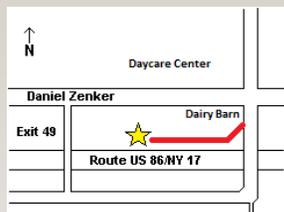


Welcome to the
Unitarian Universalist
Fellowship of Big Flats.

We are an intentionally
inclusive congregation,
welcoming all!

UU of Big Flats, NY
48 Hibbard Road Extension
Big Flats, NY 14814
<http://www.bigflatsuu.org/index.php>



UUFBF Chairs

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Carmen Greco

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Ruth Darrow-Heljustine

Programs
Flo Fender

Newsletter
Chris Telford

Pianist
Anthony DeLuca



Formal Services are held
September through mid-June
Sunday mornings
10:30-11:30
with a casual coffee hour
following.

Informal Summer Services
are held July through the
beginning of September.

No matter what time
of year...
Please join us!

October 2019 Uni-Verse

hello Autumn

Unitarian Universalist Fellowship of Big Flats, NY



Service Schedule

October 6: Music, Art, Stories & More w member Ron Telford ~ Service Leader: Chris Telford

October 13: What Sparks Joy? Minimalism as a Spiritual Practice with Rev. Jody Kessler Minimalism is a cultural movement that invites us to deeply examine what truly matters to us in our lives. Rather than a forced or extreme austerity, it is a way of living that keeps this essential inquiry alive in our hearts and minds: "Does this add value to my life?" When we bravely clear away all for which the answer is "no," we cultivate space for a more spiritually-rich and purposeful life. Join Rev. Jody Kessler for an exploration of minimalism through song, contemplation, and sharing.

October 20: On Humanism, with Mary & Derek Woolatt Derek hails from England and is a retired engineer. He is active in many Corning area organizations. ~
Service Leader: Flo Fender

October 27: Wolves and Immigration with member Flo Fender, MDiv

Jewish Center & Federation of the Twin Tiers

Faith and the Environment



an exploration featuring Artist/Educator-in-Residence

Eliana Light

Hear Eliana online at <https://youtu.be/uPRwdrF2b18>.

Monday, October 14, 2019

Vegan/Vegetarian Dinner at 6:00 PM, Program at 7:00 PM
at Congregation Kol Ami, 1008 West Water Street, Elmira, NY 14905

Free. Reservations required for dinner at
<https://faith-environment.eventbrite.com>
or in JCF office.

Reservations not required for the program alone.

Call for information: 607-734-8122.



SOUTHEAST STEUBEN COUNTY LIBRARY

SENIOR BOOK CLUB



Fall 2019 - Early Winter 2020 Schedule



October 11:

Becoming by Michelle Obama



November 8:

The Beekeeper of Aleppo by Christy Lefteri

December 13:

The Overstory by Richard Powers



January 10:

'Fleishman Is in Trouble' by Taffy Brodesser-Akner

The Senior Book Club meets the second Friday
of the month from 3:00 - 4:00 p.m.



Library Contact: Linda Reimer

Email: reimerl@stls.org | Tel: 607-936-3713 x 212



Programs are made possible with the support of the Friends of the Library

SOUTHEAST STEUBEN COUNTY LIBRARY

300 Nasser Civic Center Plaza • Corning, New York 14830

www.ssclibrary.org (607)936-3713 #SSCLib

The Library is handicapped accessible.

If you require special accommodations, please call in advance.



Healthy Souls & CrowCalls

SPONSOR 2019 REFLECTION SERIES

October Soul Healing Workshops

Each workshop covers a different topic that will give you the right tools for your personal soul journey to reach Happiness and Joy by connecting with your higher self...



Thursday, October 3, 2019

Iris Analysis - by appointment only

Presented by: Israel Combs

Israel Combs, Master Iridologist, does a health analysis that shows tissue conditions and potential genetic pre-dispositions. Patterns, colors and characteristics of the iris hold information about each person's health. The iris represents a map of the entire body, therefore revealing weaknesses and conditions in the body.

