

May Worship

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Sunday, May 1, 10:30 am
May Day

Rev. Margret A. O'Neill

Music: Society and Junior Choirs and Bill Flanagan, hammered dulcimer. With assistance from David Barnert, concertina, Lee Danielson, alto recorder and David Bebe, cello.

The first day of May honors an ancient northern hemisphere spring festival in many cultures, with dances, singing, and cake. Join us for a frolic of words and music, as the children join us for the last part of the service with a festive dancing of the Maypole! There will even be cake to celebrate the successful completion of the annual pledge drive!

Sunday, May 8, 10:30 am
Kids These Days!

The UUSS Coming of Age Class

So what is it about kids these days?? Coming of Age is the ritual we provide as our 8th and 9th Graders step across the threshold into their adult perspectives on the true nature of the universe, sharing their insights into the meaning of life through word, music, art and movement.

Sunday, May 15, 10:30 am

Stock Photos: How We See Ourselves & How Others See Us

The UUSS Senior Youth Group

The time has come to welcome the graduating seniors of the senior youth group into our community as young adults. Please join us for this very special service where members of our senior youth group explore themes of letting go, facing challenges, adventure, and finding their own way.

Sunday, May 22, 10:30 am

Risk and Reward

Rev. Margret A. O'Neill and Julie Rigano, DLRE

Music: Polina DeCarlo, piano

Humans share the difficult gift of a complex emotional life, with a mixture of confidence and anxiety, certainty and fear, pain and comfort. There is risk in acknowledging our emotional struggles, as well as the rich gifts of learning through our challenges, and our supportive embrace of one another in all our diversity. In this service we welcome our newest members of the congregation.

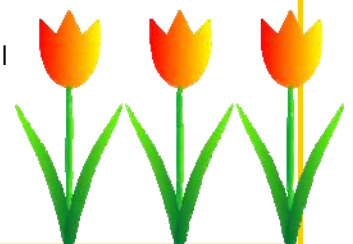
Sunday, May 29, 10:30 am

Healing Moral Injury

Rev. Sam Trumbore

Music: Leah Kidwell-Fernandes, harp

One very difficult part of fighting a war is intentionally or unintentionally violating one's conscience. This sacrifice of moral integrity wounds the soul in ways that may be apparent only once the soldier returns home.



CIRCLES



Rev. Dr. Margret A. O'Neill,
Interim Minister

MARGRET'S MUSINGS

Bridges

Bridges are on my mind these days: bridges and their crossings. Perhaps it is the approach of the Bridging Ceremony in which we send our graduating seniors from the embrace of our Youth Group out into the world with our blessing; perhaps it is the transformation I see in our Coming of Agers as they step out into the new terrain of their adult faith identities; or perhaps it is that I am more often these days crossing the bridge across our fountain plaza on my way over to the Waters House section of our church campus.

A bridge connects two sides of a river or roadway or a ravine; a bridge creates the pathway between where we are and where we choose to go. Old and new, past and future, actual and imagined – who we have been and who we might become are always connected by a metaphorical or actual bridge.

Author Robert Quinn, one of those inspiring folks who thinks about life in ways that challenge our old paradigms, uses the metaphor of “building the bridge as you walk on it.” Quinn uses the term to describe a new kind of leadership that creates productive and transformative human organizations – organizations that help their members to live into their passions and skills that transform both individual lives and the world around them. “Real leadership,” he says, “is about moving forward in faith, and it requires both head and heart.” [Quinn, Robert E. (2011). *Building the Bridge As You Walk On It: A Guide for Leading Change*]

It is so easy for the various parts of a large church community to create “silos” that separate us into isolated tribes – whether it be by gender or age,

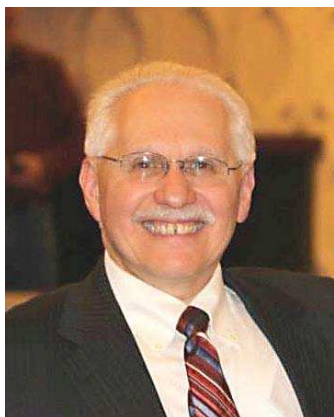
theology, interests, stage of family life – that we will all benefit by creating intentional bridges. This can give us a way to connect across our ravines, so that we may experience the richness of all our diversities.

