

February 2006

Cobblestone News

Unitarian Universalist Church of Cortland/ 607-753-0020

Upcoming Events

Sunday, Feb. 26 –
9:00 – Check-in: Barb Blom
9:30 – Forum: John Churchill
10:30 – Service: John Churchill, “Forgiveness”

Tuesday, Feb. 28 –
7 pm – Board meeting

Wednesday, March 1 -
7 pm – Vespers
(Christyann Maxfield)

Sunday, March 5 –
Barb Blom
9:00 – Check-in
9:30 – Forum: Jim Pelton,
“Coming from Love, Not
from Fear”
10:30 – Service
Bring a Friend Sunday.

Sunday, March 12 -
9:00 – Check-in
9:30 – Forum: Islam, Q &
A
10:30 – Islam (Ithaca
Group)
Turn in pledge cards.

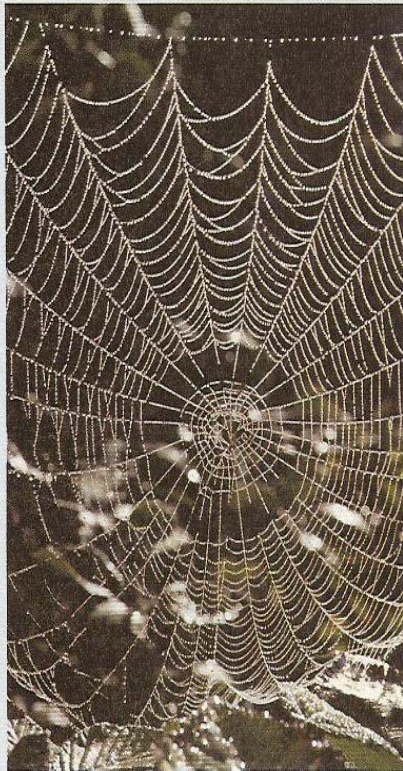
Sunday, March 19 -
Barb Blom
9:00 – Check-in
9:30 – Forum (Sandi
Marcin)
10:30 – Equinox service:
Barb Blom

Monday, March 20 -
7 pm - Equinox
Celebration (John and
Chris Ogden)

Our New Web Site!

Check out the new web site for the church that Julia Schult has created! Go to www.uucortland.uuism.org. This is something we have talked about for some time. Please send any comments or suggestions to Julia at jschult@gmail.com.

Thank you, Julia.



*“Tug on anything at all
and you’ll find it
connected to everything
else in the universe.”*

— John Muir

News from Barb

There is an old joke among Unitarian Universalist ministers that the only time you will hear “Jesus Christ” pass the lips of a UU minister is when they look at the pledge numbers! Yes, this is a difficult subject for UUs – money. We like to think that we are above talking about money; we are too evolved for such a mundane subject-better to leave that to the TV evangelists. Well, we have left that to the TV evangelist and look what has happened. Here in Cortland alone, there must be at least three radio stations promoting an Evangelical brand of religion.

Where is our liberal, progressive, and relevant voice? Despite our best optimism, it does take money to maintain a church, to keep a vibrant program in place, to fund religious education, and yes, to employ a minister!

This month, you are being asked to join in the discussion of your vision of Unitarian Universalism in the Cortland/Homer/Truxton/Dryden and surrounding area. Next month, you will be asked to make a financial

Sunday, March 26 -

Barb Blom
 9:00 – Check-in
 9:30 – Forum (Social Justice Committee)
 10:30 – Service: Justice Sunday

Saturday, April 1

6 pm – April Fools Dinner
Bring a dish to pass.

Sunday, April 2 -

9:00 – Check-in
 9:30 – Forum
 10:30 – Humor Service:
 Barb Blom, Kim Allen and

Wednesday, April 5

7 pm – Vespers

Sunday, April 9 -

9:00 – Check-in (Barb Blom)
 9:30 – Forum
 10:30 – Service: Rev. Tim Behrendt.
New Member Sunday.
 12:00 – Welcome New Member Brunch. Bring a dish to pass

Sunday, April 16 -

9:00 – Check-in
 9:30 – Forum
 10:30 – Service

Sunday, April 23 -

9:00 Check-in
 9:30 – Forum (Amy)
 10:30 - Service:

12:30 – Visit to Lime Hollow (Bob Martin)

Sunday, April 30 -

Barb Blom
 9:00 – Check-in
 9:30 – Forum
 10:30 – Service: Children's education

pledge to accomplish the vision. We are a fresh and different voice and need to be heard, but it will take a commitment of time and money on all of our parts to be heard. We have made a wonderful and exciting beginning this year, and I believe we have much more to do!

Times are a changin'! We can be a part of the journey forward to a brighter and more hopeful time, to a time where the "Beloved Community" is more than just a UU dream. I invite you and hope you join us on our journey this year!

Shalom,
 Barb Blom, Intern Minister

Canvass Schedule:

Pledge Dinners: Weekends of February 25, March 4 and 11.

