cross-75

Please include your contact information, names of people attending and ages of the children attending with your payment.

This is a great weekend - we hope you will join us!

Stephanie Cross, Coordinator, May Memorial UU Society, Syracuse

March Adult Programs at UUCB

Changing the UU Principles

Sunday, March 12, 11:45am-1:15pm

At the UUA General Assembly (GA) in Pittsburgh this June, delegates will make an important decision that all UUs should be aware of. Do we want to change Article II of our UUA bylaws, which contains our Principles and Sources? The current version was written in 1985 and has had only minor tweaks since then. The commission studying the issue has been working since the Fall of 2020, gathering feedback from thousands of Unitarian Universalists through interviews, surveys, and videos. They are proposing a new Article II which focuses on UU values and covenant, instead of Principles and Sources.

On Sunday, March 12, from 11:45 - 1:15, Carolyn and Dell Boss and Becca Boerger will present information about the history and reasons for this effort, and some pros and cons of the new proposal. We encourage everyone to attend.

HeaRT Workshop on Healthy Communications

Saturday, March 18, 10am-1pm

Healthy communities need healthy communication. It sounds basic, but it can be a challenge to be honest, direct, and respectful, especially during conflict or times of high emotion. On Saturday, March 18, the Healthy Relations Team (HeaRT) will present a workshop to help us explore elements of healthy communication, and to practice some of the skills involved. Come join us! Coffee and bagels will be provided.

This workshop will be in-person only.

Dying With Dignity

2 Sessions: Sunday, March 26, noon-1:30 and Tuesday, March 28, 7-8:30.

As people live longer, there is deepening interest and heightened concern about how to die with dignity. The Rev. Mike Morse is part of the National Speakers Bureau of Final Exit Network (FEN), one of several organizations nationwide that addresses a multitude of issues related to this topic. In our two sessions we will discuss Advanced Directives, ending a terminal illness (The Oregon Model and state legislation), Hospice Care, and VSED (the voluntary suspension of eating and drinking). Mike is retired clergy with degrees from Oberlin and Vanderbilt. His first wife, Carol, died of Alzheimer's in 2016

First Sundays: On the first Sunday of each month, we have a shortened worship service followed by various workshops for all ages.

1st Sunday Workshops for March 4th

"Journal Writing as a Spiritual Practice" with Ann Foard in the Adult Meeting room: Writing can help us find continuity between our inner and outer lives, our past and present, our values and actions. Join us to discover some techniques for getting started.

"Faith in Action – Making spring wreaths for nursing home residents" with Julie Boyd in the Social Hall: All ages are invited to make spring wreaths to brighten the doors of our neighbors in the Susquehanna Nursing Home.

"Family Ministry Conversation with Parents" with DFM Dylan Cooke and FM consultant Andrea Lerner, in classroom 7: Please join us and share your suggestions for what you'd like to see in our program for children and youth. We would love to hear your thoughts on the timing, content, structure and outcomes you're hoping for, as well as your questions or concerns.



Custodial Staff: David and Ben Lesso are the father/son team who work as our UUCB custodians. They are long-time UUCB members too! If you see something that needs attention, you can call or text them or leave a note for them in the office.

Bring something to share for social hour: Our social hour snacks are all donated. Please take a turn and bring something to share during our fellowship time after the service on Sunday.

Weekly Welcome Teams Sign-Ups: Sign up for one Sunday a month for a 6 month commitment (that is only 6 Sundays) on the weekly welcome team sign up board in the fireside lobby. There is a job for every talent. Let's all chip in!

The Cranberry Coffeehouse is back! After record audience numbers for the January coffeehouse with John Kirk and Trish Miller and for a fabulous concert of Iranian music in February, we have some momentum! However, coffeehouse organizer Andru Bemis needs help to book performers, set-up and tear-down, sound, ticket taking, doing publicity -- probably five hours volunteering per month. If you would like to keep this UU tradition going -- the UU has been home to the coffeehouse for more than 45 years -- please contact Lee Shepherd at leeshepherd609@gmail.com or 607-206-1437 or Andru at andru@andrubemis.com. Contributions of baked goods are always welcome. If you have never been to a Cranberry Coffeehouse, treat yourself -- live music is joyful!