Price: 1 hour session - \$85 / 2.5 hour session - \$275 (contact Lois Lovgren to book)



Thursday, October 10, 2019

Healing Through Pleasure

Presented by: Gail Tremblay

Learn tools to amplify the pleasure you exude and experience in your life. This will be a fun, energizing workshop! Participants will practice creating with the power of connection, joy and sensuality. We will be sharing – and dancing.

Location: Park Church – Elmira, NY Time: 6:00 p.m. Price: \$10



Thursday, October 17, 2019

Spirit Group

Presented by: Lois Lovgren, Louise Manning, Bonnie DeRaiche, Rev. Martha Benedict

The four Universal Spiritual Laws are; Basic Laws of Life, Laws of Creation, Laws of Higher Awareness, and Laws of Higher Frequency. Each Law has a subset of laws for us to discuss and reflect upon each month.

Location: Healthy Souls – Corning, NY Time: 6:00 p.m. Price: \$10



Thursday, October 24, 2019

Drum Circle

Presented by: Revs. Bill & Martha Benedict

Bring your voices, your songs, your drums and rattles to join us in honoring Mother Earth through indigenous rhythms and song.

Location: Park Church – Elmira, NY Time: 6:00 p.m. Price: \$10



Healthy Souls

Contact Lois Lovgren

(607) 329-0382

healthysoulslois@gmail.com

*Bring a friend,
and receive 50%
off
admission!*



CrowCalls

Contact Martha Benedict

(607) 425-8432

blvdben48@yahoo.com



Meaningful Movie at The Park Church Tuesday, October 15, 2019

7:00

Free and Open to All
Beecher Hall, 208 West Gray Street
Enter via parking lot door
near Gray Street, Elmira, NY

A testament to the immense complexity of nature, **The Biggest Little Farm** follows two dreamers and a dog on an odyssey to bring harmony to both their lives and the land. When the barking of their beloved dog Todd leads to an eviction notice from their tiny LA apartment, John and Molly Chester make a choice that takes them out of the city and on to 200 acres in the foothills of Ventura County, naively endeavoring to build one of the most diverse farms of its kind in complete co-existence with nature. The land they've chosen,

however, is utterly depleted of nutrients and suffering from a brutal drought. The film chronicles eight years of daunting work and outsize idealism as they attempt to create the utopia they seek, planting 10,000 orchard trees and over 200 different crops, and bringing in animals of every kind- including an unforgettable pig named Emma and her best friend, Greasy the rooster. When the farm's ecosystem finally begins to reawaken, so does the Chesters' hope - but as their plan to create perfect harmony takes a series of wild turns, they realize that to survive they will have to reach a far greater understanding of the intricacies and wisdom of nature, and of life itself.



Elmira Small Group Ministry
meets the third Wednesday of every month
from 7-9pm at Alta Stevenson's lovely
Victorian home on the corner of Euclid Avenue
& 3rd Street in Elmira. Alta provides snacks,
but anyone attending is encouraged to bring a
munchie. ALL ARE WELCOME!

Just a friendly reminder...

Every Monday from 5 PM to 5:30, there's a peace vigil at Wisner Park (corner of Main and Church Streets in Elmira).



Carmen & Gage

August 3, 2019

Just  married

Want to include something in future newsletters?

Easy!

Email Chris (by the 15th of the month before) at ceemarie1971@twc.com

GAME NIGHT

Every Friday Night
@ UUFBF
7pm-10pm

Members Todd & Amanda and their new little puppy, Prince Gustav!



Fellowship Hosting Schedule

Hosting is a service we provide one another. If you are unable to host on the day that you've been assigned, please make arrangements for someone else to take your place.

Date	Hosts
Oct 6	Telford, Wilson
Oct 13	Scopelliti, Paquette, Spicer
Oct 20	Martin/Glenn, Potter, Fitzpatrick
Oct 27	Greco, Wosinski, Fender
Nov 3	Telford, Wilson
Nov 10	Scopelliti, Paquette, Spicer

UUFBF Board Meetings are held on the **SECOND SUNDAY** of every month after a brief coffee hour following the service. All members are welcome to attend.



Join our Facebook Page!
Search for "[Unitarian Universalist Fellowship of Big Flats](#)" and click 'LIKE'