If you have not yet been invited to a dinner or if you could not make the one you were scheduled to attend, please contact Barb Blom at 277-8501 right away. The dinners are an opportunity to refine and expand the goals developed at the retreat. The arrangement is that the hosts provide a place and perhaps a main dish and the guests bring other dishes.

The dinners are an opportunity to further discuss and refine the vision that came out of the retreat. A written summary of the vision and preliminary budget for implementing it will be given to everyone at the dinners. No one will be asked to make a pledge at the dinner. Even if you're not sure you will or can make a pledge I would urge you to come. It's a chance for just spending time together over good food and talking about something that matters to us.

Pledge Sunday: March 12. Please bring your pledge card to the service or return it to Tom Reese, Treasurer, before then.

Congregational Meeting: March 26. The Board will present to the congregation a vision and a budget for 2006-07 based upon the responses from the retreat, the dinners and the pledges. Members will vote upon the proposal.

“Consider the possibility that most of the world’s people hold an inaccurate belief about God. Consider the possibility that the truth about God is something that most people can’t even imagine.” - *Neale Donald Walsh, What God Wants (2005)*

In Time of Silver Rain

In time of silver rain
The earth puts forth new
life

Again,
Green grasses grow
And flowers lift their
heads,
And over all the plain
The wonder spreads
Of life, Of life, Of life.

In time of silver rain
The butterflies lift silken
wings
To catch a rainbow cry

And trees put forth
New leaves to sing
In joy beneath the sky.

When spring

And life
Are new.

-Langston Hughes



Feel Happier, Be Healthier

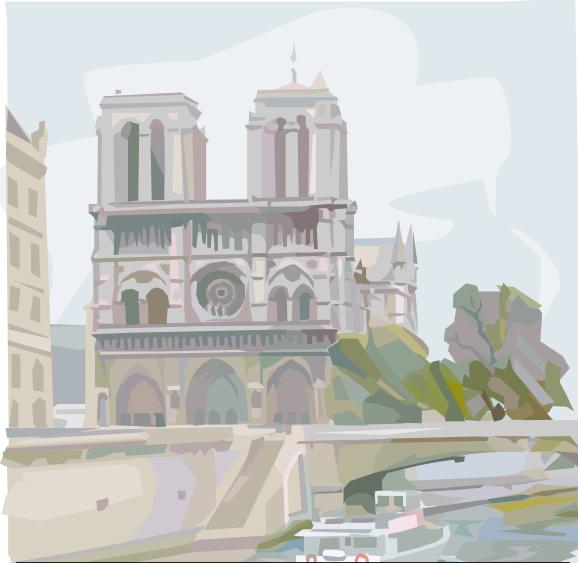
If you've never looked at the world through rose-colored glasses, now may be the time to order a pair. Not only will a hearty dose of optimism cheer you, but a positive outlook can also dramatically improve your health. Everyone knows how easy it is to pick up a cold when "your resistance is low". Studies urge us to be as mindful of our moods and attitudes as we are of our physical health. Research from medical centers around the world conclude that hostility, cynicism, depression, and stress contribute significantly to the onset of illness and also slow down recovery. Conversely, minor changes in attitude can bring about major positive changes in health.

Consider making these seven mood boosters a part of your life:

1. Spend time with family and friends.
2. Manage subtle stress. Get a good night's sleep. Break up your day by taking a short walk. Change your routine if you can. The changes don't have to be earth-shattering, but they should give you the feeling that you're looking at life from a slightly different angle.
3. Laugh yourself healthy. The nice thing about laughter is that it's contagious. When you hear other people laugh, you tend to laugh, too. Share a joke. Rent a funny movie.
4. Control your anger. When you find yourself in a situation that triggers hostility and anger, ask yourself whether the situation is important enough to be worth your continuing attention, whether your reaction is appropriate to the situation, and whether you can change the situation. Most times, the answer to all three questions will be no. So find alternative responses, and back off.
5. Exercise away the blues. Exercise has been shown to reduce anxiety and stress, improve memory, and increase a sense of well-being.
6. Get a pet to heal your heart. Whether furry, feathered, or finned, they can be good for your health.
7. Embrace change. People can and do change - when it's too painful not to.

A more positive attitude is critical to health and well-being, so what are you waiting for?

Excerpted from New Choices by Rita E. Watson



*Chris and John Ogden,
Newsletter Editors*

Seasons of the Self

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the Spring-inspired word about

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If you
more ase contact the c

Membership and Publicity
Farah and Jim Van Howe (351-2003)

Finance and Pledge
Suzanne Parson (835-6645)

Constitution
Len Ralston (756-7179)

Programming
John Ogden (756-4580)

Buildings and Grounds
Jim Pelton (753-9112)

Children's RE
Paul Griffin (753-3192)

Social Justice
Jean Whitman (753-8386)

UNITARIAN
UNIVERSALIST
CHURCH OF
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PHONE:
607-753-0020

*Congregation active
since 1813
Building dedicated
in 1837*