Our Mission
The Unitarian Universalist Fellowship of Poughkeepsie is a welcoming congregation rooted in the liberating message of Unitarian Universalism.

- WE INSPIRE spiritual and intellectual growth.
- WE NURTURE a supportive and diverse community of members, families and friends.
- WE ACT in service to the broader community.

Annual Theme: Mindful Kindness

Upcoming Services

1/5  “Where Are We Going?”
     Viola Abbitt, Minister

1/12  "Being Counted"
     Viola Abbitt, Minister

1/19  "At Risk"
     The Program Committee

1/26  "A Safer Place"
     The Program Committee

Our Nursery is available during all regular services. Please feel free to bring your young one there. Information is available from the Greeter at the Welcome Desk in the lobby and the Usher at the door of the main meeting room.
**January’s Calendar of Events**

1/1  Course in Miracles (7pm) (weekly)
1/2  Program Committee Meeting 5pm
1/5  Choir Rehearsal 9am (weekly)
     FULL SERVICE w/ Viola Abbitt, Minister 10:30am
     COM/Transition Team Meeting 12:15pm
     Zen Meditation 6pm (weekly)
1/6  Writing Group 6pm
     Speaking of Books 7pm
     Souls United Choir Rehearsal 7pm
1/7  Tuesday Meditation 7:30am (weekly)
1/8  Social Justice Meeting 7pm
1/9  AAUW Meeting 5:30pm
     Bridge Club (7pm) (2nd & 4th weeks)
1/11 Building & Grounds Work Day
     SoulCollage 12:30pm
     HV Bluegrass Concert 7:30pm
1/12 FULL SERVICE w/ Viola Abbitt, Minister 10:30am
     Senior Group 12:30pm (2nd & 4th weeks)
1/16 Finance Committee Meeting 6pm
     Board of Trustees Meeting 7pm
1/17 Mid-Hudson Valley Gem & Mineral Society Mtg 7pm
1/18 Hudson Valley Folk Guild 7pm
1/19 FULL SERVICE 10:30am
     Third Sunday Potluck 12:30pm
     Social Justice Movie 1:30pm
1/21 Gillespie Forum 5pm
1/24 Parkinson’s Group 10am
     Meal for Homeless Shelter 4:30pm
1/25 Online Stewardship Conference 9am
1/26 FULL SERVICE 10:30am
     Sri Lanka Buddhist Group 4pm
Happy New Year!

On Sunday, December 1st, our children responded to the UU Prison Ministry’s request for holiday cards for prisoners. The children learned about compassion and kindness, as they crafted their cards.

Then on Sunday, December 8, 2019 RE joined in and COA participated in a special multigenerational service "Listening to Silence with Fluted Breath" with guest David Levy. Since 1992, David Levy has been devoted to exploring breath-in-sound-flutes as a form of prayer and connection with people and Beauty.

On Sunday December 15th, RE combined all classes and dedicated some time for a group project and a lesson on homelessness. The children talked and learned about why people are homeless, and we also shared ideas about how we can help people who have no homes.

On Sunday December 22, RE experienced magic in the making, with the service “In Darkest Skies, the Brightest Stars” On the first day of Hanukkah, and the day after Winter Solstice, the children were welcome to join the Lifespan Faith Development Committee and Spiral Web for a sparkling multigenerational morning of magic and merriment as they celebrated the season of lights, and the lengthening of days. Joining them was Aurora Claus, first of her name, Sovereign of the North, mother of flying reindeer and keeper of promises.

On Sunday, December 29, 2019 RE was invited to attend a wonderful Multi-Generation service titled “Rising from Flame: A UU Fire Communion.” As Unitarian Universalists, we have several opportunities for "communions" during the year, including the Water Ceremony at the beginning of the "regular" Fellowship year, the Flower Communion at the end of the regular year, and, on or near New Year's Eve, the Fire Communion. Also referred to as a Burning Bowl Ritual, this was an opportunity to put their lives in perspective and give themselves a fresh start to the new year.
**JANUARY 2020**

The Social Justice Committee of the Unitarian Universalist Fellowship of Poughkeepsie is proud to present the short documentary ""From Beacon to the Border" on **Sunday, January 19** at 1:30 at the Fellowship, 67 South Randolph Avenue, Poughkeepsie.

In the summer of 2018, a group of outraged grandparents from Beacon, NY took a road trip to McAllen, Texas, protesting the separation of migrant families at the U.S. border. The grandparents visited many cities along the way, including New York City, Louisville, Montgomery, New Orleans, Houston, and McAllen, where they were met with enthusiastic rallies and were joined by more supporters. It is an inspiring story about a small group of citizens who have profoundly impacted many lives.

Following the screening, there will be a Q&A and discussion with the film's producer, Andrea Garbarini, and one of the Grannies, Valerie Carlisle, who will be freshly back from another trip to the border, this time to Brownsville, Texas.

