

THE CHIMES

Jan. 11, 2017

**Next Chimes
deadline:
January 25**

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We're participating in the denomination's "Reclaiming the Common Good" 6:30-8:30 p.m. Jan. 20. More information coming in the eblast and worship.

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

*Alicia Wood, Pastor
Tom Boll, Editor*

Is Spiritual Affective Disorder dragging you down? Try some of these practices

We're in the heart of winter, and the lack of sunlight can affect our moods and ability to cope. In serious cases, it's known as Seasonal Affective Disorder.

But Spiritual Affective Disorder can also be a factor as we lead lives that are crowded, busy, overcommitted, sometimes disturbing and uncertain, and we may feel disconnected from God.

This past Sunday we started a new worship series in which we will explore everyday activities that can become spiritual practices – deepening our experience of a meaningful life and make us more “light-hearted.”

The series runs through Feb. 26 and encourages us to try different activities each week.

They include the following: pray regularly, enjoy music, take time for comedy, do a random act of kindness, create an altar/special place at home, exercise, give up a habit for a week and donate savings to the Outreach Program and share images that encourage us.

You're encouraged to share your experiences on our Facebook page at: www.facebook.com/UUMCSyracuse/

If you're not on Facebook, Pastor Alicia said, you should tell other people about your experiences.

Steps for us to take to show ‘radical hospitality’

Each Sunday, anywhere from two to eight new persons visit our worship service.

Research proposes that visitors decide within their first seven minutes whether they will return or not.

In any case, we want to be more than simply a friendly or welcoming congregation. We want to show “radical hospitality.”

Here are some New Year's resolutions to begin our practice of radical hospitality.

- Before and after worship begins and ends, seek out the visitors and welcome them. If they are alone, sit with them. Introduce

them to other worshippers.

- During passing of the peace, first seek the newcomer. Introduce yourself, find out one thing about them and introduce them to another worshipper.
- Sit in the middle of the pew so visitors don't have to crawl over you.
- Park in the fenced lot to make room for visitors in the closer lot.
- Help set a “cultural norm” by filling out the attendance slip.

This is a beginning. If you have additional ideas or practices that have worked in congregations you have visited, suggest them to Barbara Fought or Nelson Price.

Let's examine and consider signing Charter for Compassion



Alicia Wood

How would your life be different if you lived your life acting with compassion first?

How would the world change if all humankind lived lives of compassion?

Karen Armstrong has this lovely dream. She wrote the book "Twelve Steps to a Compassionate Life."

Later, she won the TED Talk Prize for her presentation about living a compassionate life. Winners of the TED Talk Prize get to dream big.

Armstrong said she would like to create a Charter for Compassion that communities around the world could sign representing their call to live a life full of compassion.

I will attach the links to the Charter for Compassion and the video of Armstrong's TED Talk.

I'm excited to say that our very own Dr. Jim Wiggins, along with Dr. William Pollard, brought the Charter for Compassion to the governmental bodies within Central New York.



It took six years, but Onondaga County and the City of Syracuse became the first communities in New York State to sign the Charter for Compassion.

The Compassionate CNY Team worked diligently to make this happen.

I will attach the article with more information along with all the team's names listed.

I'm sharing all of this with you because I would like University UMC, as a congregation, to agree to two things:

First, sign the Charter for Compassion.

Second, live out our lives both individually and in community acting on compassion first.

I believe, as the charter declares, "a compassionate world is

a peaceful world."

Each of us lives our lives wondering what we can do to make a difference.

This is it!

Living full of compassion will affect you and those around you. This will affect the people around them and on and on.

All of the world's largest religions teach compassion.

Please join me at the next congregational meeting, this winter, to decide upon signing the Charter for Compassion as a congregation.

For me, this will be the first step in living out our lives acting with compassion first.

Peace,

— *Pastor Alicia*

<https://www.charterforcompassion.org/>
<https://www.youtube.com/watch?v=8idmgp4icq4>
http://www.syracuse.com/opinion/index.ssf/2016/11/help_make_central_new_york_a_compassionate_community_your_letters.html

New leaders assume roles in 2017

The New Year brings changes in leadership positions at UUMC.

