

APRIL 2024

THE BEACON

Newsletter of Unitarian Universalist Congregation of Binghamton



April Sunday Services

ALL SERVICES BEGIN AT 10:30AM

April 7, A Universe of Connections Taylor and Cooke

This month, the theme is “Interdependence.” This is another one of our big ‘values’ words for the year. Join as we talk about our connections in worship and then join us for our workshops after the service.

April 14, “The Power of Kindness” Aileen Fitzke

Aesop wrote, “No act of kindness, no matter how small is ever wasted.” Rev. Aileen will explore aspects of kindness that will enable us to see how simple acts often have profound effects.

April 21, Real Pro-Life Is Pro-Earth Douglas Taylor

The truth is that a pro-life stance would protect our earth and our water. A real pro-life stance would fight against poverty and champion healthcare for all. That other crowd is really just pro-birth, which is too small and stingy to truly serve life.

April 28, Magic, Miracle, or Just Me Douglas Taylor

What is the source of the creative energy we are sometimes able to tap into? Some people say we make our own magic or that all of life is brimming with the miraculous. What does that really mean? And how can we have more of it?

STAFF:

Minister: Reverend Douglas Taylor

Board President: Kate Thorpe

Director of Family

Ministry: Dylan Cooke

Music Director: Vicky Gordon

Office Administrator and Membership Coordinator: Karen Manzer

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

HOW TO CONTACT US:

183 Riverside Drive
Binghamton, NY 13905

Phone: 607.729.1641

Email:

office@uubinghamton.org

www.uubinghamton.org

Beacon Newsletter

Deadline: Noon on the last Friday of each month.

1st Sunday Workshops for April 7 “Interdependence”

“Introduction to Qigong” with Rick Gridley in the Chapel. Want to try something new for the new year? Join us for this introduction to Qigong (pronounced “Chee Gung”). Qigong is an ancient healing art integrating slow movements with controlled breathing and focused intention that helps to heal and create balance physically, mentally and emotionally. Besides improving the immune system and countering the effects of chronic stress, tension and pain, qigong’s gentle movements produce many benefits, including greater range of motion, increased stamina and improved balance. No previous experience needed. Open to ages 14 and above. Rick Gridley, the presenter, is a certified qigong instructor, yoga teacher and school librarian at Broome Tioga BOCES.

“Outreach Workshop – Creating Community Interdependence” with G.E. Canough in the Rainbow Room. The Outreach Committee has been working for the past year on ways to get the word out about UUCB. Come to this workshop to see what we are doing and find out how you, as a congregant, can help us take it to the next level! There are some easy things we can all do to invite people in and help retain people who visit. We also welcome new ideas from you!

“Fun With Recyclables” with Monika Fridrich in the Social Hall. In celebration of Earth Day and our 7th principle (respect for the interdependent web of all existence of which we are a part), we will use recyclable materials to design fun, unique creations, MakerSpace style! If you have an empty soda can or two, bring it along, but we will have extras on hand. All ages welcome!

“Board Game Fun” with Pete and Shawn Steketee in the Social Hall. Join board game aficionado Peter Steketee in playing a fun, creative board game! Pete and Shawn can accommodate up to 6 players, age 11 or above. Game to be announced at the workshop.

CHILD DEDICATION CEREMONY – Save the date – Sunday, May 26th

On the last Sunday in May we will have Child Dedications in the service. (That is the date of our Flower Ceremony as well, but that is another conversation.) Speak with Rev. Taylor or Dylan Cooke if your family would like to participate, or if you have questions.

What is a Child Dedication?

Most faith traditions have a way of welcoming young ones into the community and blessing them. In our Child Dedication services we recognize that children are a blessing, born whole and good. We, the parents, extended family, and congregation, are asked to ‘dedicate’ ourselves to creating a nurturing community in which our children will grow.

What happens during the dedication?

During the service, we invite the families who plan to participate to come forward together. We have a ‘naming’ portion of the ceremony and a ‘blessing’ portion of the ceremony. It is suitable for all children, not just infants or just youth!



