SYRACUSE COMMUNITY CHOIR

Wild Geese / Art by Bonnie Acker / Syracuse Cultural Workers

Resilience

WINTER SOLSTICE CONCERT
SATURDAY DECEMBER 17, 2022

This event is made possible with the funds from the New York State Council on the Arts with support of the Office of the Governor and New York State Legislature.
Message from the Director: “Resilience”

Welcome! The nights are long, snow is in the air. We are at the end of a familiar autumnal journey. It’s one that the choir has traveled for over 35 years, gathering to sing for peace and justice, build community and create a Winter Solstice Concert.

This is our first indoor performance since 2019. We are still here! It has been a joy to sing and to follow that familiar path again, even though we are smaller in numbers and not exactly sure of where we are headed.

Resilience, our theme for tonight, is a good thing to consider as we continue on in this time of transitions and change, looking for ways to proceed, understanding the need for both grace and flexibility. Life in and out of a pandemic is unsettling. The undercurrent of fear holds us as the earth warms and we witness the frightening growth of facism around the world.

So what exactly does this mean? What skills do we need? How do we build resilient individuals and communities? What lessons can we take forward from our ancestors and from those who faced unimaginable horrors, and are still here. What do we want to put in place for the next generations?

I don’t have all the answers. But I believe that humans have the capacity to care deeply, and together, using our good minds, build resiliency and act for the good of all our relations.

Tonight, as we sing and share, may we be reminded of our power and humanity; may we open to the next move, a plan, based on love not fear, generosity, not greed.

In this time of the great turning, as we so precariously move forward towards an unknown global future, let us pause in this deep, dark, wonderful night, and explore resilience as it connects to resistance, revolution, courage, community and radical love.

Karen Mihalyi, Founder and Director
Tonight’s Program

**Humming with the Universe**

**The Directions**
Mara Sapon-Shevin (Director, Hebrew), Medhat Al-Rubei (Arabic), Kath Fathers (Welsh), Colleen Kattau (Spanish), Cindy Squillace (English)

**Onondaga Nation Greeting**
Robert Shenandoah, Eel Clan

**Condolence and the Haudenosaunee**
Freida Jacques, Turtle Clan Mother, Onondaga Nation

**Winter Nights**
Written & arr Lin Marsh; solo Nina Pelligra; directed by Kath Fathers

**Rain and Snow Anthem**
Colleen Kattau; arr Lynn Koch; directed by Colleen Kattau & Kath Fathers

**Keep On Saying Yes**
Lea Morris; directed by Karen Mihalyi

“Don’t give up, don’t turn around. Keep on saying yes. Keep yourself on sacred ground...Your heart cries out there’s work to do...Love’s got something just for you...Keep on saying yes...Showing up and doing my best...

Keep on saying yes!

Keep on saying yes...Showing up and doing my best...Keep on saying yes!

I’m gonna keep on saying...Keep on saying yes!”

**I Am the Earth**
Glyn Lehlmann; directed by Kelly Meehan; guest singers from the Citizenship and Science Academy of Syracuse

**Wild Geese**
Mary Oliver; read by Z

**Flower in the Gun**
Michael Franti & Spearhead; arr Camille Borland; directed by Kath Fathers; solos: Jy’keise Thomas, Pauline Mann, Angelica Anderson, Cliff Ryan, Willie Kern; track remix by Jasmine Coan and Luther Masanto, with DJ BellaJ on the decks; poem, “The Search For Humanity” by Clifford Ryan

**INTERMISSION**
Resilience
Abbie Betinis; directed by Karen Mihalyi

“Resilience, we are strong, shoulder to shoulder keep moving on
Resilience, make a new plan, rise up again and say yes we can”

Todo Cambia
Julio Numhauser; translated by Colleen Kattau; ensemble: Dulce Ramirez, Colleen Kattau, Mara Sapon-Shevin, Diane Swords, Lisa Saka, Don Hughes, Brian Escobar, Carolyn and Michael Messina-Yauchzy, Alison Frost, Kaaren Remley