Here are the new members of the following committees:

Staff-Parish Relations: Rosemary De-Hoog, chair; Jayne Humbert, John Hunt

Governing Board: Mind, Cynthia Steinem; Spirit, Ann Owens.

Trustees: Marjorie Carter, Danny Magowan, Bruce Simmons

Leadership Selection and Development: Mark Fullerton

Thank Ralph Best, then volunteer to usher

Ushering is an important part of our welcoming ministry and our worship. And it takes organization and recruitment to make it run smoothly.

One of the head ushers, Ralph Best, has stepped down from that position. Ralph always has a cheery smile and upbeat attitude and a gift in welcoming people. Please let him know that you appreciate all he did behind the scenes to help make worship go smoothly. He will be missed.

Ed Tillapaugh continues as a head usher and would welcome your volunteering to usher for a month or even a Sunday here and there.

Many contributions played part in successes of 2016



**Galyn
Murphy-
Stanley**

Like most folk I begin the New Year reflecting on the past year.

As I get older and busier many highlights are of the people and moments that have been significant.

I also focus on goals that are, hopefully, obtainable and reflective of the resources and people that will help me move through the upcoming year.

University United Methodist's Outreach Programs have been successful in a variety of ways in 2016.

Our largest service missions have seen steady growth. Although our need to provide a Food Pantry and a Community Breakfast is bittersweet, we strive to provide nutritionally dense, diverse meals/choices in a respectful, fair, empowering manner.

We are rewarded with relationships with local farmers and individuals who transport produce into our area.

"The Methodist Men of Fayetteville," Brownson Family Farms (Kirkville) and Owen Orchards (Weedsport) supply UUMC with all manner of produce for use in a wealth of UUMC efforts to feed Syracuse's people.

Picasso's Pastries (Westcott Street, Syracuse) and Bruegger's Bagels (Nottingham Road, Syracuse) enhance our offerings every week by donating bagels, breads and pastries.

The CNY Food Bank often gifts us quantities of items needing to move quickly, as well as free pallets of food when

federal or state monies are released.

The Diaper Bank of CNY has funneled thousands of diapers through our Outreach Program. Families' needs for diapers create an opportunity to meet new visitors.

With an accepting and non-judgmental attitude at UUMC, we are able to supply new friends with food, clothing, workshops, worship and a community that they didn't have before visiting us.

The Interreligious Food Consortium augments our offerings with wipes and formula.

Our Toiletry Closet has become an important mainstay to our Food Pantry. Operation Soap Dish, Hendricks Chapel and UUMC's congregation have been consistent donors filling this closet.

Genesee Cleaners (Cherry Street), Ten Tons of Love (First English Lutheran), one of SU's sororities and you all have made abundant donations to our clothing closet.

Gently used clothing is very important, especially for folk from the Visions for Change program who seek professional garments to ready themselves for job interviews.

The Finlayson-Schueler family has made ongoing donations of time, energy, labor and a van.

The Flynn-Hunt family remains our lead in our Thanksgiving bag giveaway mission, and Robert Simmons has organized our quarterly free haircuts and barber services.

Bob Foxenberg and Nicole Hagerty of DeWitt Styling Shop gift us with their time and skills.

Cornell Cooperative Extension and The CNY Food Bank continue to educate our guests and each other monthly on the best ways to feed ourselves and our families and how to use food resources.

Welch Terrace and Syracuse Grows continue to be our partners at the Near East Side Community Garden, where we work toward a vivacious communal space.

The Onondaga County Department of Health, Contact Community Services and Rite Aid Flu Clinic visit annually and offer ongoing support and services.

Our newest donor is orthodontist Joseph Catania (Lyndon Corners, Fayetteville), who provided winter outerwear and enough gifts for everyone on Christmas morning.

Alongside our other city UMCs and InterFaith Works we worked together in assisting to settle an Afghan family of five in Syracuse.

As I look forward to 2017, many of these relationships will be renewed, reinforced, augmented and fortified as political change is upon us.

