

# THE CHIMES

Feb. 22, 2012

**Next Chimes  
deadline:  
March 14**

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Articles for *The Chimes* must be submitted by noon on the deadline day and can be sent to: [uumctb@twcny.rr.com](mailto:uumctb@twcny.rr.com) or put in Box No. 12 in the church office.

Rev. Craig French, Pastor  
Tom Boll, Editor

## LENT: PRAYER, FASTING AND SOULFUL PRACTICES

The season of Lent begins today, Ash Wednesday. The sanctuary is open 7:30 a.m. to 6 p.m. for meditation, prayer and the imposition of ashes, if you choose.

Rev. French will be there and you also may join him in prayer, fasting and prayerful conversation during that time.

The theme for this Lent is "Soulful Practices."

Rev. French will be focusing on that theme in his sermons leading up to Easter, which is April 8. His topics include simplifying your space, your mind, your schedule, your money, your body and your prayer.

He's used Paula Huston's book "Simplifying the Soul" as his starting point. (See his message on page 2).

Each week the bulletin will have suggestions we can take. For simplifying space: clear out a junk drawer or closet, scrub a dirty corner, give away something we're not using or set up a special place of prayer.

For simplifying our mind, they include: spend a day without TV or email, Facebook and other social networks, spend 15 minutes in silence one day or turn off our cell-phone for a day.

Martha Sutter and the Senior

Choir will present their Holy Week-themed Lenten Masterworks, "O Sacred Head Now Wounded," March 18.

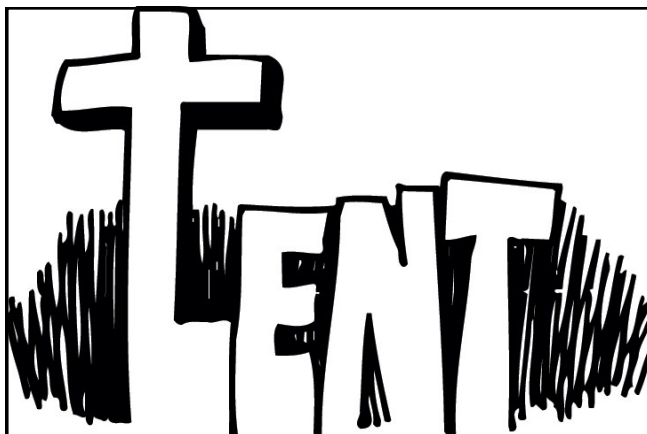
It will be a set of four pieces by John Ferguson with piano and solo viola. The pieces are "Who Is This?," "Ah, Holy Jesus," "O Sacred Head Now Wounded" and "Hymn to the Spirit."

Fred Willard will be the pianist, and Kit Dodd from Symphony Syracuse will play viola.

On March 25, Africa University graduate Dr. Artemus Gaye will preach, and our No-Fault Orchestra will play.

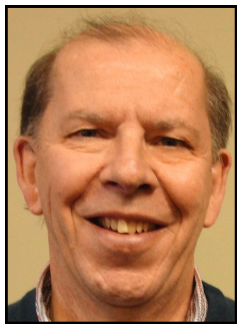
Our speaker for Palm Sunday, April 1, this year is Brian Webb, director of educational programming for Blessed Earth.

SEE LENT, Page 5



Graphic: [soulinmotiononline.blogspot.com](http://soulinmotiononline.blogspot.com)

# 'Declutter' our lives to find what's important



Several years ago I attended a conference where I met the author, Paula Huston. Over the course of the week, I had several good conversations with Paula and her husband, Mike, and ever since then, I've made it a point to read whatever she writes.

Her latest book,

"Simplifying the Soul," is her best one yet, weaving together stories from her own life with insights from the Gospels and the Desert Fathers and Mothers — all aimed at "decluttering" life for the sake of what's truly important.

