

THE BEACON



January 2026

UUCB is a progressive, multi faith community of independent thinkers and doers. With over 300 active congregants, our congregation embraces and supports all ages.

We strive to make the world a better place and to reconnect to a life that is rich in meaning and purpose. To fulfill our mission, we are creating an inclusive space that nurtures the mind, inspires the spirit and connects us in care.

Sunday Services at 10:30am

January 4 “Community Day” Taylor and Cooke

Join us for another First Sunday worship and birthday party for all. Our monthly theme is Practicing Resistance, and we are using the model from Deepa Iyer's Social Change Map! Come explore the many ways we create a healthy and thriving community together – one in which we nourish ourselves and serve needs beyond our own.

January 11 “Resisting and Embracing Change” Emily Richards

An unknown author wrote: Change is never painful. Only resistance to change is painful. As we begin this new year together, we will reflect on this community, this faith, and the world around us and how to practice resistance while embracing change as we continue to discover what it truly means to be a transformational people who center love .

January 18 “The System Works as Designed” Rev. Douglas Taylor

MLK Jr's message against militarism, racism, and materialism continues to be prescient. Not because things keep getting corrupted, but because our political and social systems are functioning as designed. Perhaps we can stop trying to fix things and start building new.

January 25 “Home Altars and Zen Gardens” Rev. Douglas Taylor

Do you have a space in your home that helps you stay grounded and centered? Do you have practices in your day that help you stay human amid chaos and difficulty? This Sunday, let us consider little sanctuaries that keep us thriving.

Contact us:

✉ office@uubinghamton.org

☎ 607-729-1641

 Unitarian Universalist Congregation of Binghamton

Unitarian Universalist Congregation of Binghamton
183 Riverside Drive, Binghamton, NY 13905
uubinghamton.org

Minister: Reverend Douglas Taylor

Dream Workshop**Facilitated by Rev. Darcey Laine****Sunday, January 11 12:30 -2:30 pm, in person Athens and on Zoom**

Do you ever wonder about your dreams? They are a doorway into our unconscious self, and a beautiful display of creativity. This multi-congregation workshop offers a way of looking at our dreams through "Group Projective Dreamwork" which is a UU friendly way of exploring the archetypes in our dreams, and seeing what clues they give us about our waking lives.

Rev. Laine will share the basics of dreamwork and then we will work together on a dream or two. This workshop will be suitable for folks who have never looked at their dreams before and folks with many years' experience. Bring a dream or just an open mind.

If you would like to attend by Zoom you can register here:

<https://uuma.zoom.us/joining/register/ueXF5j9sRvSKM1soubWrVg>

Contact Rev Laine to RSVP or with questions minister@uucas.org

Exploring Spiritual Practices (Multi-congregation)**12:30 pm, 3rd Sundays February through May:****February 15, March 15, April 19, May 17****Facilitated by Rev. Laine****In person Athens and on Zoom**

Most people have a spiritual practice, even if they don't know it. Our practices are as diverse as we are. This workshop will give experiential engagement with several different practices, for folks who are curious about exploring new ways of connecting to our deep wise self, with the divine and with the web of life. No experience is necessary. Each session will cover a different practice, attend one or all 4. RSVP to Rev. Laine - minister@uucas.org

**Memorial Service at UUCB
for Steve Kresge**

We will have a memorial service for Steve Kresge on Saturday, January 10 at 11am.
All are welcome to attend.

UUCB Blessing Box

Our brand new blessing box is out in the front of UUCB near the sidewalk. The Housing team keeps it stocked, but you can help too by bringing in food or hygiene items and putting them in the box anytime. Please avoid putting anything glass or canned during this cold weather.

**JOIN US! Weekly Homeless
Outreach**

Tuesdays 9:00 pm to 10:00 pm
Weekly outreach to our homeless community members at the Binghamton bus station, 81 Chenango St Binghamton. Contact Shawn Steketeer for details.

Donated outreach supplies can be put in the Giving box in the coatroom. See posted lists for requested items. Contact Shawn Steketeer for more info.



First Sunday Workshops

Sunday, January 4

Birthday Party for Everyone!

In January, instead of separating into workshops, we have one big birthday party for everyone. We begin in the social hall after the service for a pizza lunch. Then we all move to the sanctuary for a big game of musical chairs. After that we go back to the social hall for singing happy birthday and eating cake. We need 12 cakes for this party, so be sure to sign up on the bulletin board if you are able to bring one. and check out the sign-up genius online for more ways to help out.

New Listening Devices Available

If you struggle to hear everything during a service in our sanctuary, we have new headphones for you! You place one of these very small headphones over either ear, with the dome facing away from your ear, turn it on and adjust the volume. We have three of these and more are on the way.

"The Good of All"

Workshop based on David Currie's book
January 11
12pm
in the chapel

For the Good of All is a guide for embracing connection, oneness, and community. David Currie addresses many of the different challenges facing humanity today, as well as outlining why the current political systems are failing us. Using candor and historical events, David demonstrates what we need to do to create meaningful change through a deeper understanding of the symbiotic relationship that we have with each other and the planet we call home. We will come together to discuss his thoughts and ideas.