This will certainly affect the national services available and will alter UUMC's Outreach ministry offerings to our friends, guests and neighbors.

UUMC's volunteers, my fellow staff members and our congregation are the energy to Outreach's machine. It takes all of us to create the substantial ministry that UUMC Outreach continues to become.

Happy New Year!

— Galyn Murphy-Stanley
Outreach Coordinator

People and Prayers

THANKS

On Sunday, December 18, a group of carolers from UUMC came to our home. They serenaded us with a wonderful medley of Christmas music and brought us a beautiful poinsettia plant.

Since we are both dealing with some continuing health issues and have been unable to attend church for several weeks, it was so gratifying to receive these expressions of care and concern from members of this supporting congregation.

Thank you for lifting our spirits with this thoughtful visit. May everyone receive the blessings of this season.

Warmly,
Jim & Betsy Wiggins

PRAYERS REQUESTED:

- For those in military service:
Jim Pettyjohn and Matt Fischer

Sunday, December 11

- **Peter:** For all people from every religious tradition who are praying right now for peace and justice.
- **Kathy Cleary:** Prayers for a joyous Christmas family dinner with Jim's kids and parents next weekend. Our first family dinner at our house.
- **Barb Weaver:** **Bob Weaver**
- **Alayah Green, Jim Bishop, Carus & Mary Olcott,** family of **Joey Storto**
- **Donna Ricci:** Bless the **Williams Family**
- **Alphonsina Muluta:** I pray that God bless me for everything.
- **Albertina:** I pray for all old people and orphans. Peace be with them forever.

- **Elise:** Prophet Jesus: I plead you to help me to focus on humility on your arrival
- **Erika:** **Maria Storto's family,** who lost their son, **Joey Storto; Barb and Bob Weaver**
- **Laurel Huff:** **Betty Wilcox.** She has been in ICU for two months.
- **Jim:** Continue leading me in the right direction as I am seeking a new career
- **Sherri Cullen:** **Dan Reed, Grace Antonio, Adelaide Ferranti**
- **Ellen Gale:** For the power of love and family.
- **Alanna:** **Rochelle King Dail, Margret Carr, Hatte King, Loretta Valentine, George Nichols, Willie Nichols, Bob Weaver, Doug Mackey**
- Please be with us. Give us hope this season. Hope to feel loved, hope that pain will be gone, hope to love all people we see.

Sunday, December 18

- **Barb Weaver:** **Bob Weaver, Alayah Green, Jim Bishop, Carus & Mary Olcott**
- **Donna Ricci:** May everyone have a Merry Christmas
- **Barbara Cook:** For my children and grandchildren
- **Elise:** Prophet Jesus: I am so thankful to your arrival on earth.
- **Don and Margo Koten:** Prayers for **Norma Goel.** She is recovering from a stroke
- **Angelo and Ebony Selmon:** No fear! Congratulations, Mom, on your new journey, May the love of God and your family cover and comfort you always. We are so proud of you!
- For the people of Aleppo

- For the government of North Carolina, that honesty and justice take precedence over manipulation
- Welcome home, **Ebony** and husband. Farewell and peace to **Connie.**

Sunday, January 1

- The family of **Helen Buss, Nelson Price's** sister, who died this week
- **Mike Rodda:** **John Fike**
- **Kathy:** Prayers for a more helpful, kind and peaceful world
- **Jeff:** For my girlfriend, who is having surgery on her thyroid this month. Also, pray that I have courage to continue my job search and get a job offer. Prayers for health of my father and stepmom
- **Peter:** For the family of **Stuart Williams,** who died Dec. 21, and their friends and loved ones, in their grief.
- **Ed and Lee Potter:** That we may know God's presence and discern our part in improving lives of people everywhere
- **Erika:** **Maria Storto and Family; Bob and Barb Weaver**
- **Frank Clish, Bob Weaver, Alayah Green**
- A peaceful and productive New Year
- **Family of Dorothy Hiney,** who died on Friday
- **Margo Koten:** For the family of **Donna Pair,** who died this past week
- **Robert:** Please let me know I am on the right path
- Happy New Year, Family. Stand by the Lord and allow his will to be of your spirit.
See **PEOPLE,** Page 5