Special Collection on Sunday, April 21 “Southern Tier Women’s Services”

Our special collection in April will be for Southern Tier Women’s Health Services Patient Access Fund which directly assists patients with appointment fees, travel expenses that may be overly burdensome or impossible, and gift cards that can be used for transportation, food, etc. STWHS is a private, NYS licensed local clinic providing a full range of women’s reproductive health services including abortion, for both NYS residents and those traveling from other states.

For more information contact Pat Chirumbolo.

April Giving Box

The Giving Box recipient for April is Samaritan House. This is an organization that provides household goods to individuals in need in our community. To learn more about them, see the Giving Box article in the next Beacon. Samaritan House has a big need for personal care/hygiene items and cleaning supplies. They are requesting, toilet paper, paper towels, feminine hygiene supplies, bath/body & hand soap, shampoo, conditioner, body lotion, toothpaste, tooth brushes, disposable razors, shaving cream, deodorant, dish detergent, laundry detergent, fabric softener, liquid disinfectant/cleaner, and sponges/scrubbers/soap pads. Please look around your home or pick up an item or two when you are shopping and let’s fill up The Giving Box.

Samaritan House Unique Spring Sale

Friday, April 5, 9-2pm
Saturday, April 6, 9-2pm
St. Mary of the Assumption
152 Hawley Street
Binghamton

Come and find some treasures and support Samaritan House!

*****UU Weekend at SILVER BAY*****

As the seasons change from winter to spring, thoughts return to the loveliness of the natural world that surrounds us. Like spring, fall focuses on the beauty around us. Join us on Indigenous Peoples' Day weekend, October 11-13 (with a discounted option to stay until October 14) on beautiful Lake George at UU Weekend at Silver Bay, surrounded by fellow UUs, gorgeous scenery, and fun activities.

The registration form and a sample schedule of events from the 2023 weekend are available on the Albany UU web site at

Completed forms received by June 2, 2024 qualify for an "early bird" discount. Children under 6 are free, with substantial discounts for older children and youth. Rooms will be assigned on a first-come, first-served basis when the completed registration form and deposit are received.

UU Revue Recap

We had a wonderful time at our 2024 UU Revue, which was held on March 23. 30 people participated and we had a very appreciative audience of about 70 people. 12 women comprised our newly formed UU Kazoo Band, which is destined to become a yearly ritual. We are looking for additional members, so start practicing your kazoo now!

We have lots more talent to tap. You can't ask for a more welcoming and appreciative group of people to perform for, so please consider making a contribution for next year's event.

Vicky Gordon (Music Director)

Neighborhood Town Hall Meeting Thursday April 25 6:30pm in the rainbow room at UUCB

Meet with District 2 Binghamton City Council Representative Kinya Middleton to learn about and give input into our neighborhood.



Children and Youth Programs at UUCB

Young Adults

Young Adults are defined as individuals from 18 to 35 years of age by the UUA and are a valuable cohort in our congregation. They are encouraged to attend adult programming but occasionally have events and programming directed specifically for age range. Keep an eye open for programming posted here. If you would like to host young adult programming or workshops, please reach out to DFM@uubinghamton.org

Youth Group

Youth Group is for our 9th to 12th grade members and currently meets once a month on Second Fridays at 5:30pm. Please reach out to our youth advisors at youthadvisors@uubinghamton.org for registration information or questions.

RE

Religious Education is offered to our 2nd-8th grade children. Split between two classrooms and following the Soul Matters Curriculum, all non-multigenerational service Sundays. Please reach out to Dylan Cooke at DFM@uubinghamton.org for registration information or questions.

First Sundays

First Sundays at UUCB are shortened multigenerational services followed by an exciting array of workshops afterwards.

Nursery

Our Nursery care is for our youngest members and is provided by our experienced & professional childcare staff each Sunday during worship services, and by request for after service activities and for congregational events. Sensory friendly activities, music, books, toys, games, simple crafts and free play are offered.

Please reach out to Dylan Cooke at DFM@uubinghamton.org for registration information or questions.