John Kirk & Trish Miller
Saturday January 17 2026
7pm (doors open at 6:30pm)

As part of an annual tradition, John Kirk (North American Fiddler's Hall of Famer, on fiddle, mandolin & more) and Trish Miller (banjo, guitar and fancy footwork) will open the Cranberry Coffeehouse's first concert of the year. This married couple has worked and taught in upstate New York for over three decades. Old time music is the basis for their repertoire, mixed in originals, Celtic, early country songs, humorous selections and Appalachian clog dancing. Much of their music is rooted in the local lore of the northeast woodlands. Their story-telling songs and poetic pieces make their shows fine entertainment for all ages.

Admission is \$15 per person

Performer web page:
johnandtrish.com

Sales of coffee, tea, and delicious
 homemade goodies benefit UUCB,
 so remember to be generous,

Sound Bath at UUCB Sunday, January 11 3pm

We are once again lucky to be one of the locations for the Sacred Sounds in Sacred Spaces events. This event will be held in the sanctuary and is free to attend due to a grant from the Hoyt Foundation. Bring a mat, blanket or towel to sit or lay on and come early - it fills up very fast!



Book Discussion
and Potluck
with
Reverend Taylor

Monk and Robot Book Discussion and Potluck January 9 and 16, 2026 6-8pm with Reverend Douglas Taylor

Join us for a potluck meal (at 6pm) followed by a guided discussion (at 6:30pm) of the exciting new Sci-fi novel series by Becky Chambers.

The books are a quick read
Bring a dish to share for our potluck.



Birthday Cake Service Project

One of the first Sunday workshops in February will be to put together Birthday cake boxes for our blessing box. We will be accepting donations of cake mixes, ready to use frosting, sprinkles and birthday candles throughout the month of January for this project. Donation Box is in the fireside lobby.

Ongoing UUCB Events

Free Yoga; Meets at 5pm every Monday in the social hall in December

Moss House Forest Preschool: Mon, Wed, Fri mornings and afternoons. Not a drop-in program. You must register before attending. moss houseny@gmail.com Not a UUCB event.

UU Pagans: Meets 2nd and 4th Tuesdays from 6-8pm in the chapel Contact: Adee Wilson just80w@gmail.com.

LGBTQ Social group: Meets 1st and 3rd Tuesdays of the month in the social hall from 6-8pm. Contact uucb-rainbow@googlegroups.com.

Depression Support Group: Meets on Monday evenings at 7pm if there is interest, Please contact Chris Petroski at chrisp-34@hotmail.com for more info or to express interest in meeting.

Buddhist Meditation: Tuesdays at 7pm-8:30pm in room 7 Contact: Steven Roussel. No registration is necessary. Fee is \$10 per week. education@kadampanewyork.org

NoNameCollective Activist Meeting: Every other Wednesday in the social hall. Contact Shawn at stek@aol.com for more info. Not a UUCB event.

AA: Fridays, 9am in the Rainbow room Not a UUCB event.

Role-Playing Tabletop Games with Peter Steketee: Saturdays from 4pm-7pm in the RE Classroom. More info: stek@aol.com



Looking for friendly faces!
Would you like to help greet visitors on Sunday mornings? Talk to Carl Cohen

Free Thursday Night Yoga at 5pm



Yoga instructor Dacia Legge is offering a free, beginner and trauma-informed yoga class on Thursday evenings between 5-6:15pm in the Binghamton Unitarian Universalist Church's Social Hall. Sessions will incorporate Hatha Yoga, Vinyasa Yoga, mindfulness, various breath work and will end with a living kindness meditation (Metta Meditation). Most postures demonstrated with chair and other modifications, too. All are welcome and please bring a yoga mat, props or blanket to work on.

January 2026 Schedule:

January 1, 2026: Sun and Moon Work: This modality will coincide with the upcoming full moon and the recent solstice and focuses on increasing circulation, muscle tone and flexibility. This is an energizing yin-yang session. All are welcome to participate as their bodies allow.

January 8, 2026: Heart Opening Session: This modality will focus on heart opening postures and breath work. Benefits are improving posture, increasing circulation, flexibility in the back and shoulders and respiratory health. All are welcome to participate as their bodies allow.

January 15, 2026: Yin Session: This modality is slow-paced YIN yoga where poses are held up to 2 minutes and use 3-center breathing techniques. Benefits are increasing flexibility, improving circulation, enhancing joint mobility and reducing stress and anxiety. All are welcome to participate as their bodies allow.

January 22, 2026: Creating Balance: This modality will focus on balancing postures and will include head to toe warm-ups and stretching. Benefits are improving balance, physical stability and core work. All are welcome to participate as their bodies allow.

January 29, 2026: Warrior Work: This modality will focus on the 4 warrior poses as we work on strength, resilience and determination. This is an energizing session. All are welcome to participate as their body allows.

UUCB Town Hall Meeting and Vote

Sunday, January 18 at 12pm

Join us in the sanctuary for a general UUCB update. Watch your emails for more info about this meeting.