People and Prayers

CONTINUED from Page 4

Sunday, January 8

- **Donna Ricci:** please pray for the **Williams** family.
- **Sherri Cullen:** Erik, Dan Reed, Adeline Ferrandi. Grace Antonio, Kathy Dewey, Gloria Goodison, Lisa Stephenson and Family
- **Rochelle Dail:** Loretta Valentine, Debbie Winfree
- **Asani Mauridi:** For God to help everyone with all things.
- **Jim Roser:** As of this Monday, I have found my career job. My prayers were answered.
- **Lynn and Kelly:** Prayers for **Deb and Greg** as they go through a difficult time in their life.
- **Jeff P.:** For world peace. Pray for my aging father and stepmom's continued health. Pray for my entire family, aunts, uncles, cousins and my girlfriend's health.
- **Morgan Mills:** **Stella** lost two teeth this weekend! Her first

ones ever and a prayer for **Dan** on his flight back from NYC today!

- **Mike Rodda:** Pastor Paul Bailey and the congregation of Eastwood Baptist Church in light of last week's tragedy.
- **Alphonsina:** That God blesses me for everything I am going to do in 2017.
- Safe travels as **Bob and Barb Weaver** travel to Florida Tuesday. They will miss everyone this winter and will return in May.
- **Alayah Green**
- Eastwood Baptist Nursery School.
- For family members who are experiencing difficult changes in their lives.
- For **Jenny Heymoss**, who is seriously ill in Kansas.

JOYS, THANKS AND PRAISE

Sunday, December 11

- **Sheila:** A joy! Our daughter got married (finally) last week
- **Dean Moyer:** A prayer of re-

joicing that we will be considering Rochelle's call to candidacy to United Methodist ministries.

- Thank you, Lord, for all. It's you who keeps and stays with me in spirit every day.

Sunday, December 18

- **Dale Fryer:** 16th birthday joy for my grandson **Braden Graham**
- Thank you for all the warm coats
- **Dean Moyer:** That we will with joy share the Sunday breakfast at 9 with the community for Christmas.

Sunday, January 1

- Praise God for another year, for our anniversary

Sunday, January 8

- **Jerome Weah:** Thanks be to God for bringing me back to the U.S. safely after a month visit to Africa
- Congrats to **Eva Cooper** and **Joeviet**. Both recently got married.

Altar Guild thanks dozens who decorated, delivered and caroled for Christmas

Members of the Altar Guild of UUMC want to thank volunteers who decorated the church for Christmas services, arranged poinsettias in the sanctuary, and/or delivered poinsettias or baked goods to homebound members and others associated with the congregation.

After the Christmas season, additional volunteers removed all decorations from the church.

Persons involved in these activities included: Steve Bacon and Bette Helwig, Tom and Carol Boll, Jerry and Barbara Cargo, Starke Donnally, Beth Drew, Melissa Faley, the Flynn family,

Barb and Delbert Gilbraith, Ernie and Bobbie Hemphill, Don and Margo Kotten, Marg McDivitt, Dean Moyer, Barbara Nunn, Lee Potter, Jackie Sadowski, Sharon Smith and Barb Weaver.

This year, some poinsettias were delivered to homebound members by a group of carolers. The carolers included Nathaniel Appleton, Marilyn Benedict, Ted and Jeanne Finlayson-Schueler, Dale Fryer, Barbara Nunn, Ann Owens, Angela Palmieri, Ed and Lee Potter and Pastor Alicia Wood.

Those receiving either the poinsettia or the baked goods

were: The Bruno Family, Thomas Christoff, Hilde Cooper, Dick Hunt, Ruth Houser, Mary Klepper, Dorothy Logan, Howard Long, Allen and Lois Lum, Jo-Ann May, Lois McTarnaghan, Carol Moyer, Eddie Nunn, Tom Owens, Martha and William Potter, Don Steenberg, Bob Weaver, Jim and Betsy Wiggins, Ben Wiles Jr., Mary Wilson and Ed and Joanne Zinsmeister-Yarwood.