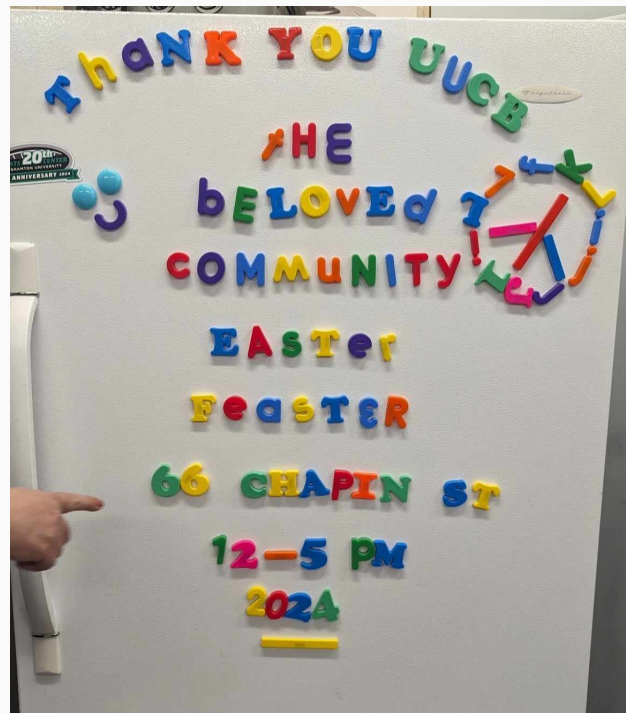
Making Good Use of Our Kitchen



The Beloved Community used our kitchen on March 30 to prepare over 200 Easter meals for local folks. Food was given away at 55 Chapin St., Binghamton on Easter Sunday. Our UUCB kitchen has commercial grade appliances and is certified by the Broome County health Department as a place where food can be prepared for the public.

If you have an idea for a food service project, please let the Social Action HUUB know how they can help you .

Also, our kitchen can be used for catering, parties, or other food prep needs. Contact karen Manzer in the office if you are interested in finding out more.



The Forthright Theatre Project Presents

Everyone Knows Someone

Real stories of people who have had abortions

Featuring Adara Alston, Alexandra Blum,
Jane Elliott, and Dori May Ganisin

Directed by Natasha Lorca Yammacañedo

April 25-28 in Binghamton, NY



On April 28, at 1 pm in the UUCB Sanctuary is a Live performance of
“Everyone Knows Someone: Real stories of women who have had abortions.”

The discourse around abortion is often impersonal and combative. We hope to facilitate a shift away from anger and blame, to humanize experiences of abortion and to create room in hearts and minds for a new perspective.

This program showcases the nuances involved in a woman’s reproductive decisions, highlighting the many circumstances that may lead to the choice to terminate a pregnancy, bringing awareness to and destigmatizing this choice and showing the variety of emotions and outcomes that arise around this. These real stories incorporate the range of feelings that are commonly reported: fear, shame, sadness, anger, guilt, relief.

The intent is to invite awareness and understanding among people who have not experienced abortion, and also bring comfort and community to people who have, who may still be struggling under the assumption that they are alone in their feelings about their experience.

The Reproductive Justice Project is partnering with Binghamton University and the Forthright Theatre Project to present this program. Please join us after the performance for a reception and an opportunity to talk.

Admission is free; donations will be accepted at the door for the Southern Tier Women’s Health Services Patient Access Fund.

For more information contact Pat Chirumbolo.

Spend a Saturday with your UU family learning and growing in a beautiful natural setting.

Annual UU Spirituality Retreat

“Greening and Growing”
Register Today!

Saturday, May 11
9am–5pm
Sky Lake Retreat Center
Windsor

\$25 non-refundable
due by April 14
no one will be turned away for inability to pay

Registration forms are on the bulletin board at UUCB or ask
Karen Manzer to email one to you.
Carpooling and rides are available.

Nominations for Board and Committee positions are open!

Our covenant states that “service is our LIFE”! We are looking for members who would like to serve this congregation on our Board of Directors, or on an elected Church Committee. On the board there are openings for Clerk, Treasurer and Trustee. There are also openings on the Personnel and Endowment Committees. According to our Bylaws: Candidates must be a member of UUCB.

A Trustee is a member of the guiding Board of UUCB and serves a 3 year term. There are 10 Board members. Of these, 4 are Officer Trustees: President, Vice President, Treasurer and Clerk. There are 4 other Trustees, plus two non voting members, the Minister and the Director of Family Ministry. The board meets a minimum of 10 times per year, on the third Thursday evening of the month at the church.