The Lost Words Blessing
Karine Polwart & friends; ensemble: Kath Fathers, Rosey Oaks-Lee, Alison Mullan-Stout, Lydia Dewing

Hold On
Rev Cleophus Robinson, Jr; solo and directed by Marcia Hagan

2022 People’s Peace Award to ACTS (Alliance of Communities Transforming Syracuse)

Rise Up
Andra Day and Jennifer Decilveo; arr and directed by Nina Pelligra

When To Stop Talking About It
Shungudzo; arr and directed by Nina Pelligra; spoken word solo by Z

Stand Up (From Harriet)
Cynthia Orivo and Joshua Brian Campbell; (lyrics modified from “stand up” to “rise up”); arr and directed by Nina Pelligra

“Resilience: We Are Strong” Quilt Prize

We Shall Be Known
MaMuse; arr Kyle Lemle & The Thrive Choir; directed by Kath Fathers

“You Can Make It If You Try
Silvester Stewart (Sly and the Family Stone); solo and directed by Marcia Hagan
Everything Changes (Todo Cambia)
(Julio Numhauser)
Trans: Colleen Kattau

The superficial changes
As does the profound
Ways of thinking change
Everything changes in this world

The climate changes over time
The shepherd changes his flock
And just as everything changes
It is not strange that I do too.

The finest shiny thing changes
When passed from hand to hand
The little bird changes its nest
A lover’s feelings change

The traveler changes their route
Although it may cause them harm
And just as everything changes
It is not strange that I do too.

Cambia Todo Cambia  (Change, everything changes…)

The sun changes on its path
as night falls
The plant changes and dresses
In green in spring

The animal changes its fur
The old one’s hair changes to gray
And just as everything changes
It is not strange that I do too.

But my love does not change
No matter how far I find myself
Nor the memory or the pain
For my people and for my country
And what changed yesterday
Has to change tomorrow
Just as I change in this distant land
The Lost Words Blessing
Enter the wild with care, my love
And speak the things you see
Let new names take and root and thrive and grow
And even as you travel far from heather, crag and river
May you like the little fisher, set the stream alight with glitter
May you enter now as otter without falter into water

Look to the sky with care, my love
And speak the things you see
Let new names take and root and thrive and grow
And even as you journey on past dying stars exploding
Like the gilded one in flight, leave your little gifts of light
And in the dead of night my darling, find the gleaming eye of starling
Like the little aviator, sing your heart to all dark matter

Walk through the world with care, my love
And sing the things you see
Let new names take and root and thrive and grow
And even as you stumble through machair sands eroding
Let the fern unfurl your grieving, let the heron still your breathing
Let the selkie swim you deeper, oh my little silver-seeker
Even as the hour grows bleaker, be the singer and the speaker
And in city and in forest, let the larks become your chorus
And when every hope is gone, let the raven call you home

After the concert: Unfortunately, we cannot have a reception this year as we have in the past. Please feel free to linger after the concert to chat with folks.
Concert

Creative Team: Colleen Kattau, Kath Fathers, Marcia Hagan, Karen Mihalyi, Pam McGrath, Alison Mullan-Stout, Nina Pelligra

Musicians: Tom Witkowski (Director, Keyboard), Mark Hoffmann (Guitar), John Heard (Percussion)

Interpreter For The Deaf: Maggie Russell

Concert Production: Lydia Dewing

House Manager: Carley Robinson

Sound And Lights: Mike Angiolillo, Ridgewood Sound

Door: Cora Cool-Mihalyi, Ruby Ogno

Earth Ball Dancer: Nicole Blue

Puppets/Processional: Paul Barfoot

Poster and Postcard Design: Karen Kerney

Filming: Theresa Alessio

Live-streaming: Laura Thorne

Video Support: Amari Nobles

Photography: Mike Greenlar

Program Graphic Design: Tiffany Gannon

Sponsors and Greetings: Alison Mullan-Stout, Kat Korba, Paul Barfoot, Alison Frost