Paula's book is the launching pad for my thinking and preaching as I approach this season of Lent, so I want to give you a taste of her style and substance:

*"Though spiritual growth occurs in all kinds of different settings, my own development has been strongly shaped by years of being an oblate, or lay associate of a monastic*

*community. The monks, their routines, and even the grounds of the monastery are so familiar to me now that each visit feels like a homecoming.*

*"Yet no matter how well I have come to know the place, and no matter what condition I'm in when I arrive, each time I return to it, I'm startled by the same phenomenon, one that always catches me off guard.*

*"I'm surprised anew by the knowledge that I'm once again undergoing a spiritual 'recalibration.' The mechanism of my soul is, in a very real way, being cleaned, repaired, and reset. When it's time to leave, I'm in a better state.*

*"When I began pondering what quality of the hermitage triggers this process in me, I realized that, to a large degree, it is the simplicity of the place. ...*

*For the space of a few days, I am released from the bondage of complexity. Amazingly, those few days are enough to help me find my way back*

*to the image of Jesus trudging before me in his dusty sandals, the man with no place to lay his head.*

*The sense of joy and relief at once again taking my place in the crowd behind him is palpable. And as usual, until I arrive at the hermitage, I have no idea of how far I have once again strayed off the path.*

*"Instead of humbly following along behind Jesus, I've let myself get sidetracked by a myriad of temptations: overly ambitious creative projects, delusions about my own importance, worrisome relationships, secret small addictions, stubborn resentments, and a hundred forms of self-indulgence. The simple life of the hermitage clears*

*my vision long enough to see how far I've wandered. ...*

*"During Lent, we deliberately strive to bring on the spiritual recalibration that takes me by surprise each time I go to the hermitage. The purpose is the same, however: a simplification of ... soul that fosters the development of humility. ... In*

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***"In Lent, we are invited to look deeply inside, identify what is impeding our ability to follow Christ along the path of humility, and begin applying antidotes."***

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*Lent, we are invited to look deeply inside, identify what is impeding our ability to follow Christ along the path of humility, and begin applying antidotes." (pages ix-xiii)*

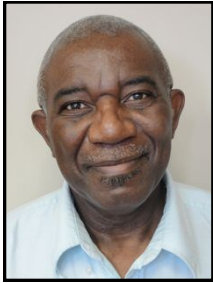
I know some of what Paula describes, including the freedom and joy that come whenever I set the clutter and busyness of life aside (a main reason for and result of my own retreats).

I look forward to doing that with you during these weeks of Lent, guided by Paula and Jesus.

Together we'll explore a variety of "soulful practices," all aimed at simplifying different parts of our lives — our physical space, our relationships, our schedules, our use of money, our care of the body, our minds, our prayer life — so that our souls might be "cleaned, repaired, and reset" (including what this means not just personally, but in terms of caring for the soul of our homes, our church, our neighborhood, our city, our world).

— Rev. Craig French

# OUTREACH/MISSION



The long-awaited function is near. What function? This is the volunteer luncheon. This event is very special for those who work with the staff of

the congregation.

These individuals and their families give of their time, talent and resources. Some of the volunteers are members of University United Methodist Church or other churches with a Christian emphasis, others are from the Jewish faith, others are from The Church of Jesus Christ Latter-Day Saints and some belong to no particular denomination.

Yet their commitments make the pantry and other areas function as God designs.

Some do so every week, and others once every month, when they are requested by the staff or when they have the time.

We really cannot pay volunteers for their work, so this luncheon is the time we say thanks to everyone at the same time.

The luncheon is set for 11:30 a.m. to 1:30 p.m. March 15.

This year we will honor somewhere between 35 and 40 persons for their commitment to these programs. The focus will be on the individuals and their gifts. As individuals, each volunteer brings something special, a joke, a management skill, an idea and the ability to be appreciative of where others are coming from and where they seem to be going.

Others bring the ability to refer others to some other place for help of various kinds and sorts.

Beyond all these, volunteers demonstrate God's love to serve others. These individuals are the ministers of God to the people of God.

The luncheon will be held

at UUMC and we will play music, make some comments about the day and the people and yes, there will be food.

If you know any volunteer who works with the staff, please say thank you to them and let them know that you love them.

## Plans for the Future

There are plans to expand the outreach and in so doing seek to make the teaching church a reality. The direction is not all clear to everyone, but there is the determination to move in this direction.

This decision will challenge our minds to do things differently and make a difference to this congregation and the mission in the community.

I invite us to participate in the process so the leaders will hear your voice and seek to implement those ideas where possible.

May God always guide us.