The Clerk’s main responsibilities are to attend and take minutes of Board of Trustees and Congregational Meetings, and be the second signature on checks and contracts with the Board President.

The Treasurer oversees UUCB’s Finances and procedures, and provides financial reports to the Board and the Congregation. There is a paid bookkeeper who handles accounting and recordkeeping.

The Personnel Committee has 5 members, including one Trustee, supervises the paid staff members, their duties and compensation.

Endowment oversees distribution of funds from UUCB’s endowment.

If you are interested, or would like to nominate someone, please contact a member of the Leadership Development and Resources Committee (LDR).

LDR Members:

Sondra Pruden

Linda Malone

Madeleine Cotts

Janice Fiore

Update from the Steering Committee on the Building Renovation

Work continues on noise abatement in the social hall and café. After gathering input from experts in the congregation, and obtaining an external noise abatement study, we have decided to install commercial sound absorption panels (code approved, including fire code) on the ceiling in these rooms, with a few panels on a few upper portions of the walls. We have selected our panels (an example is on site). We are in contact with potential installers, in fact we are waiting for a quotation for the work. Once a work order is approved, we would expect the actual installation to proceed quickly.

In the kitchen, users have reported that the hood fan over the cooking area is extremely noisy and produces an uncomfortably cold breeze. We brought in an HVAC expert, and he has reported an installation error, and provided a design for remediation. We had an onsite discussion with the contractor; we will provide him with the design; we expect him to perform the work on the fan update. We would note that with this particular ventilation system we do not expect complete amelioration of the problem.

Ongoing Events

UUCB Community Drum Circle

WEDNESDAY, APRIL 10, 6:30PM

Create a sense of community by joining in our all ages drum circle. The drum circle offers equality because there is no head or tail. It includes people of all ages. The main objective is to share rhythm and get in tune with each other and themselves. Bring your own drum or borrow one of ours. Contact Jim Dwyer for more information.

Beginner Yoga

MONDAYS 5PM

Yoga instructor Irena Trubnikov leads us in a yoga class each Monday. All are welcome. Bring a mat or towel, a water bottle and wear loose comfortable clothing.



Role-Playing Tabletop Games

SATURDAYS 4-7PM

Join us for exciting and fun role-playing games (similar to Dungeons and Dragons) with Dungeon Master Peter Steketee. We meet in the classroom at the end of the hallway.

Belly Dance with Pixie and Bonita

SUNDAYS 5:30- 6:30PM

Belly Dance is exercise for the body and mind which is enjoyable for all ages, body types, and abilities.

Students should dress comfortably and consider wearing clothing that hugs the body to show subtle movements. Hip scarves are optional and will be available for purchase. Water is recommended.

Cost is \$15 per class and cash, venmo, PayPal, cashapp are accepted
Contact Bonita Graham bgraham@wesleyan.edu for more information



The Covenant of Unitarian Universalist Pagans (CUUPS) is an organization dedicated to networking Pagan-identified Unitarian Universalists (UUs), educating people about Paganism, promoting interfaith dialogue, developing Pagan liturgies and theologies.

Meets on the 2nd and 4th Tuesdays at UUCB at 6:30pm.

Depression Support Group

Mondays at 6pm
Anyone who is affected by depression is welcome to join us.

From Reverend Douglas Taylor

Our Joys and Sorrows time during most worship services is a precious ritual for us to share with each other the important things that are happening in our lives. When done well, they are a time of grace and even healing. Here are a few guidelines to help folks engage with our Joys and Sorrows.

First, don't forget to state your name; it is a courtesy to others.

Second, be brief. One sentence should suffice; two are warranted under some circumstances. As a subset of this second point, it is best to avoid details, particularly graphic details about a surgery.

Third, keep the content to personal sharing. If you mention an upcoming date or suggest people write something down, you are doing an announcement masquerading as a joy and everyone knows it. The content should be about accomplishments, milestones, appreciations, prayer requests, news of someone entering the hospital or coming home from the hospital, births, deaths, marriages and anniversaries, and other such things.

And finally, and most importantly, "Joys and Sorrows" is about the community. Yes, the candle you light is for something personal to you, but it is also a public enactment of ritual you step into with the congregation. The function of Joys and Sorrows is to speak out loud the warmth and caring we hold dear as a community, because there are so few places in our lives where we can speak of what is personally important in our lives.