Admission is free; donations will be gratefully accepted. Refreshments will be served.

For more information, contact Pat Lamanna at patla42@gmail.com or 845-309-3853.

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**INTERFAITH PRAYER FOR PEACE**

This past week has been sad and heavy with the violence we have witnessed against our Jewish and Christian brothers and sisters. As we look forward to welcoming a new year and decade, Dutchess County Interfaith Council and The Jewish Federation of Dutchess County will hold an “Interfaith Service: Prayers for Peace” on **Thursday, January 2** @ 6:00 p.m.

Temple Beth-El (118 S Grand Avenue, Poughkeepsie)

This event is open to all.

Let us come together to stand with each other as brothers and sisters in love, light, peace, solidarity, strength and respect, to honor the victims of the recent attacks, and to pray for the safety and well-being of all and peace in our homes, our communities, our nation and our world. Please help us to spread the word.

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**UUFP’S FIRST 2020 COORDINATING COUNCIL MEETING!!!**

Interested UUFP members are invited to join our Coordinating Council meeting this **Saturday, January 4, 2020**, from 9am to 12pm in the Baldwin Room at the Fellowship.

Please come IF YOU:
- Are currently a committee chair, or a representative OR
- Aspire to be a Leader OR
- Want to get a bit more involved OR
- Just want to hear what's going on.
The purpose of the Coordinating Council is to:
- Help us align our programs with UUFP’s Mission, goals and objectives;
- Minimize scheduling conflicts and ensure communication among committees;
- Bring issues and questions of policy affecting committees, with any recommended solutions, to the Board of Trustees.

Please contact Kathy Boone (UUFP Vice President) with any questions.

kathyboone@verizon.net  |  (845) 625-3148

COM/TRANSITION TEAM

We are in a period of transition. The contract of our present minister, Viola Abbitt, expires in July and we need to start the process of figuring out what’s next. That starts with defining who we are and what matters most to us. To this end, the Committee on Ministry/Transition Team has been tasked with getting us to think about these questions as we consider what is next for us as a congregation. After service on January 5th, we will have the first in a series of these discussions. Four more will follow on February 2nd, February 16th, March 1st and March 15th. These will be important discussions; the future of our congregation depends on your participation. There will be a signup sheet at upcoming services for you to indicate which meeting(s) you will plan to attend. Childcare will be available.

Thank you,
Reed Asher, Jill Barasch, Margie Davis, Bruce Epstein, Betsy Vivas and Jolanda Jansen (ex officio)

SPEAKING OF BOOKS

Due to the cancellation of December’s meeting, the January meeting will start off with some discussion of The Human Age - The World Shaped by Us by Diane Ackerman and then proceed to poetry and short prose reading.

Our Monday, January 6th meeting will be our annual dive into poetry and/or short prose selections. Poems may be your own, or not, and may number up to three.

For more information contact Meg Hesher at mhesher@yahoo.com or Jane Bartik aubreysprite@yahoo.com.
CALLING ALL SOUP LOVERS

The Tag Sale Committee is looking for ways—yes—to raise money, also to ease the hard work involved in our annual UU Tag Sale. We would appreciate any of your creative suggestions to raise money. Here is one that we would like to start with your help. Delicious frozen soups will be available to purchase during our Third Sunday Lunches. Our team will be asking you, our UU Soup Makers, to contribute 3 to 5 quarts of frozen soup for one month (Jan. thru June.) Our goal is to have two cooks per month. Anyone who is making a big pot of delicious soup can also contribute one or two quarts to add to our supply. Containers will be supplied. Clear instructions for freezing, labeling ingredients, etc. will be provided.

Call or email Barbara Corona barbarajcorona@gmail.com (297-6814) or Joyce Marra ajoy12601@hotmail.com (453-1188.)

THE CARING CIRCLE is part of the UUFP caring community.
If you are in need of assistance from our Caring Circle, or if you know of someone in our community who is, please contact the Caring Circle at caringcircle@uupok.org.

ENDOWMENT COMMITTEE: CALL FOR APPLICATIONS

The Endowment Committee is soliciting applications for a disbursement from the Endowment for capital improvements related to the development and sustenance of the Unitarian Universalist Fellowship of Poughkeepsie. Please address communication to Sam Barasch, or other committee member of your choice. Applications are due Fri Jan 10th. An application can be downloaded from the UUFP website by using this link: https://www.uupok.org/teams-ministries/committees-task-forces

John Way – January 24
Paul Osgood – January 29

If you haven't done so already, please send your birthday to office@uupok.org so we can recognize your special day. We do not need the year, just the month and day.
**WE BELIEVE!**

On Christmas Eve NORAD reported Santa dropped off 2 stoves at Automatic Appliance in Fishkill to be delivered to the good folks at the Unitarian Universalist Fellowship of Poughkeepsie.