Social Media & PR: Alison Mullan-Stout, Matthew DeBellas

“RESILIENCE: We Are Strong” Quilt: Designed and coordinated by Mara Sapon-Shevin and Carol Simson; Quilters: Kay Levering, Annegret Schubert, Diane Swords, Karen Kerney, Kara McCall, Lisa Saka, Leslie Lawrence, Lydia Dewing, Rosey Oaks-Lee, Kaaren Remley, Alison Frost, Patty Agnew, Cindy Squillace, Eleanor Maine
Community Choir

Director
Karen Mihalyi

Managing Director
Alison Mullan-Stout

Bookkeeper/Admin
Darlene Yamrose

Rehearsals/Accessibility
Shanah Williams, Willie Kern

Creative Team
Colleen Kattau, Kath Fathers, Marcia Hagan, Karen Mihalyi, Pam McGrath, Alison Mullan-Stout, Nina Pelligra

Choir Connection Committee
Staff members plus Karen Gillette, Leslie Lawrence & Wendy Yost

Moving Forward Committee
Phyllis Breland, Diane Ogno, Matthew DeBellas, Alison Mullan-Stout, Karen Mihalyi

Restructuring Committee
Karen Gillette, Paul Barfoot, Barb Kobritz, Karen Kerney, Pam Walker, Mary Anne Barrington

Board
Diane Ogno (president), John Noviasky (treasurer), Pam Walker (Secretary); with Matthew DeBellas, Mary Anne Barrington, Karen Gillette, Cliff Forstadt, Araba Black, Defonda Bell-Dancil, Anne Childress, Timothy Farfaglia, Jeremy French-Lawyer; Board Consultant: Bob Herz; Development Consultant: Kathleen Crinnin; Transition Consultant: Phyllis Breland
Singers

CHILDREN:
Autolo Etuale
Elijah Haimes
From the Citizenship and Science Academy of Syracuse:
Giancarlo L
Nafoni A
Amber R
Amelia O
Adel M
Mathew H
Da’Kari M

TEEN/YOUNG ADULT:
Nina Pelligra
Jennifer Moloff
Cleo Cornelius Hamilton
Pauline Mann
Jy’keise Thomas

SOPRANO:
Angelica Anderson
Anne Childress
Kath Fathers
Karen Gillette
Barbara Hadley
Amanda Hogan
Colleen Kattau
Kim Kromer Murphy*
Eleanor Maine
Alison Mullan-Stout
Rosey Oaks-Lee*
Diane Ogno
Dulce Ramirez
Kaaren Remley
Lisa Saka

ALTO:
Karen Kerney
Lydia Dewing
Alison Frost*
Sarah Glenister
Leslie Lawrence
Kay Levering
Maureen Lyons
Kara McCall
Carolyn Messina-Yauchzy
Karen Mihalyi
Pamela Pond
Hazel Powless
Mara Sapon-Shevin*
Annegret Schubert*
Carol Simson
Cindy Squillace
Diane Swords
Wendy Yost

TENOR:
Jo Anne Bakeman
Paul Barfoot
Susan Brown
Timothy Farfaglia
Don Hughes*
Willie Kern
Barbara Kobritz
Karen Kotlar*
Jack Manno
Christian O’Brien
Brian Moore
Arny Stieber
Pam Walker

BASS:
Paul Barfoot*
Colin Burns
Van Cleary-Hammarstedt
Brian Escobar
Richard Gardner*
Michael Messina-Yauchzy
Steve Reiter*
Ted Finlayson-Schueler