— Joseph Smythe

*Interim Outreach Coordinator*

## Pecan sales raise \$1,224 for outreach

Many thanks to our church family and to our friends at Warners and Little Utica UM churches for their response and contributions to our recent pecan sale fundraiser for our Outreach Ministry.

The profit from the sale this year is \$1,224 and will support our mission for "Feeding the Hungry."

This year several volunteers shared responsibilities for organizing the fundraiser. A special thanks to all who participated: Cheryl Brown, Margo and Don Koten, Roger MacDonald, Marsha Plucinik, Nelson Price, Claudette Brown-Smythe and Ann Milner.

— Johanna MacDonald,  
*for the Outreach Ministry*

## Reserve tickets for ACTS dinner

Save the date of Thursday, April 19, to attend the annual spring banquet fundraiser of the Alliance of Communities Transforming Syracuse, from 6 to 9 p.m. at the Holiday Inn, Electronics Parkway, Liverpool.

The theme this year is "Celebrating a Decade of Diversity in ACTION," as ACTS marks 10 years of activism in Syracuse. The evening has a social hour followed by dinner and program.

UUMC is a dues-paying member of ACTS. Our Jim Wiggins is a board member. Last year we were able to fill a table with attendees.

Tickets are \$50, and \$25 of that goes to ACTS as a tax-deductible contribution. Contact Tom Boll, uumctb@twcny.rr.com, or the church office to reserve your ticket.

# PEOPLE / PRAYER CONNECTION

## THANKS

- Thank you, God, for a warm, loving congregation as a second family, from **Grandma**
- Thank you, God, for red-tailed hawks and winter sun
- Dear Friends at UUMC:

Thank you so very much for your kind hospitality and generosity to our family as we welcomed Henry home. We have greatly appreciated all you have done for us — from the flowers to the meals to the visits. Thank you!

Peace,  
Tiffany, Josh, Grady  
and Henry

## PRAYERS REQUESTED FOR:

- The family and friends of **Betty Bartlett**, who died Sunday morning. She was my excellent teacher assistant for 13 years, from **Barb Cargo**.
- God bless **Whitney Houston** for her talent shared on earth. She will be missed, from **Elise Curry**
- **Betsy Wiggins** as she continues to deal with health problems, from **Ginny and Bob Dewey**
- **Anthony Ioria**, my great-nephew, who was just deployed to Afghanistan with the Marine Corps, from **Shirley and Harry Miller**
- My brother and his wife, who are facing a possible divorce, from **Robby**
- All new hires be successful, from **Negin**
- Prayer and blessing on all physical therapists, from **Ralph**
- Pray that our housing problems get resolved, for UUMC

- and members and for my daughter, **Jamie**, from **Russ**
- Let us all be healers as we share our love through smiles, kind words and thoughtful acts, from **Grandma Ann**
- The healing and comfort we find in each other, even in shared grief, but especially in joy and love, from **Peter Swords**
- Those seeking employment
- Restored health to all who are experiencing pain and distress
- The people, especially the children, in Sidney, who continue to struggle with poverty and losses from last year's flood
- Watch over us as we try to discover the best, God-given path to outreach for our church
- The people of Syria and all who are oppressed
- The many people building houses north and south of our church
- Health and security in every workplace, and for renewed partnerships to maintain good relationships
- The young people at Leroy High School who are exhibiting neurological symptoms. Pray that they find the cause and treatment
- Those living through grief
- **Valarie and Russ** as they embark together as husband and wife
- Reconciliation among governments and individuals. Especially we remember the violence in Syria
- Those in military service: **Na-**

**than Miller, Jim Pettyjohn and Matt Fischer**

## ACHIEVEMENTS

- Congratulations to **Will Drew**, who received an Outstanding Student award from the Sports Physical Therapy Section of the American Physical Therapy Association at their annual meeting in Chicago.
- Godspeed to **Jonathan Boll**, who received the congregation's blessing on Sunday and left Tuesday for 27 months of service in the Peace Corps in Costa Rica.
- Prayers for **Elizabeth Magowan**, who is studying abroad in France this semester as a student at SUNY Binghamton.