I am excited about one new bridge that is being created as we walk on it, the Vespers/Shared Meal initiative that has emerged from the newly created Events Team. After one or two “field tests” this spring, it will be offered starting in the fall as a monthly Saturday night gathering with a seasonal theme. The Vespers uses a brief and engaging worship format that may look familiar to our youth and young adults, since it is modeled on the worship that is created in Youth Cons. This is followed by a potluck meal – and, if the April experience is any indicator, it might become your favorite meal of the month, since we have so many great culinary artists in this congregation! My hope is that this will become a cherished community event that gathers in our youth, young adults, middlers and elders; singles and families, Union College students and anyone who is yearning for connection and a great meal in good company.

And so we step out into the new, creating bridges to bring us together and to help us grow –as the adventure continues, as always, I look forward to seeing you in church!

Margret





*John Reschovsky
Board of Trustees President*

PRESIDENT'S COLUMN

Big Changes in our Denomination

For many of us, our identity as a UU is tied so much more strongly to our own congregation than it is to the wider movement. I recall some thirty years ago, when we moved from Schenectady to Framingham, MA, we first visited the local UU church. It felt very foreign to me. Did you know that UU churches in New England don't have round sanctuaries and they have steeples rather than domes on their roofs? How strange!

But then, as we recited the Bond of Union, I discovered that the words were the same as we used in Schenectady. It was a transformational moment; I really felt, for the first time, that I was part of a denomination, not just a congregation.

A few weeks ago, I attended the St. Lawrence District (SLD) Assembly and found the experience to be very uplifting. First and foremost, our own Reverend Margret did us proud, delivering the Gould Discourse, lecturing to the Assembly on Transformation, a theme, as we know well, that is central to Margret's role as an interim Minister—and a theme that was central to this particular District Assembly meeting.

That is because, at the District Business Meeting that followed Margret's lecture, SLD voted to dissolve itself. This move was part of the broader movement within the UUA toward "regionalization." This means the UUA's 19 districts, first organized in the 1960s—each with their own governing board, bylaws, and budget—are moving to organize themselves into five regions. We are now part of the Central Eastern Regional Group (CERG), covering New York, New Jersey,

Pennsylvania, Ohio, West Virginia Delaware, DC and Maryland. The move is intended to streamline governance, leverage staff more effectively and better serve congregations.

I have always sensed that there is some element of congregational distrust toward the UUA. After all, the concept of Congregational Polity is part of our UU heritage – our congregations act independently. But as keynote speaker Reverend Sue Phillips so eloquently stated, our covenant of **interdependence** that bonds our congregations is so much more powerful than our congregational polity. We truly are a denomination. When you attend workshops at a District Assembly, when our youth attend "cons" and when we hold joint CRUUNY services, we particularly feel those bonds of interdependence. For me, that bond is stronger than it has ever been. I hope it is for you as well.

Peace,

John

Mission

*Connecting in spiritual community, we
celebrate life with joy
grow in compassion
create justice*

Vision

*We will boldly live our Unitarian Universalist Principles,
within our church
and in service to the larger community
We will nurture mind and spirit
through lifelong learning,
engagement and growth
We will create a community that welcomes,
embraces and supports all
We will worship in ways that comfort,
Inspire and challenge*

CIRCLES

MAY 15TH

Please plan to attend the annual meeting, which will be held on Sunday, May 15th after the service. The meeting will include a vote on the budget and election of officers. Childcare will be provided.



COME DANCE AROUND THE MAYPOLE MAY 1ST!

On May 1st, Religious Education classes will end early at 11:15am so children and youth can join the rest of the congregation in the Great Hall to dance around the Maypole to celebrate May Day!



A LITTLE SPRING CLEANING

Please peek in the front hall closet and take home any clothing or kitchen ware that might be yours. All remaining articles will be on display at our annual meeting May 15th, then offered to Family Promise!

UUS PHILOSOPHY GROUP



The Philosophy Group has chosen a new book entitled *Philosophy for Life and Other Dangerous Situations* by Jules Evans. We meet every Wednesday from 10:00 - 11:30am in the Emerson Room. New members are always welcome. If you have any questions, call or write Michael Foster at 382-5982 or mfoster9@nycap.rr.com.



COFFEE, CRULLERS & CONVERSATION!

Yes, CC&C will be held every Sunday in May! However, there are, at present no scheduled speakers. So, come at 9:30am on Sunday and follow the scent of fresh brewed coffee to the Emerson or the Fireplace room. There will be coffee. There will be crullers. But, if you want conversation, you will have to bring that. Are you up to it?

SUNDAY MORNING YOGA AND MEDITATION!