A flower was given to Martha Sutter as a thank you for her outstanding musical contributions to the church.

— *Bobbie Hemphill*

Finance Corner

Pledging Update

2016 total pledges: \$179,649
 Paid to date: \$174,564
 Non-pledge contr.: \$25,124
 Prepaid 2017 pledges: \$28,366

2017 Total pledges \$184,752
 2017 Matching funds \$7,000
 Grand Total \$191,752

This Grand Total includes \$26,154 in new pledges. These pledges are from 14 new members and those who did not pledge in 2016.



University United
Methodist Church

Feed My People: Body, Mind, and Spirit

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Dated material

WEEK OF JANUARY 15

Sunday the 15th

10 a.m. Sunday School, K-12, Pettengill Ctr.

10 a.m. Hot Topics, Chappell Rm

11 a.m. Worship, Pastor Wood

11:15 a.m. Sunday School for adults with disabilities

12:15 p.m. Fellowship, Gathering Room

12:30 p.m. Soup & Sermon Chat, Chappell Rm

Monday the 16th

Office Closed—Rev. Martin Luther King Jr. Day

Tuesday the 17th

5 p.m. Governing Board

6 p.m. Food Pantry

Wednesday the 18th

9:30 a.m. Staff Meeting

Thursday the 19th

6 p.m. Staff-Parish Relations Committee

7:30 p.m. Senior Choir

Friday the 20th

8 a.m.—3 p.m. Sanctuary open for meditation, prayer

10 a.m. Friday Community

12:30 p.m. “Half Truths” book study, Chappell Room

6:30 p.m. Reclaiming the Common Good

Saturday the 21st

Noon Game Day: SU vs. Notre Dame, Pettengill Cntr

WEEK OF JANUARY 22

Sunday the 22nd

9 a.m. Community Breakfast, Fellowship Hall

10 a.m. Sunday School, K-12, Pettengill Ctr.

10 a.m. Hot Topics, Chappell Rm

11 a.m. Worship, Pastor Wood

11:15 a.m. Sunday School for adults with disabilities

12:15 p.m. Fellowship, Gathering Room

12:30 p.m. Soup & Sermon Chat, Chappell Rm

Monday the 23rd

7 p.m. Handbell Choir

Wednesday the 25th

9:30 a.m. Staff Meeting

Thursday the 26th

7:30 p.m. Senior Choir

Friday the 27th

10 a.m. Friday Community

12:30 p.m. “Half Truths” book study, Chappell Room

WEEK OF JANUARY 29

Sunday the 29th

10 a.m. Sunday School, K-12, Pettengill Ctr.

10 a.m. Hot Topics, Chappell Rm

11 a.m. Worship, Pastor Wood

11:15 a.m. Sunday School for adults with disabilities

12:15 p.m. Fellowship, Gathering Room

12:30 p.m. Soup & Sermon Chat, Chappell Rm

Wednesday the 1st

9:30 a.m. Staff Meeting

Thursday the 2nd

7:30 p.m. Senior Choir

Friday the 3rd

10 a.m. Friday Community

12:30 p.m. “Half Truths” book study, Chappell Room

Women's Guild Meeting

The Guild's next meeting is Jan. 25 at 1:30 p.m. in the Chappell Room at the church.

Janet Sciscioli and Elsie Olivio are co-hostesses.

Vito and Janet will present the program: “Daze in Spain.”

Altar Flowers

The red and white poinsettias were given by the Altar Guild.

The red poinsettias were given to homebound members and friends. The white poinsettias were given in honor and memory of loved ones. They were given

after the Jan. 1 service to those in attendance.

Altar flowers were given by Bob and Ginny Dewey in memory of loved ones.

Flowers were given to Jerry Cargo and Eva Cooper and delivered by Don and Margo Kotten.