## PRAYERS REQUESTED FOR:

### CROSSROADS DISTRICT

### CHURCHES AND PASTORS:

- **March 4:** South Scriba, Bill Nickolas; Fulton First UMC, Mark Kimpland
- **March 11:** Brewerton, Jack Keating; Christ Church Parish, Ed Bennett
- **March 25:** Bridgeport, Hyun Joo Yang; Camillus First, Marcia Wickert; Granby Center UMC, Scott and Mary Johnson

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## Set your clocks ahead

Remember when you go to bed on Saturday, March 10, to set your clocks ahead one hour, because daylight saving time begins.

It will end this year the first weekend in November.



**Progress on "Sounds of the Spirit"**

We're almost halfway there! As of Feb. 15, the current balance of the "Sounds of the Spirit" capital campaign to improve the quality of the sound in the sanctuary was nearly \$20,000. The project is likely to cost at least \$40,000. More contributions are needed to help UUMC reach beyond our walls. Checks should be made out to University UMC with a notation of "SOS."

**Offering Envelopes**

Anyone who wants numbered offering envelopes should contact Charles Chappell III after worship or call the church office. Having numbered envelopes helps in recording contributions.

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## Meet new member Ralph Best

**Ralph Best** was born in Rochester but calls Auburn his hometown. He served in the Air Force during World War II and the Korean War. He graduated from Syracuse University with a



**Ralph Best**

bachelor's degree in electrical engineering

Ralph became a professional engineer and worked at Sargent Webster, Crenshaw and Folley, General Electric and Niagara Mohawk Power Co. In his career he worked with large industrial customer installations

and specifications for all other customer connections to Niagara Mohawk systems.

He also was on the National Electrical Code Committee to amend the rules for electrical installation.

Ralph has two children, Cathy and Jim, and three grandchildren.

Ralph enjoys working with clay, to feel it "become alive" in his hands.

Ralph and his late wife, Betty, produced and sold ceramic pieces in a business they called Sacred Spaces.

Ralph also enjoys photography, reading, music and people in his retirement.

He has been a member of the Sacred Drumming class.

**Stephen Ministry Series**

The next Stephen Ministry continuing education series offering is 7 to 8 p.m. March 20 in the Pettengill Center on "Care Options for the Aging." Jan Cieply, intake specialist with PACE, and Linda Stone, director of the Neighborhood Advisor Program, will speak.

**Gatherings for Newcomers**

Please join Pastor Craig French, lay leader Beth Drew and other newcomers to UUMC each month for conversation, refreshments and a chance to get to know each other.

We will be gathering at Beth's home, 4569 O'Dell Place, Jamesville, Feb. 23 at 7:30 p.m. Please respond to the church office, 475-7277 or [uumc@twcny.rr.com](mailto:uumc@twcny.rr.com), or to Beth, 492-9123 or [bmdrew@gmail.com](mailto:bmdrew@gmail.com).

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## Lent: Prayer, Fasting

**CONTINUED** from Page 1

Blessed Earth is an educational nonprofit that inspires and equips Christians to become better stewards of the Earth.

**What Is Lent?**

Lent is a time of repentance, fasting and preparation for the coming of Easter. It is a time of self-examination and reflection. In the early church, Lent was a time to prepare new converts for baptism. The 40 days represents the time Jesus spent in the wilderness, enduring temptation. Sundays in Lent are not counted in the 40 days because each Sunday represents a "mini-Easter" celebration of the Jesus' victory over sin and death.

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## Housing needed for Urban Summit participants

Overnight housing in the homes of Syracuse area clergy and laity is needed for our next Urban Summit, which will be held at UUMC Friday and Saturday, March 16-17.

Opening our homes to our brothers and sisters from the other urban areas of our new conference will be a wonderful way to meet new people and to show

the love of Christ.

If you are willing to house an Urban Summit 2 participant for one night, please contact the church office at 475-7277 or [uumc@twcny.rr.com](mailto:uumc@twcny.rr.com).

No meals are involved, as the conference begins after supper on Friday, and breakfast Saturday will be offered at UUMC.

# Altar flowers

Flowers were given by Ernest and Bobbie Hemphill, the children of Kate and Dick Shickel and the children of Mr. and Mrs. Andrew Sneddon.

Flower recipients were Kay Wiggins, Mary Klepper, Margo Kotten, Tiffany Steinwert and family, Diane Tarbell and Arlene Musilli.

