Two roving listeners are discovering the gifts our neighbors have to offer

Based on the model the Rev. Mike Mather offered at a workshop here June 13, UUMC has employed two “roving listeners” to speak to people in our neighborhood and find out about them.

Mather, from Broadway United Methodist Church in Indianapolis, Ind., said churches usually operate a need-based ministry, finding out “how poor” people are or what they lack and then meeting those needs.

He called his church’s new approach “asset-based” ministry.

Our two roving listeners are Derrick Johnson, who lives on Ashworth Place adjacent to our parking lot, and Lori Wyman, a regular attendee from Clay.

As stated in their training: “The purpose of our roving listeners is to find the God-given gifts that already exist in our neighborhood so that we (the church) can empower them to use those gifts to their fullest extent through loving support, use of space and celebrations.”

Here are the questions Lori and Derrick ask:
- What 3 things do you do well enough that you could teach others how to do them?
- What 3 things would you like to learn?
- Who, besides God and me, is going with you along the way?
- Who will be with you as you teach and learn?
- Can I contact you if I find others in the neighborhood who would like to learn from you or want to teach something you are

New member Doug Randall plays guitar

Doug Randall grew up in South Onondaga and went to Onondaga Central Schools. He has an associate degree from Onondaga Community College, a bachelor’s in psychology from Buffalo State College and a master’s in counseling from Northeastern University.

His work history includes academic adviser at Boston University, career counselor at Northeastern and cooperative learning adviser at Suffolk University. His next goal is to become an English as a second language teacher. He currently is an ESL volunteer tutor at JOBS Plus.

A musician, Doug plays the guitar and writes original songs. For the past 15 years he’s been on the
From our pastor...

New routine in your life? Be sure to make time for God

As we enter what many consider the start of a new year or new adventure, I can’t help but think about the beginning of a new routine.

Each late August or early September I have had to start a new schedule since I was 5. My life was scheduled around either my school schedule or my daughter’s school schedule.

This August my schedule will be a little different because it is more about letting go than making all the activities and appointments fit.

On my own, since I am a widow, on Aug. 21, I will drop my only child, AnnMarie, off at college. I am so proud of her and know she will do so well. She is more than ready for this experience.

So, this August my schedule will once again shift. (I may get a puppy. Please don’t judge me. LOL)

In these times of change we must never forget to schedule our time with God. New routines and new schedules must always somehow include God in a way that works for the individual and the family.

In the past three years, I have, out of necessity, been creative in finding my time with God, to argue, question and to thank God. I have also needed this time to recharge my batteries.

On my drive to and from Boston each week I would listen to a Christian music station for one to two hours on my car radio. I found this time essential for re-energizing and preparing my soul.

My daily devotional time was spent on the subway to and from class. It wasn’t as quiet as one might like, but it worked with my busy schedule.

A friend shared the name of a wonderful app that I put on my smart phone and tablet with daily devotions called d365. This app stretched yet focused me daily as I commuted. It was a lovely way to spend time with God and God’s people on the subway.

I know that my odd schedule may not work for everyone. It probably worked only for me!

The important thing to remember is to intentionally make time for and to schedule your time with God.

The truth is our lives change many times not because of school schedules but because of all kinds of things such as career choices, kids, love, death and health, whether it be ourselves, family members or friends.

Life is continuing to shift and change us so that we have new routines just when we get used to the current routine. And yet, one thing remains constant: God. Make time for God.

Sometimes we try to hide from God even though God can handle our questions, our anger and our gratitude. God remains constant in loving us through it all.

So, today, please tell God I said, “Hi.”

— Pastor Alicia

UUMC could be used for classes; church is applying for another grant

CONTINUED from Page 1

interested in?

They also will be speaking to people at the Sunday breakfasts and Friday Community.

Lori and Derrick had talked to about three dozen people in the first week and already found a match.

A woman who felt trapped in her home by circumstances and desperately wanted someone to play tennis with was paired with a UUMC member who’s an avid tennis player.

The church is available for classes or workshops or groups if they would like to use it.

If someone teaches a class, we will charge $5 to $10 per person, with the teacher getting the money.

Lori and Derrick are employed for about six to 10 weeks through a 2014-15 Spiritual Leadership Grant from the UNY Conference. UUMC is applying for another grant to extend this effort further.

Derrick said UUMC members should answer the questions because they may be able to teach or take a class.
Empowering our guests with great food choices, recipes

My son, Devin, has found this page on Instagram, a social media site, titled “unprocess your foods.”

The site is full of recipes that are organically based, largely vegetarian and full of raw ingredients that are very basic (hence “unprocessed”).

This afternoon, I received my son’s latest creation: “no-bake cookies.” Aesthetically, it was not the most pleasing, nor was the texture. However, it was delicious.

Devin watched carefully as I laid into my treat. With great delight he knocked off the ingredient list (all organic, non-processed, even one or two items from our garden).

Apparently, I could consume several cookies in a day with no ill effect, I was told through Devin’s full mouth of cookie.