Christmas Pageant Rehearsal

Dec. 17, 2016

2 photos





Neighborhood Christmas Dinner

Dec. 19, 2016

11 photos









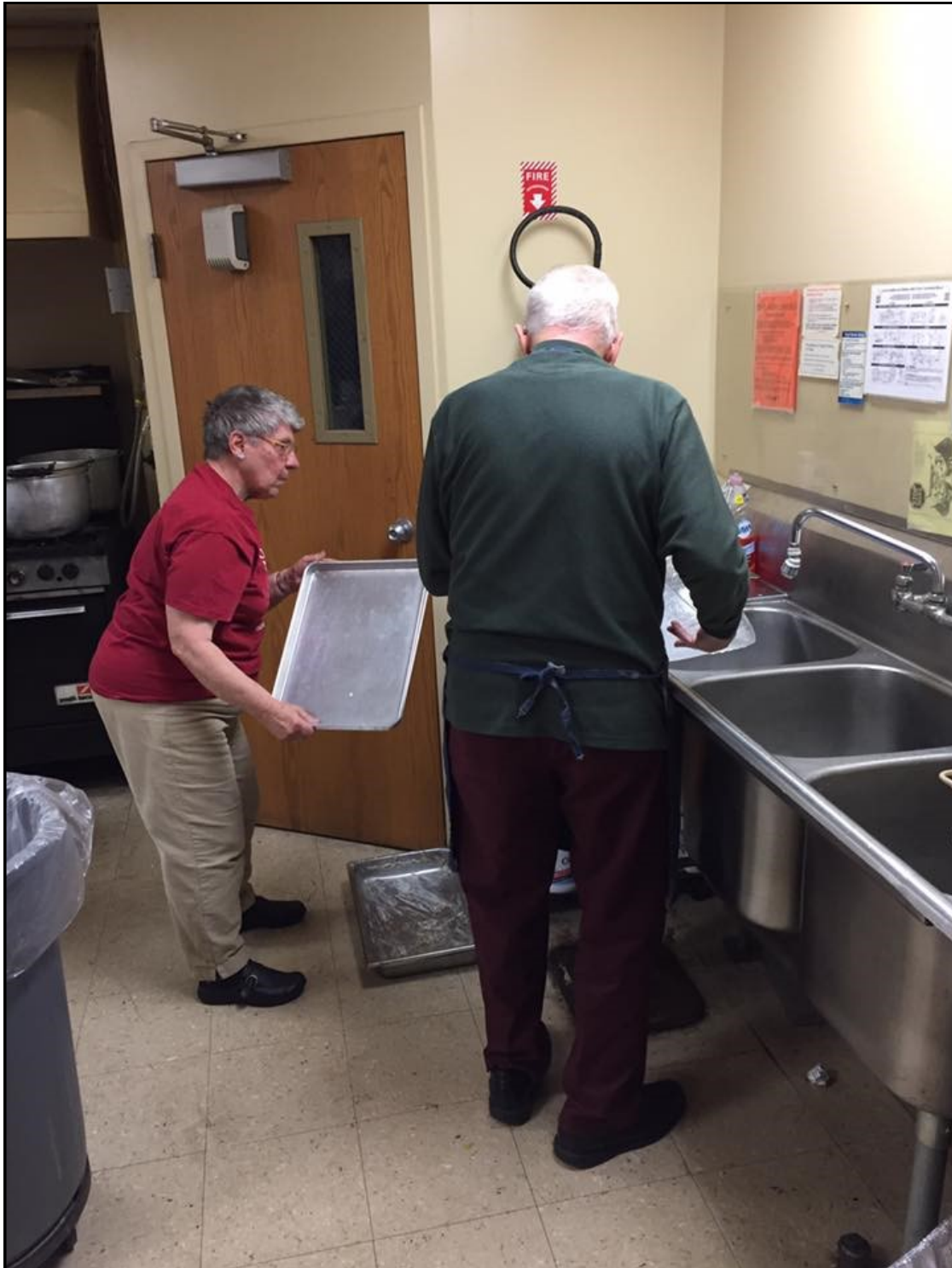