Flower deliverers were Rita Soufleris, Bobbie and Ernest Hemphill, Don Kotten, Barbara Cargo and Lee Potter.



University United  
Methodist Church

Feed My People: Body, Mind, and Spirit

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# March birthdays

- 2<sup>nd</sup> – Jerry Cargo, Emelia Weah
- 3<sup>rd</sup> – Julia Ross
- 4<sup>th</sup> – Grace Bradshaw
- 5<sup>th</sup> – Doug Hemphill, Bob Coutts
- 6<sup>th</sup> – Aimie Sarkodie-Mensah
- 9<sup>th</sup> – Kirsten Magowan; Keith Wellner
- 11<sup>th</sup> – Rita Soufleris
- 13<sup>th</sup> – Jo Davis
- 16<sup>th</sup> – Sierra Messina-Yauchzy
- 17<sup>th</sup> – Don Betz, Jonathan Weah
- 19<sup>th</sup> – Stuart Hosler, Dianne Grome
- 20<sup>th</sup> – Don Kotten, Vito Sciscioli
- 22<sup>nd</sup> – Craig Myers, Marion Rush
- 23<sup>rd</sup> – Bill Potter
- 25<sup>th</sup> – Michael Fay
- 26<sup>th</sup> – Barbara Nunn
- 27<sup>th</sup> – Rosemary DeHoog, Denise Marshall, Jeanne Finlayson-Schueler
- 29<sup>th</sup> – Renee McKay

## No-Fault Orchestra Dates

The UUMC No-Fault Orchestra has set dates for our next rehearsals and performance.

The orchestra will rehearse on March 4 and 11 in the Music Room from noon to 1 p.m. We will play during the 10:30 a.m. service of March 25 after rehearsing that morning at 9 a.m.

Contact Tom Boll at uumctb@twcny.rr.com for more information.

### **WEEK OF FEBRUARY 26**

- Sunday the 26th
- 9 a.m.** Community/Church Breakfast
- 9:30 a.m.** Christian Education
- 10:30 a.m.** Worship, Communion
- 11:45 a.m.** Fellowship - Gathering Room

#### Tuesday the 28th

**10 a.m.** Staff meeting

#### Wednesday the 29th

**Noon** Staff Appreciation Luncheon

#### Thursday the 1st

**7:30 p.m.** Senior Choir rehearsal

#### Friday the 2nd

**10 a.m. - noon** Food Pantry

### **WEEK OF MARCH 4**

#### Sunday the 4th

- 9:30 a.m.** Christian Education
- 10:30 a.m.** Worship, Communion
- 11:45 a.m.** Fellowship - Gathering Room

#### Tuesday the 6th

**7 p.m.** Stephen Ministry

#### Wednesday the 7th

**10 a.m.** Staff meeting

#### Thursday the 8th

**7:30 p.m.** Senior Choir rehearsal

#### Friday the 8th

**10 a.m. - noon** Food Pantry

### **WEEK OF MARCH 11**

**(Daylight saving time begins)**

#### Sunday the 11th

- 9 a.m.** Community/Church Breakfast
- 9:30 a.m.** Christian Education
- 10:30 a.m.** Worship
- 11:45 a.m.** Fellowship - Gathering Room

#### Tuesday the 13th

**10 a.m.** Staff meeting

#### Thursday the 15th

- 11:30 a.m.** Volunteer luncheon
- 7:30 p.m.** Senior Choir rehearsal

#### Friday the 16th

**10 a.m. - noon** Food Pantry

### **WEEK OF MARCH 18**

#### Sunday the 18th

- 9:30 a.m.** Christian Education
- 10:30 a.m.** Worship, Lenten Masterworks
- 11:45 a.m.** Fellowship - Gathering Room

#### Tuesday the 20th

**10 a.m.** Staff meeting

**7 p.m.** Stephen Ministry Continuing Education Series

#### Wednesday the 21st

**6 p.m.** Staff Parish Relations Committee

#### Thursday the 22nd

**7:30 p.m.** Senior Choir rehearsal

#### Friday the 23rd

**10 a.m. - noon** Food Pantry

# Sacred Drumming Class

Members of the class performed the prelude and postlude and a Scripture reading on Sunday directed by instructor Nisha Purushotham. A video of the prelude is on the church's Facebook page. The following photos are from Sunday.