"Every body" is welcome to relax and stretch at Guided Yoga with Mati every Sunday morning from 8:00-9:15am in the Emerson Room. On the 2nd and 4th Sundays, Mati leads Guided Mindfulness Meditation in the Emerson Room at 9:30am. This 20 minute seated meditation is followed by a period to share experiences and ask questions. For more information contact Mati at mihackett@nycap.rr.com.



COMING THIS FALL!

In addition to Guided Yoga Flow class, held every Sunday at 8:00am in the Emerson Room, and Guided Mindfulness Meditation held every 2nd and 4th Sunday at 9:30am in the Emerson Room (20-minute seated meditation followed by a period of sharing experiences), Mati will be offering **CHAIR YOGA** every 5th Sunday, beginning October 30th! More details to follow.



ADULT PROGRAMS COUNCIL

Mark your calendar for our Annual Adult Programs Council Picnic to be held on our patio on June 12th! Details to follow.





There are lots of exciting things going on in the church these days that would benefit from the skills and passions of our members – and we don't always know all those skills and passions, and those with the skills might not know what is helpful. As we move into a responsive Teams approach, there is plenty of flexible space for getting involved with or without long-term commitment, in ways that fit your schedule and desires. Right now,

- Are you a musician yearning for a creative outlet? The monthly Vespers service might have the place for you.
- Do you love event planning? The Events Team is flexible and connected.
- Fascinated by best practices in organizational risk management? We are looking to create a Safety Team that will take the lead on everything from fire drills to intruder response.
- Love to teach and lead discussions? We can always use teachers and advisors for child/youth Religious Education, as well as facilitators for our Adult Faith Development courses.
- Want to give others the great experience you had when you entered this church? The Membership Team has a wealth of opportunities to be involved.

And the list goes on and on. Talk to Rev. Margret or to Julie Rigano if you see something that interests you here – or if your interest is not listed, but could be!



UU Wellspring is a course in spiritual deepening designed specifically for UUs! In this intentional 10-month program, participants study the history of Unitarian Universalism and explore spiritual questions in a small group setting. Five interconnected components serve as guideposts: commitment to a daily spiritual practice, monthly spiritual direction, meetings twice a month, readings, and putting faith into action. Honor the voice of your inner teacher as you reflect on life's biggest questions. To find out more, contact Rosemary Bishop at rosybishop23@gmail.com or 339-7814.

RELIGIOUS EDUCATION 2016-2017!



We will be opening registration for next year's religious education classes in the spring this year! Keep an eye out for announcements about open registration and next year's religious education offerings in Circuits and in the RE Newsletter. To discuss next year's religious education program, volunteer to be a teacher, or ask about registration, please email Julie Rigano, Director of Lifespan Religious Education, at juliethedre@gmail.com.

THE PLEDGE DRIVE IS GOING GREAT, BUT IT IS NOT OVER YET.

Thank You to everyone who has turned in their Pledge Card.

We are coming to the end of the Pledge Drive and we have reached 75% of our financial goal. But there are still more than one hundred pledges outstanding. For the Board of Trustees to build a budget with confidence, we need to receive more pledges.



There is much good work to be funded in 2016-17 so please turn in your pledge card promptly and please be generous.

If you have misplaced your pledge card, email Susan at uuadmin@nycap.rr.com or call her in the church office at 374-4446 and we'll get a new card to you quickly.

Thanks again!



CIRCLES

GREEN SANCTUARY & CLIMATE JUSTICE



Demand a moratorium on petroleum-based infrastructure! Reform criminal justice-Black-Lives Matter! Oppose the education tax credit! Come to the legislative office building in Albany on May 9th from 9:30-3:30 to lobby our state legislators with Interfaith Impact. Training is

provided and you do not need to carry a discussion. Just contribute what you feel comfortable with. The more people the better. Contact Paula Shaw at georgeandpaula@verizon.net about registration and car pooling.