Christmas Pageant

Dec. 24, 2016

20 photos











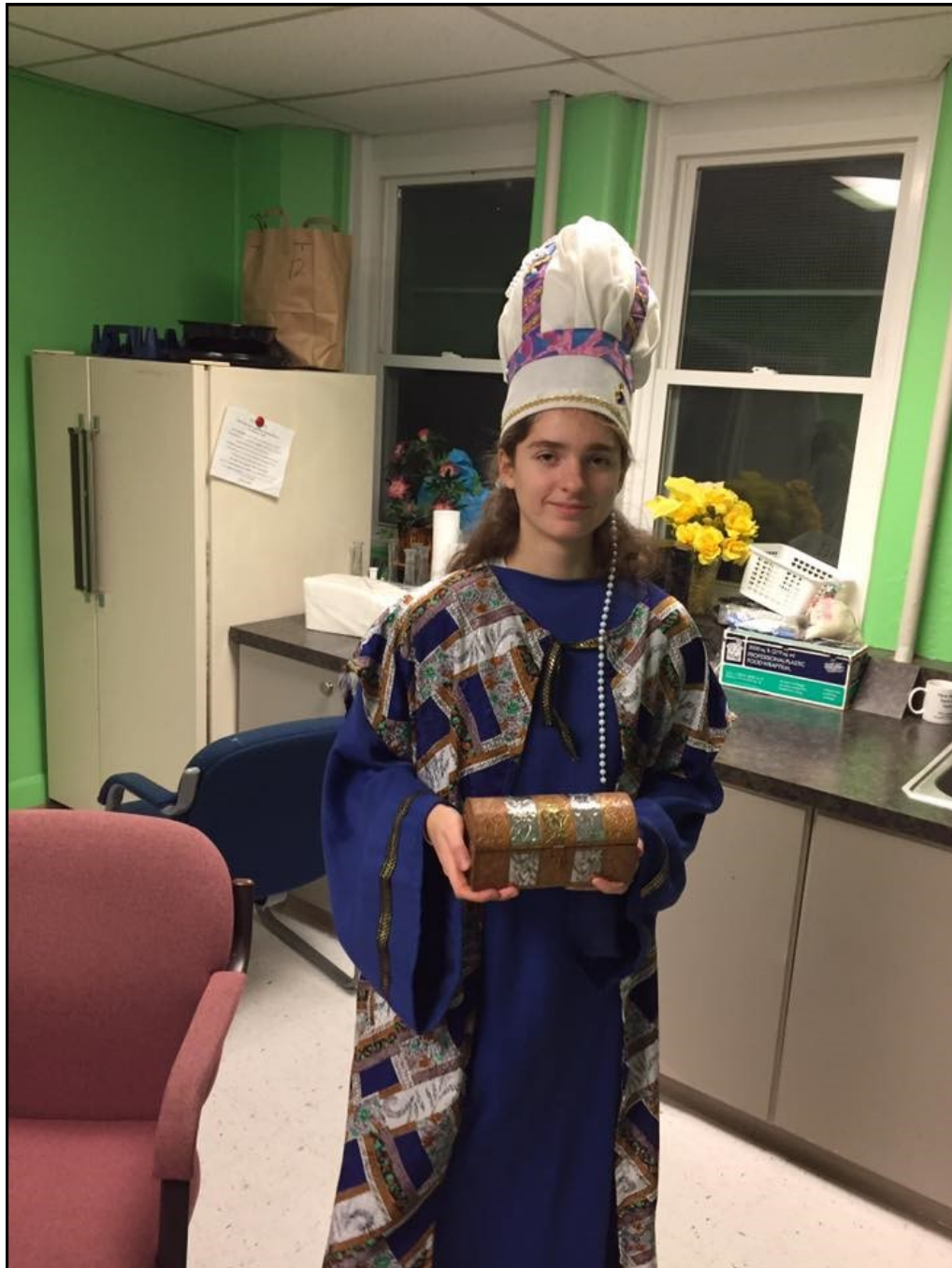






























Christmas Day Breakfast, Service

Dec. 25, 2016

8 photos