My daughter Brynn keeps a recipe book with her collection of recipes. Brynn made us maple syrup, peach cupcakes the other evening for dessert.

Again, aesthetically not the winner of the ball but a wonderful finish to our meal.

Full of peaches she asked to buy at our Regional Market and syrup from the sugar shack in Adams, N.Y., the cupcakes were a delight.

As I devoured my cake Brynn reminded me of our purchase of the syrup made with a visiting cousin who was stunned at the huge bottles of syrup (the cousin is not from the Northeast).

My daughter Aydan has decided that Greek yogurt, being the superfood that it is, needs to be incorporated into every food that enters her mouth.

For her summer reading she has chosen a cookbook full of Greek yogurt recipes. She creates amazing smoothies full of fruit and our garden’s herbs that she shares while educating us of the benefits of consuming Greek yogurt multiple times a day.

Did I mention my kids are 12, 14 and 17 years old?

As I proudly consume all of the food my children create and listen to all of their stories about what was made, how it was made or the ingredients within, I watch them beaming from head to toe as they’re thrilled with the product made and the great satisfaction of meeting a family need in the healthiest way possible.

It reminds me of our pantry guests who also strive toward this goal: the goal of satisfying a hunger, of finding and creating a solution, of being able to relish that you took care of another’s need and made them comfortable for that moment.

A goal so very fundamental yet amazingly powerful on many levels.

As we head into CNY’s harvest season we are increasing our efforts to have fresh produce available to our guests.

Kathy Quinn of Welch Terrace collects ripe produce and brings it to UUMC from our community garden on Friday mornings, fresh from the garden, ready for pantry guests.

A Food Bank workshop Friday educated folk on spending coupons they received for produce purchases at Tuesday’s Downtown market.

Additionally, Cornell’s Cooperative Extension is presenting two demonstrations each month on nutritional education and good food choices.

Recognizing that everyone wants to eat and provide the best food they can for their families and themselves, we work toward empowering our guests with great food choices, recipes and education so everyone can feel the basic satisfaction of feeding themselves and one another great food.

— Galyn Murphy-Stanley
Outreach Coordinator
PRAYERS REQUESTED:

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

**Sunday, July 26**

- Elise: Prophet Jesus, praise you for your progressive healing my mom of pneumonia!
- Peter: For the family of Herbert Swords, brother of John Swords (and my uncle) who died July 10.
- Shirley Miller: Please pray for the family of Frank Scales, who recently died.
- Guidance in finding love, joy, peace on life’s journey.
- We give thanks for love and wedding and God’s beautiful earth.
- For all children who will be going to camp. For traveling mercies and protection.

**Sunday, August 9**

- John: To welcome my cousin Jeff and Ann to this church for the first time here.
- Peter: For a colleague whose partner is facing end of life issues, and for their children.
- Robert James: Prayers for Blanche Rainbow and family who recently entered heaven with her parents and son Peter.
- Robert: Prayer for Cecil the lion and his family.
- Prayers for Genn Thuma after a recent heart attack.
- Prayers for Helena and her family, (friends of the Flynn’s) as they struggle with Helena’s medical issues.
- For all who are underemployed and wanting to use and share God’s gifts.

**Sunday, August 16**

- John: I hope everyone has a great week.
- Josephine: God should be with my baby to be all right in my stomach.
- Robert: May we all use the gifts that God has given us.
- For schools having difficulties with Albany
- Prayers for Genn Thuma to heal at the Fahey Building from a heart attack
- Pray that all test results come back with good news on Aug. 21
- Prayers for Pastor Scott Hallman of the Westside Community Church, who was recently diagnosed with prostate cancer.

**BIRTHS**

- Prayers of joy for the birth of Lola O'Neill.
- Elisa Sciscioli and Rusty Keeler welcome the arrival of Levi Vito Keeler, born Aug. 13. He joins brother, JJ. Grandparents are Vito and Janet Sciscioli and Rus and Linda Keeler.

**THANKS & PRAISE**

**Sunday, July 26**

- Joy that all Eva’s children are here. Welcome Alphonso, (who goes by Devine), Joviet and Joel.
- For the reunion of our family. Special thanks to the church.
- Dear God, thank you for all our gifts.

**Sunday, August 2**

- Great to see Harry back.
- I have a new great grandson, George William Soufleris.
- Thanks be to God. Allan Humbert came home from rehab last week.
- Thank God for all he has done in the life of my family.
- Thank you, God, for all you do for me and my family.

**Sunday, August 9**

- Praise God! My brother is home and healing from heart surgery. Thank you for your prayers.

**Sunday, August 16**

See PEOPLE, Page 5
CONTINUED from Page 4

- Welcome to Matthew Upcraft and big brother, Jacob Upcraft, children of Kevin & Corrine Upcraft.
- Thanks for resolving the problems with my family.