Break Free from Fossil Fuels: Like the above lobby action day, this is also a demonstration against further development of fossil fuel infrastructure. Some of us went by bus to participate in the big People's Climate March in September 2014. Well, guess what? In 2016 the big climate action is right in our own backyard! People from the Northeast are coming to Albany! Because of its location, Albany is a hub of fossil fuel infrastructure. May 11-13 there will be training sessions for those who choose to participate in civil disobedience at the Saturday event. Most of us will probably choose to participate in the support rally, which will be in the afternoon. (Time TBA) This is part of an international week of climate action, organized through 350.org, Bill McKibben's organization. For more information go to: <http://www.albany2016.org/>

Radical Hope in the Face of Climate Change: Rev. Fred Small opened his sermon with a story about setting a hedge on fire when he was four years old. When a glass of water wasn't sufficient to put it out, his mother came to the rescue by calling the Fire Department. This is a metaphor for what has happened to our Earth with rampant fossil fuel development, but so far we haven't found the fire company that can put it out. In the 1960s when our awareness of climate change began to grow, we could have dealt with an 80% reduction by 2050. Unfortunately we can't accomplish now what we could have then. Our hope at this point is to avoid the most dire consequences. The sea levels have risen and there have is the loss of glaciers and Arctic sea ice, along with the loss of species and the spread of disease vectors already happening. We can hope to minimize these consequences by being more proactive in our efforts to cut carbon emissions. We need to reduce fossil fuel production as well as its use, replacing them with sustainable sources of energy. Changing a light bulb is good; changing a Senator is better.

EARTH CIRCLES - FULL MOON DRUM
SATURDAY, MAY 21, 7-8 PM

In the Great Hall or outside around the firepit in the Garden at the Unitarian Universalist Society of Schenectady, 1221 Wendell Avenue.

Something magical happens when people gather around a fire and drum under the sky. Come and celebrate the Full Moon and (hopefully) the return of good weather around the firepit in the garden behind UUSS. Bring drums, friends and a small snack to share. If the weather does not cooperate, we will be under the dome.

EN PLEIN AIR - ART OUTSIDE
WITH EARTH CIRCLES AND ECOS

Around the area starting in May. Here for more info: <http://goo.gl/tWggvf>. Sign-up by emailing ArtOutsideNENY@gmail.com.

It is fun to "paint" outside in the open air with friends. Once the weather is kind, Melinda Perrin will set up a tentative monthly schedule to paint once a week (most likely Tuesday, Wednesday, or Thursday and occasional Saturday or Sunday). Day and time will depend on locale, blooming opportunities, weather and view-- if it is a great sunset spot, we won't be there in the morning. She will aim for accessibility, check the weather reports, scout locations and get permission probably the weekend before, then bcc email everyone who has signed up at ArtOutsideNENY@gmail.com – giving date, time, description, and directions. If you plan to come, please e-mail RSVP reply by the day before. If we have to cancel, it is good to know who is coming. This is open to all, so if you have a friend you think might like to come, forward the notice to them. Everyone brings personal supplies and gear. Once there, each person chooses a view or subject, and works in the medium of choice. This new opportunity is sponsored by both ECOS: The Environmental Clearinghouse and UUSS Earth Circles.

Some spots under consideration: The Rose Garden in Central Park, Schenectady; the barns and farm near Maalwyck Park in Scotia; an apple orchard near Altamont when the trees are in bloom; the Mohawk River across from Oneida Island (near Lock 8); The Stockade District; Riverside Park in Schenectady (Stockade); a Knox farm; an old soldier's cemetery in Knox with yellow Maples; Thacher Park; Cohoes Falls; Collins Park and Lake, Scotia; Saratoga State Park; Lake George; and your suggestions.

EBWA PROGRAM - MAY 26TH

Thea Bordenave, D.O.: *Osteopathy and You*



in all areas of medicine. Emphasizing a whole-person approach to treatment and care, DOs are trained to listen and partner with their patients to help them get healthy and stay well. Dr. Bordenave-Sande will discuss self healing abilities of our own bodies, and also teach several techniques that we can use to encourage our healing.

Thea Bordenave-Sande, D.O., will give a presentation entitled **Osteopathy and You** on May 26th. Doctors of Osteopathic Medicine, or DOs, are fully licensed physicians who practice



All women are invited to attend this program at 7:45pm. To enjoy socializing with other women, arrive for wine or juice between 5:45pm and 6:15pm when a catered vegetarian meal will be served. Make reservations for the meal by emailing Gabrielle Reals at ellegr3@gmail.com by Monday, May 23rd or by calling her at 382-5685 no later than 8pm Tuesday, May 24th. You may request a gluten-free meal with your reservation. You may also bring your own meal if you prefer or come for the program only. Cost of the entire evening is \$15; cost of the program only is \$3.

Looking Ahead: Our annual field trip will be June 16th with a visit to the Schenectady County Historical Society and a guided tour of the neighboring Stockade.