*Section Leaders
Contributions

Rosemary & Joseph Agonito
Kafi Ahmad
Theresa Alessio
Angelica Anderson
Becky Bailey
JoAnne Bakeman
Paul Barfoot
Carol Baum
Lida Black
Sandra & Nancy Blouin
Linda Bogart-Greenlar
Gregory Boyer
Ona Cohn Bregman
Beth Ann Broadway
Colin Burns
Karen & Michael Burns
Carol Mowat
Diane Cass & Timothy McLaughlin
Susan Brown, Center for Better Bones
Van Cleary-Hammarstedt
Cora Cool-Mihalyi
Elinor Cramer
William Cross
David & Margaret Babcock
Elizabeth Edinger
Gerald Edwards
James A. Emmons
Brian Escobar
Timothy Farfaglia
Jane Feld
Cliff Forstadt
Francis Ireland & Burt Lozarin
Alison Frost
Richard Gardner
Barbara Genton
Sarah Glenister
Teresa Gorman
Carroll Grant
Michael Grimm
Barbara Hadley
Teresa & Robert Hargrave
Dorothea Barraco-Hetnar
Fumiyo Hirano
Donald Hughes
Kenneth Hynson
Colleen Kattau
Kathleen Kennedy & Karl Newton
Evelyn Kennenwood
Karen Kerney
Barbara Kobritz
Leslie Kohrman & Jeffrey Smith
Kat Korba
Karen Kotlar
Leslie Lawrence
Kay Levering
Ursula Lord
Eleanor Maine
Judith Malkin
John & Candace Marsellus
Kara McCall
Carl Mellor
Michael & Carolyn Messina-Yauchzy
Claudia Miceli
Rose Miller
Kim Kromer Murphy
Larry & Shirley Novak
Christian O’Brien
Robert O’Brien
Donna O’Mahoney
Rosemary (Rosey) Oaks-Lee
Diane Ogno
Judy Dehn Oplinger
Steve Reiter & Annegret Schubert
William Sunderlin
Kaaren Remley
Catherine Repetti
Christine Riley
David G. Ritchie
Lisa Saka
Mary & Gary Salibrici
Mara Sapon-Shevin
Peter F. Sarver
Patricia Schwarzlander
Carol Simson
Peter L. Sinatra
Jane Slabowski & Peter McCarthy
Louise Brown (& Alan) Smith
Cynthia Squillace & Jack Manno
Arnold Stieber
Diane Swords
Joan T. Tibbett
Ann Tiffany & Ed Kinane
Tobi Scheck
Ann K. U. Tusings
Lucy Twichell
Karen K. Waelder
Sally Roesch Wagner
Pamela Walker
Karen Walters
Richard Weiskopf
Jenna Lou Weitzel
Wendy Yost
People’s Peace Award

“The Alliance of Communities Transforming Syracuse (ACTS) is a grassroots, interfaith network advocating for social justice. We are voices striving for a more just and fair community that improves the quality of life for all.”

ACTS / Alliance of Communities Transforming Syracuse History
by Nancy Gwin

In 1999, religious leaders from diverse faiths began meeting to discuss the health of the metropolitan Syracuse community and possible transformation strategies. Looking with allies and mentors in the community and beyond for a community-organizing model ~ a diverse, ACTION-oriented model, the Alliance of Communities Transforming Syracuse / ACTS was created with a Mission Statement and Goals, By-laws, an internal structure of officers, a board and ministry teams, a Clergy Caucus. An alliance was formed with the national Gamaliel Foundation and more recently with Faith in Action. In February 2002, ACTS celebrated the first Commitment Ceremony of members and held the first of several Public Action Meetings in October 2003.

Twenty-three years later, ACTS, this network of faith based and conscience based organizations and individuals, is proud of its diversity. Membership comes from various faith traditions and backgrounds with the belief that “We are better together”. ACTS has recently held workshops to self-examine its structure and openness to racial diversity.

A critical core of the life of ACTS are grassroots Listening Campaigns and Issues Assemblies, with a web of “one-on-one” intentional conversations that identify issues of concern and focus in the community. Leadership training, locally and nationally, is offered to members. Rev. Dr. Eric Jackson is President of ACTS at this time.

What have been some of these issues? Universal Pre-K, Food Availability and Access in Food Deserts of the city, Youth Opportunities and jobs, access to Medicaid and Child Health Plus for uninsured children, public transportation, raising the minimum wage, elimination of arrest history background checks.

ACTS has been involved in I-81 advocacy for residents, Moving People, ending solitary confinement for teenagers in the Justice Center, cash bail reform, court-monitoring trainings, forming a coalition of formerly incarcerated persons.

The ACTS Youth Council is active in proposing that the Syracuse School District create a College and Career Center in each high school.