**CARE AND SHARE MINISTRY ASKS PRAYERS FOR:**

- Sept. 6: Edwin Potter, Lee Potter, Karen Quick
- Sept. 13: Linda Ricci, Matt Rokahr, Ramon Rolle
- Sept. 20: James Rodriguez, Angela Gaige, Julia Rodriguez, Edith Rodriguez
- Sept. 27: Martha Sutter, David Ross, Julia Ross

**September birthdays**

5 – Sharon Huard
8 – Martha Potter, Sarah Lund, Noel Sommers, Joshua DeHoog
11 – Eva Jah
14 – Oliver Oninnen, Aidan Mountain
15 – David Magowan
16 – Robert Morris Sr.
17 – Patrick Hyland, Bill Potter
22 – Ray Sturge
23 – Dithole Thebe
26 – Memory Mungure
27 – Jimmy Chen
28 – Kristofer Alestalo
29 – Deborah Borenstein

**New Picture Directory**

A new picture directory will be published soon. Please check your entry for accuracy in the copy in the Narthex or in the Peale entrance. Put a check by your name if all information is correct. Please correct or add any information directly on the copy. We will consolidate the two copies.

Rita Soufleris, other Communion volunteers, deserve our gratitude

She’s bought the bread, then gently cut or broken it into small pieces. She’s purchased juice and carefully poured it into small cups. She’s carefully arranged these elements on silver trays and placed them reverently on the altar. And she’s done this sacred ministry month after month, at least 240 times.

We at UUMC owe a great thanks to Rita Soufleris, who has been the lead Communion steward for more than 20 years. It has been an important ministry to all members and constituents.

We also thank Cheryl Brown, who was a recruiter of servers for several years.

Jill Sarkodie-Mensah has assisted Rita with the Communion preparation and clean-up for many years and has agreed to continue. She’ll join Bette Helwig, who is now the lead Communion steward.

If you see any of these women, please thank them for their service.

-- Barbara Fought,
Spirit Chair

**Check Your Nametag**

Please check in at the Peale entrance to locate your nametag. It is helpful with a new pastor and visitors to wear one. If yours is missing, a new one will be available the next Sunday. We would like suggestions for a more convenient system to display and store the nametags. Any ideas? Contact Lee Potter, Nelson Price or Barbara Cargo.
**Finance Corner**

**Pledging Update**
- 2015 total pledges: $210,572
- Paid to date: $127,176
- Non-pledge contr.: $18,817

**Sounds of the Spirit Visual Fund**
- Donations received: $79,519
- Expenses paid: $75,901
- Current balance: $3,618

**ALTAR FLOWERS** were given:
- by Rita and George Soufleris in memory and honor of loved ones
- by Ed and Lee Potter in memory of Aunt Mina Rathbun
- by Marjorie Carter in honor of everyone celebrating an August birthday
- by Carrie and John Hunt in memory of Carrie’s brother, John Edwin Kittell

Flowers were given to Dean Moyer, Nancy Nevin, Genn Thuma, Rebekah Grella, Harry Miller, Barbara Fought and Diane Tarbell.

Flowers were delivered by Barb Cargo, Marjorie Carter, Lee Potter and Bobbie and Ernie Hemphill.

Doug sought an urban church

CONTINUED from Page 1

board of The Folkus Project of Central New York, a nonprofit, community arts organization presenting folk and acoustic music in Syracuse.

Doug, who lives in Syracuse, grew up attending Cedarvale United Methodist Church. His mother and two brothers live in the Syracuse area.

He began attending UUMC because he was looking for an urban church and said he felt a connection to the church and found the congregation warm and welcoming.

Several people who answered the spirituality survey last year said they’d like to participate in a monthly worship and nature event.

In May, UUMC organized a group to take meditative walks through Sycamore Hill Gardens in Marcellus. We then talked about how nature infuses our faith.

We have another opportunity to go to these family gardens on Sept. 27 after church until 4 p.m.

Sycamore Hill Gardens is a beautiful oasis of 40 acres with flowers, trees, diverse statuary and ponds.

The family opens the gardens only a few times a year for selected nonprofit groups as a fundraiser. This September Sunday the event is hosted by The Centers for Peace and Justice.

If you’re interested in attending, please see Lori Wyman or Barbara Fought or email bcfought@syr.edu.

Sycamore Hill Gardens open once again for walks Sept. 27
Community Breakfast  Aug. 9, 2015

Sophie stirs the grits.
Colleen stirs the pancake batter
Josh piles up the pancakes.
Vito cleans the stovetop.
Sophie scrapes the potatoes as Starke holds the hot sheet.
A monster pancake that takes up nearly the whole griddle.
Ready to serve grits and pancakes.
Jesus, the Bread of Life, symbolized by bread from around the world.
Youngsters get a chance to sample the bread during Blessing of the Children.
Wind chimes blown by fans in the sanctuary help illustrate our theme for the summer, which is Listening.
Pastor Alicia with Ed and Lee at the Syracuse Peace Council’s procession marking the 70th anniversary of the use of nuclear weapons by the U.S. in World War II.
The UUMC Garden Group, working Saturday mornings, has cleaned out a lot of overgrowth in our front property.
A group of 11 Hamilton College students touring theaters in CNY is staying two nights in our building (Aug. 19 and 20). They saw the Landmark Theatre today.