WOMEN'S ALLIANCE PROGRAM & MAY 5TH

High Tea

Sponsored by

The Women's Alliance in the church Dining Room on Thursday, May 5th at 12:00 Noon offered by

Carolyn Wellington
Wellington Herbs and Spices
 of Rickard Hill, Schoharie, NY
<http://wellingtonsherbsandspices.com>

Lunch will be served promptly at 12noon at the cost of \$13.00

RSVP to mariko@nycap.com or 518-399-4552 by May 2

Sandwiches of:

Chicken Salad
 Egg Salad
 Tuna Salad in Phyllo Cups
 Cucumber with Roasted Red Pepper Spread
 Open-Faced Turkey with Cranberry Orange Chutney

Desserts

Apricot Squares
 Lemon Thyme Cookies
 Goopy Butter Cake

Men are welcome. If you cannot attend, please notify by Tuesday, April 5th in order to avoid the cost of the luncheon.



CIRCLES**RIPPLES: SOCIAL ACTION COUNCIL****Lincoln School Reading Mentors Book Drive**

Our current incarnation of reading mentors evolved from the program Read Discover started by Eleanor Lindberg, a long time UUSS member, who passed away several years ago. The Read Discover program, historically, was active throughout the capital region at numerous sites but is now concentrated within Schenectady's Lincoln School. When Eleanor was no longer able to head the program, Lisa Angle & Carol Hamblin stepped in and maintained the goal of providing one-on-one reading to children needing support and encouragement to learn to enjoy books and reading. As the Common Core and administration changes occurred, this type intervention became more & more difficult until this year when again the administration embraced our original goals. As Lisa & Carol needed to step down from leadership due to personal concerns, our small group of 6 had to reapply and regroup. We have now been joined by 2 new volunteers and are again fulfilling the original mission of promoting the love of reading to individual children who may not have adults in their lives that read with them.

Lincoln School on Albany Street in Schenectady is currently in receivership and has many challenges including a population that is economically challenged with many non-English speaking families and families working multiple jobs. The faculty is loving and dedicated but face incredible challenges. Many children have no books at home and currently the school library has a librarian only 2 days a week. Last year a book drive by a suburban school in conjunction with the Mentors provided 2 books per child. The result was so heartwarming, with leftover books going to the SICM Food Pantry, that we are trying to replicate the book giveaway again this year with your generous assistance. So far we have approximately half the books needed with over a month to go.

For several years SAC and the Women's Alliance have financially supported us in providing funds for the Scholastic Magazine for each child weekly which is used in the classrooms and sent home with the children. The cost is approximately \$4.25 per child with the Kindergarten edition being \$5.50 per child for the entire year. In contrast to many schools where a request could be made for parents to send in this minimal fee, this is not realistic at Lincoln where many children require the food backpack program to have adequate nutrition over the weekends. We will be collecting for this purpose at the May 15th service.

My heartfelt thanks to all of you who have supported our efforts to provide reading opportunities for the children at Lincoln where so little can have such significant benefits! Your books and financial contributions are going directly to our Schenectady children. It does indeed take a village!

Leslie Hyland for the Lincoln Reading Mentors



Unitarian Universalist Society of Schenectady

May 2016

May 2016							June 2016						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7	5	6	7	8	9	10	11
8	9	10	11	12	13	14	12	13	14	15	16	17	18
15	16	17	18	19	20	21	19	20	21	22	23	24	25
22	23	24	25	26	27	28	26	27	28	29	30		
29	30	31											