ACTS’ Membership Council recently committed to re-envision its future and its structure, to rise out of the isolation of the COVID pandemic, to encourage and support member congregations and individuals, to get busy!

www.acts-syracuse.org
Thank You!

Grace Episcopal Church for the generous and flexible use of space, the welcoming Wednesday night dinner crew and especially Sue Keeter for all of your help!

Syracuse Cultural Workers for donation of gifts and for fundraising products!

St. Paul's Cathedral for sharing the space, especially Judy McAdoo-Pelton.

Lorane Harsma (Art & Soul Quilting) for machine quilting.

Taylor Copy, Nick and Diane, for the years of support and help.

Kelly Meehan for your good work at the Syracuse Academy of Science and Citizenship and your contributions to the concert.

Gratitude for the Following Grant Support:
This program supported by American Rescue Plan Act (ARPA) funding from the City of Syracuse Arts and Cultural Recovery Fund Program, a regrant program of the City of Syracuse administered by CNYArts. We received funding for a Managing Director and Marketing & Communications position 2022-2023.

This event is made possible with the funds from NYSCA (New York State Council on the Arts) with support of the Office of the Governor and New York State Legislature: Covid Live Performance and Program Support 2022.
The Syracuse Community Choir's Mission

Provide an opportunity for all people to sing music that:

1. Promotes peace, freedom, and justice
2. Addresses issues of oppression such as ableism, racism, sexism, and homophobia
3. Provides inspiration for changing the world

Perform and promote this music in the greater community
Build a safe and inclusive community
Sound good, have fun, and love each other and the world

Choir Information

Phone: 315-428-8151
Office: Syracuse Community Choir - 601 Allen Street - Syracuse, NY 13210
Rehearsal: Grace Episcopal Church - 819 Madison Street - Syracuse, NY 13210
For the late & dearly beloved Edward Farfaglia...who taught so many the value of teamwork.

To quote our mutual friend, Jackie Warren-Moore, “Take Wing!” This was her good luck wish for performers, instead of Break-a-Leg. So, dear Choir, TAKE WING and soar with your resilient voices! Peace!

- Karin

Talk about Resilience!!.....using Creativity, Determination, Flexibility, Humor and Love; Karen, Alison, Cath, Colleen, Marcia and many others these past several years have kept our Choir community going.

- Gratitude and big love from Jack and Cindy
DO YOU ENJOY SINGING?
CARE ABOUT MATTERS OF
PEACE & JUSTICE?

JOIN THE
SYRACUSE
COMMUNITY
CHOIR!

NO AUDITIONS.
We believe Everyone Can Sing
& Every Voice Matters.
syracusecommunitychoir.org
The Curd Nerd
Cheese, Charcuterie, and Specialty Grocery Goods!

The Curd Nerd is packed full of artisan cheeses, local goods, and unique grocery items! Plus we’ve got gifts galore!

Located at
2800 James Street,
Syracuse, NY
(315) 299-7006
thecurdnerd.com
@thecurdnerd_syr
The Curd Nerd
Syracuse

Frosty Morning Farm
Certified Organic Vegetables, Herb and Perennial Plants, Cut Flowers, Handmade Soap, Fresh and Dried Herbs, Herbal Extracts, Salves, Lotions, and Massage Oils

Available at Cazenovia Farmer’s Market
1st & 3rd Saturdays through April 15th, 10am-1pm

Karl & Alison Frost
frostymorningfarm@yahoo.com
Truxton, NY
Frostymorningfarmcny.com

315-885-3057
zahralmt@gmail.com
www.changeinmotionhealingarts.com

Donna Dallal-Ferne, LMFT
Change in Motion Healing Arts
Certified Internal Family Systems Therapist
Individual Couples and Family Therapy
We are thrilled to celebrate our 10th anniversary year with the Choir community!
Join us in action, advocacy, and art at “allianceforagreeneconomy.org”

Mardea: “We will gather heaven knows where we will gather but we know we will…”
Miss you dear friend, Karen

Happy Birthday Rick… your life’s work for peace and justice has been a source of comfort and strength for 50 years!
Gratitude and love to you  xo