And since I mentioned "Announcements" up in point 3, I'll add this addendum: When you want an announcement included in the service your first and best step is to contact our office and submit something in writing for the Announcements Insert. Do this early in the week for your best results. After that, a spoken announcement may be written out and placed on the pulpit that morning for the Worship Associate to read. The Worship Associate will likely edit your announcement to be concise and 'for the ear.' Finally, it is acceptable to request to offer your own special announcement. Speak with the minister about this before the service. Please know that only one person will be granted that spot and that you do well to keep your remarks brief – that you are doing the announcement yourself will go a long way in people's memories.

And I might as well also say, there is a special announcement called a "spotlight" that you can request at least a week ahead of time.

-douglas

Cranberry Coffeehouse



Lisa Sanders
Saturday April 20



Philadelphia-born Lisa Sanders (now a native of San Diego) is an electrifying harmonizer. Her heartfelt songs are genuine with deep meaning and conviction. A musical style that can only be described as a soulful country blues, her genres include folk pop, gospel, rock and jazz. Sanders has worked with musical legends including the Truckee Brothers, Lucinda Williams, Bonnie Rait, Al Green, BB King and Babyface. She continues to songwriter, produce and collaborate with artists from all over, and founded Star Woodwork by Lisa, which specializes in handcrafting wooden materials into beautiful objects, structures and garden pieces.

Performer web page: lisasanders.com

Bring a Friend Sunday Sunday, April 28

Do you know someone who is curious and would like to come to a service at UUCB? Bring them for a special day just for them!

Last Sunday Lunch

SUNDAY APRIL 28 11:45AM
TACO BAR

Bring a dish to share and your friends and family for our end of the month after service potluck.

BRIGIAM YOUNG

Crone Con 2024



Crone Con 2024 is scheduled for April 26-28. This weekend event is open to any UU who identifies as a woman entering or in the third stage of life. We will spend the weekend in community, eating, laughing, talking, crafting, dancing, and having all manner of silly fun and serious conversation. Participants can plan to spend the weekend at the church or "commute". See the registration form for more information or talk to Kathleen Cooke or Lisa Sienkiewicz.

Register at <https://forms.gle/YTLDqxxkQYpigAZQA6>



"Cakes for the Queen of Heaven- On the Threshold"
April 19, May 3, 10, 17 June 7, 14
6-8pm in the chapel at UUCB

"A six-session religious education curriculum in feminist theology for adults and older youth.

When women came together to study our own herstory and to share our personal experiences with each other, we were not just studying the past. We were evolving a whole new world-view and theology for the future."

Come join us as we reconnect with each other and the Mother Goddess in her many forms.

For more information and to register, contact Tiffany Hagberg

QUARTERLY TOWN HALL FINANCIAL MEETING
Sunday, April 21 at noon

Join us for an update on how UUCB is doing financially as we begin to wind down the church year.

First Sunday Workshop Leader Opportunities

Do you have a passion or a skill or a fun idea that you'd like to share with other congregants as a workshop on one of our 1st Sundays?

Multi-generational workshops are encouraged, but workshops targeted for adults or mainly for children are also welcome.

They can be, but need not be, related to our monthly Soul Matters themes – upcoming themes are March: Transformation, April: Interdependence, May: Pluralism. For more information, or to discuss or offer to lead a workshop, please contact Debby Herman.

Get Connected

Easy Ways to Get Involved at UUCB

Help the outreach committee do their job! Share info about UUCB and our events on Facebook, in your social circles, and out in the community. Bring a friend to an event or to a UUCB service.

Bring a snack to share for social hour.

Social Action: Our Social Action HUUB is looking for your interest and talent! Contact Catherine Magdala at catheriner1312@gmail.com to be on the UUCB social action mailing list.

Sunday Service Associates: We always need new folks to help make the worship service run smoothly. Talk to Kate Thorpe if you would like to help out on a Sunday morning.

American Red Cross Binghamton Community Blood Drive at UUCB



Friday, May 17 1-6pm
in the social hall

Watch your email for sign-up times and more information to come soon.
Questions! Contact Karen Manzer or Mary Woodward.