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
May 1 - 7	May 1 8:00am Guided Yoga Flow (E) 9:30am CC&C (E) 10:30am RE Classes in Wa 10:30am Worship Service 12:00pm Change is Our Ch 12:00pm Fireside Chat (F) 1:00pm Whirling Rainbow L 1:30pm Oakroom Artist Rec 6:00pm Mindful Parenting	2 7:00pm Starting Point Covenant Circle (F) 7:30pm FUSSBudgets (E)	3 DLRE's Day Off Minister's Day Off 10:30am Alliance Board (E) 7:00pm Wellspring: Faithful Action (F)	4 10:00am Philosophy Discussion (E) 7:00pm Wellspring: Sources (E) 7:00pm Wellspring: Sources (F)	5 11:30am Women's Alliance (DR/K/E)	6	7
	May 8 - 14	8 Mother's Day (United States) 8:00am Guided Yoga Flow (E) 9:30am CC&C (F) 9:30am Guided Meditation 10:30am RE in Worship (Gr) 10:30am Worship Service 12:00pm Fireside Chat (F) 1:00pm Whirling Rainbow L	9 7:00pm Starting Point Covenant Circle (F) 7:00pm Trusts Committee (E)	10 DLRE's Day Off Minister's Day Off 6:00pm Rental (Navigators) (DR) 7:00pm Ex Committee (MS) 7:00pm FF/GLBT (F) 7:00pm Change is our Choice (E)	11 10:00am Green Sanctuary (F) 10:00am Philosophy Discussion (E) 6:30pm Worship Team (DR) 6:30pm Family Promise Coordinators (E) 7:00pm APFF (F) 7:30pm Men's Group (WH)	12 7:00pm Finance Meeting (E) 7:00pm REC (WH 2nd Floor)	13 - 14 CERG Youth Chaplain Training (Church)
May 15 - 21		15 CERG Youth Chaplain Trainin Circles Items Due 8:00am Guided Yoga Flow (E) 9:30am CC&C (E) 10:30am RE in Worship (Gr) 10:30am Worship Service 12:00pm Fireside Chat (F) 12:00pm Annual Meeting 1:00pm Whirling Rainbow L	16 Office Closed 1:30pm Caring Team (F) 5:30pm Adult Program Council (E) 7:00pm Board of Trustees (E) 7:00pm Starting Point Covenant Circle (F)	17 DLRE's Day Off Minister's Day Off 7:00pm Wellspring: Faithful Action (F)	18 10:00am Philosophy Discussion (E) 7:00pm Membership Committee (DR) 7:00pm Wellspring: Sources (E) 7:00pm Wellspring: Sources (F)	19 12:15pm Men's Lunch (Edison Club) 7:00pm Herb Group (DR/K)	20
	May 22 - 28	22 8:00am Guided Yoga Flow (E) 9:30am CC&C (F) 9:30am Guided Meditation 10:30am RE Classes in Wa 10:30am Worship Service 12:00pm Change is our Cho 12:00pm New Member Lun 12:00pm Fireside Chat (F) 1:00pm Whirling Rainbow L	23 7:00pm Social Action Council (E) 7:00pm Starting Point Covenant Circle (F)	24 DLRE's Day Off Minister's Day Off 7:00pm Change is our Choice (E)	25 10:00am Philosophy Discussion (E)	26 6:00pm EBWA (DR/K) 6:30pm Buildings & Grounds (F)	27
May 29 - Jun 4		29 8:00am Guided Yoga Flow (E) 10:30am RE in Worship (Great Hall) 10:30am Worship Service 12:00pm Fireside Chat (F) 1:00pm Whirling Rainbow Lodge - Women's Lodge (F)	30 Memorial Day (United States)	31 DLRE's Day Off Minister's Day Off 10:30am Alliance Board (E)	Jun 1	2	3



1221 Wendell Avenue
Schenectady, NY 12308

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PURPOSE OF THE UNITARIAN UNIVERSALIST SOCIETY OF SCHENECTADY

The members of this Society covenant to maintain and foster in Schenectady a non-creedal religious society whose purpose shall be to:

- Encourage a free and responsible search for truth, knowledge, and understanding;
- Nurture the religious growth of all who participate in the life of this Society;
- Serve the community;
- Seek the realization of world community with peace, liberty, and justice for all.

Affirming the individual right of conscience, freedom of belief and the democratic process, with reverence for life and respect for the profound mystery of existence, we enter into this covenant, promising to one another our mutual trust and support.

Sunday Services and Religious Education
10:30AM every Sunday Morning

Minister: Reverend Margret A. O'Neill
Hours: Monday, Wednesday & Thursday
10am-4pm (by appointment)
Phone: 518-374-4446 #2
Email: revmargretuuss@gmail.com

Director of LRE: Julie Rigano
Office Hours: Monday: 1pm-4pm
Tuesday Off
Wednesday, Thursday: 11am-3pm
Phone: 518-504-0684
Email: JulietheDRE@gmail.com

Music Director: Gareth Griffiths
Phone & Fax: 518-395-9381
Email: ggriffiths1739@gmail.com

Office Administrator: Susan Marino
Office Hours: Monday-Friday, 8am-4pm
Phone: 518-374-4446 #0
Email: uadmin@nycap.rr.com

Bookkeeper: Carolyn Sabol
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Custodians: Helen Freeland & Ed Holen
Phone: 518-605-5551