Thank you to the good people of ACTS who have worked so hard for over 20 years to bring Justice to our city. We have noticed and are grateful.
- The Choir Community
Fire, Air, Water & Earth:
Apply An Ancient Wisdom to Your Life
(and Your Family’s Too)
---
A new book by Dr. Howard Walsdorf
Illustrated; Available at Dr. W’s office –

University Chiropractic & Natural Healing Center
465 Westcott St. 315.422-4325

E-book is available on Amazon
Makes a great gift!
We are Singing for the Great Turning
“The Great Turning is the Story of Active Hope.”
– Joanna Macy

“In this Great Turning we shall learn to lead in love”
- Karisha Longaker

Join communities around the world in sending love to Joanna Macy every day at 3:30 EST
- Diane Swords

In gratitude to Ed Farfaglia - how lucky to have a father like you.
Put the sea in your holiday season!

**Disney’s**

**The Little Mermaid**

NOW THRU JAN. 8

Music by Alan Menken | Lyrics by Howard Ashman and Glenn Slater | Book by Doug Wright | Based on the Hans Christian Andersen story and the Disney film that was produced by Howard Ashman and John Musker and written and directed by John Musker and Ron Clements | Originally Produced by Disney Theatrical Productions | Directed by Melissa Rain Anderson | Music Direction by Brian Gimmet | Choreography by Adam Cates | Co-produced with the Syracuse University Department of Drama

SCAN FOR TICKETS

The cast of Syracuse Stage’s production of Disney’s *The Little Mermaid*.

Purchase your tickets with confidence today with our Worry Free Guarantee.

**TICKETS FROM $30!**

315.443.3275
SYRACUSESTAGE.ORG
Who are the Propel poets? They are talented poets who have been writing for years, and they have something else in common—they are all poets with a disability. D.J. Savarese is the winner of a Peabody Award for the film “Deej” documenting his work as a disability activist. He is the first non-speaking graduate of Oberlin College. Dan Simpson, who is blind, is the winner of the inaugural Propel Poetry Award, and has seen his poems appear widely in many publications. And Tito Mukhopadhyay is a non-verbal autistic author of many acclaimed books of poetry and prose.

Available now at Ninemile.org or at Amazon.
All books are $10.
Have a laugh and test your news knowledge while figuring out what's real and what's made up.

WAIT WAIT... DON'T TELL ME!®
FROM NPR® & WBEZ® CHICAGO

Listen Saturdays at 11 a.m. and Sundays at 4 p.m.

WRVO PUBLIC MEDIA 89.9

89.9 Oswego/Syracuse | 90.3 Syracuse | 91.9 Utica
91.7 Watertown | 89.3 Clayton | 90.5 Fenner
90.5 Cortland | 90.1 Hamilton
88.9 Ithaca | 92.3 Rome | 90.7 Geneva | 89.9 Norwich
wrvo.org

WRVO Public Media 89.9

89.9 Oswego/Syracuse | 90.3 Syracuse | 91.9 Utica
91.7 Watertown | 89.3 Clayton | 90.5 Fenner
90.5 Cortland | 90.1 Hamilton
88.9 Ithaca | 92.3 Rome | 90.7 Geneva | 89.9 Norwich

wrvo.org
The ‘Singing Soulutions’ series is created by board-certified Music Therapist (and Syracuse Community Choir Creative Director!) Kath Fathers (MA, MT-BC, LCAT) at CNY Music Therapy LLC, to include safe singing practices that address life-limiting conditions and nurture community.

Come and sing for your health!
Small specialist singing groups include Dementia Care; Lung Health; Pain Management; Mental Health; Processing Trauma;

Contact Kath for more details: kath@cnymusictherapy.com
www.cnymusictherapy.com/singingsoulutions

Banking on a better world

No more business as usual. Choose the only local credit union that’s dedicated to justice and solidarity.

Accounts | Loans | Advice
for Individuals, Small Businesses & Organizations

Cooperative Federal
www.CoopFed.org | Federally insured by the NCUA
I heart the Syracuse Community Choir, especially the alto section.

- Lydia

I love the Community Choir when they speak about things and also when they sing about things.