Santa had offered a challenge to the Congregation of the UUFP: the Big Guy said he would put in $100 toward a stove for the East Wing Kitchen and $50 toward another for the Main Meeting Room Kitchen, if the remaining amount could be raised from members. After announcing the details on Sunday 12/8 and 12/15, Elf-on-the-Shelf received contributions totaling $1355 ($7 over our need)! These holiday gifts will be installed and ready for use early in January.

THANK YOU to all the donors who aided the magical season of giving:

Roseanne Ashby, Jeff & Reed Asher, Laura Bracken, Barbara Corona, John& Julie Colacchio, Cori Cumming, Margie Davis, Judy Dekun, Kathy Duncan, Bruce & Rachael Epstein, Carol Gustafson, Meg Hesher, Paul Hirsch, Jon Hodos, Jolanda Jansen, Pat Lamanna, Anne Lancelotti, Joyce Marra, Richard Mattocks, Carol Miyake, Conrad Schnakenberg, Amy Strom, Karl Volk, Ellen Waggoner, John Way, Jim Weissman, Geri Willmott and Jeff Wiseman.

**GENERAL ASSEMBLY—JUNE 24-28, 2020, PROVIDENCE, RI**

Early Registration Open!
Adult full-time registration is $400 through March 15.

NEW! Registration Payment Plan: With a $50 down-payment, the cost of registration can be paid over the course several months. Final payment must be received by February 29, 2020. When the final registration is complete, special consideration for dormitory lodging bundles, financial aid and volunteer opportunities will become available.

General Assembly (GA) is the annual meeting of our Unitarian Universalist Association (UUA). Attendees worship, witness, learn, connect, and make policy for the Association through democratic process. Anyone may attend; congregations must certify annually to send voting delegates.

For more information, visit: [https://www.uua.org/ga](https://www.uua.org/ga)

CERSI (Summer Institute) is looking for a few good folks to help create this summer’s SI magic in California, PA from July 12-18, 2020. If you are interested in teaching in the children’s program, driving a golf cart, or being a nurse, among other things, please consider filling out an application here: [https://forms.gle/xuBau3H8YKdyRkUq9](https://forms.gle/xuBau3H8YKdyRkUq9). These positions all come with a campership which can be applied to your CERSI fees for the week. Applications will be accepted until January 31, 2020. Questions: contact susanroscigno@gmail.com. Learn more about CERSI at [www.cersiuu.org](http://www.cersiuu.org)
**Jubilee Anti-Racism Training** helps participants understand what is involved in nurturing a multicultural community and working against racism in all of its forms. The workshop requires a weekend commitment; and it is worth every minute of that commitment. There are several offerings of this training being planned around the region this winter and spring. Current dates are:

**January 17-19, 2020**, All Souls in Washington DC  
Register: https://www.uua.org/central-east/events/region/jubilee-anti-racism-workshop-dc-120

**March 27-29, 2020**, UUs of Delaware County, Media, PA  
Register: https://www.uua.org/central-east/events/region/jubilee-anti-racism-workshop-pa-320

**April 10-12, 2020**, First Unitarian Church of Rochester, NY  
An additional date in May is currently being considered.

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**Inside and Out**  
*News Section for Members and Friends*

**Automatic Appliance & Parts Inc.**

Our East Wing refrigerator and both stoves came from Automatic Appliance. Below are some of the reasons they are highly recommended:

*They are a family-owned business.*
*Although they handle several brands, GE and Whirlpool are frequently suggested because of repair history (actually, lack thereof).*
*Attentive service.*
*After researching your desired appliance at a “big box discount retailer”, you take the model # information to AA&P and they will price match. While there is a restriction, it has not applied to either of our purchases.*
*Appliances are first delivered to AA&P site to be inspected before delivery.*
*Delivery is scheduled at your convenience.*
*Free delivery (within 30 miles) & haul away (always).*
*Direct contact with the same sales people.*
*Up to 5-year warranty (reasonably priced) includes parts & labor. Major components (i.e. refrigerator compressor) covered for 10 years.*

Automatic Appliance is located at 2 Stage Door Road Fishkill. NY 12524. Telephone 845-897-3848.
PRETTY SARO
Saturday, January 11 @ 7:30pm
This group is so fresh and new that their first faceoff on a contest stage was the Telefunken Band Competition at the 2018 Podunk Bluegrass Festival, in Goshen, Connecticut. Their dynamic arrangements and high energy performance nailed it, winning Pretty Saro a well-deserved first place.

$15 at the Door. UUFP, 67 South Randolph Ave, Poughkeepsie, NY

Upcoming Newsletter Deadlines:
January 23, 2020 - February Newsletter Deadline
February 19, 2020 - March Newsletter Deadline
March 17, 2020 - April Newsletter Deadline

ARTIST OF THE MONTH for January is Yong Sook Kim.

Live our UU Principles