- S

I may not be there in person but you have my support always!

- Carol M.

Thank you and best wishes to the wonderful people in the Syracuse Community Choir for their inspirational music and commitment to community awareness and involvement.

- Carole Farfaglia
DEEP appreciation to all the quilters who helped make our RESILIENCE quilt so successful. I have SO loved having you in my living room with your loving energy and sartorial skills. You have blessed me and my home with good energy and joy.

- MARA

We are resilient warriors who sing swords into plowshares!

- Common Place Land Trust

Happy December 9th birthday, Carolyn. You are my person.

Love, Michael

❤️ Thanks for the MoTown memories. ❤️
FEEL BETTER...LIVE BETTER

Raymond J. Alcuri, MD
Joseph A. Catania, MD
Riná C. Davis, MD
Brendan T. McGinn, MD
Ryan D. McConn, MD

Adrianne M. O'Quinn, MD
Eric A. Tallarico, MD
Robert L. Tiso, MD
Mary C. Trusilo, MD

NYSPINEANDWELLNESS.COM | 315.552.6700
RECORDING • MIXING • MASTERING
VOICEOVER RECORDING • GRAD SCHOOL RECORDINGS
AUDIO & VIDEO RECORDINGS FOR AUDITION TAPES
CD / DVD DUPLICATION • GRAPHIC DESIGN
PRINTING • PRODUCTION • VIDEOGRAPHY

SUBCAT MUSIC STUDIOS
219 S. WEST STREET SYRACUSE, NY
315-478-0684 | www.subcat.net
Contact us for quotes or inquiries
info@subcat.net
Planned Parenthood is here for you, no matter what.

Planned Parenthood of Central and Western New York protects and supports every person’s right to make voluntary, informed decisions about their sexual and reproductive health in order to lead a healthy and fulfilling life.

Syracuse Health Center
1120 E Genesee Street
Syracuse, NY 13210

NEW EXTENDED HOURS IN SYRACUSE!

<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Thursday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8:30am - 7:00pm</td>
<td>8:30am - 7:00pm</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8:30am - 7:00pm</td>
<td>Friday</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:30am - 6:30pm</td>
<td>Saturday</td>
</tr>
<tr>
<td></td>
<td></td>
<td>9:00am - 2:30pm</td>
</tr>
</tbody>
</table>

Make an appointment online at ppcwny.org or call us at 1-866-600-6886.
Spiritual Psychic Medium & Healer
Debbie Hedberg

- healer
- psychic medium
- awakening's podcast
- human rights activist
- political readings podcast

freebirdsoffice@gmail.com
CAZENOVIA
FARMERS MARKET

GOOD
LOCAL

Winter Market Dates
2022: Nov 5, 19 • Dec 3, 17
2023: Jan 7, 21 • Feb 4, 18
Mar 4, 18 • Apr 1, 15
10:00 - 1:00
The American Legion
26 Chenango St., Cazenovia

Art & Soul QUILTING
LONGARM MACHINE QUILTING

Lorane Harsma
5644 Hamilton Rd.
Jordan, NY 13080
(315) 689-7494
artandsoulquilting@gmail.com

SUNDAY SERVICES 10:30 AM
in the sanctuary or on zoom
CHRISTMAS EVE SERVICE
Saturday December 24 – 7PM
in the sanctuary or on zoom

ARE YOU LOOKING FOR A WARM, OPEN AND WELCOMING ENVIRONMENT IN WHICH YOU CAN SHARE YOUR SEARCH FOR SPIRITUAL GROWTH? COME JOIN US IN YOUR JOURNEY. WE ARE A NON-DOMINIC CONGREGATION. WE ARE FOCUSED ON THE EFFECTS WE CAN HAVE ON THE WORLD AROUND US, INCLUDING THROUGH SOCIAL ACTION, JUSTICE, SPIRITUALITY, LOVE AND MUTUAL UNDERSTANDING.

109 Waring Road Syracuse, NY 13224
FIRSTUUSYR.ORG
Minister Rev. Molly Hammerhand
Hansen’s Advisory Services, Inc. is not a registered broker-dealer nor a registered investment advisor. Hansen’s Advisory Services, Inc. and VanderBilt Financial Group are separate and unaffiliated entities. VanderBilt Financial Group is the marketing name for VanderBilt Securities, LLC (and its affiliates). Securities offered through Vanderbilt Securities, LLC, Member FINRA, SIPC. Registered with MSRB. Clearing agent: Fidelity Clearing & Custody Solutions. Advisory Services offered through Vanderbilt Advisory Services. Clearing agent: Fidelity Clearing & Custody Solutions. Insurance services offered through State Farm Group. Supervising Office: 105 Franklin St Blvd, Westbury, NY 11590; 516-665-5500. For additional information on services, disclosures, fees, and conflicts of interest, please visit www.vanderbiltfg.com/disclosures.

Groups, Counseling, and Community Education

**HEALING THE HEART PROJECT**

Karen Mihalyi
315-428-8151
kmihalyi@a-znet.com

This project a part of **AccessCNY**

Unique Perspectives

Cortland ReUse

cortlandreuse.org

245 McLean Rd
Cortland, NY
Syracuse Cooperative Market

OPEN DAILY TO THE PUBLIC
8 AM TO 9 PM
618 Kensington Road
Syracuse, NY 13210
AND
484 S. Salina St
Syracuse, NY 13202
syracuse.coop

FARMSTEAD 1 8 6 8

Monica Cody
CEO

info@Farmstead1868.com
(315) 655-9863
4676 Shephards Rd.
Cazenovia, NY 13035
Farmstead1868.com

A traditional peace faith community
Join us!
‘First Day’ (Sunday)
10:30 AM
821 Euclid Avenue
Syracuse, NY 13210
315-476-1196

Syracuse Monthly Meeting of Friends (Quakers)

Minimally-Invasive, Laparoscopic Treatment of Morbid Obesity
William A. Graber, MD, PC
Weight Loss Surgery

Turn to us and turn a new leaf

125 Business Park Dr., Suite 150
Utica, NY 13502
315-235-2540

Medical Office Centre
104 Union Ave., Suite 809–810
Syracuse, NY 13203
315-477-4740
tollfree 877-269-0355
fax 315-235-2171
www.dgrabermd.com
Thank you to all our choir leaders for a beautiful season.

- Wendy

To the Syracuse Community Choir, with deep gratitude for the decades of making the space for people to find their voices and rejoice in making harmony

-Paul Barfoot

You musically bring our seven principals to life. Thank you!

CentralSquareUU.org

Happy, happy birthday, Dik! We love you, and are blessed to be part of your life.

Love, Pam and Mary Rosa

Holding Bernice in our hearts - as well as all of her family.

Love, Pam and Mary Rosa
Honoring the Choir for accepting its members where they are & then building community.

_Road2RecoveryCNY, a volunteer organization, provides financial assistance for long-term treatment for opioid addition._
In Loving Memory of Ronald J. Forstadt,

who loved music and who would have loved the Syracuse Community Choir
Thanks for reminding us that we are strong...and stronger in community.

- Steve and Annegret

Congratulations to Alliance of Communities Transforming Syracuse (ACTS)! Keep fighting for social justice in Syracuse and beyond.

- Don Hughes

Sarah- 17 years -Christian

Tim Rice: the bass section is just not the same. Thanks for all. The Choir

Alison and Karen, what a team!
Happy birthday Shanah. We love you.
- Wendy

Fly Away Home

Your dedication and passion in your messages of peace, love and diversity are an inspiration to us all. Thanks for bouncing back positive and enthusiastic.
- Grandma Mary Falanga

In appreciation to Karen and Alison for all their hard work!
And best wishes to the Choir!
Ready to rethink church? Give us a look.

University United Methodist Church
Feeding God’s People: Body, Mind and Spirit

We are a warm, diverse, reconciling, LGBTQIA+ welcoming faith community committed to personal growth and social justice, both in our own city neighborhood and as global citizens.

Wherever you are on your spiritual journey, we welcome you.

Here you’ll find.
- All are welcome
- We are a Sanctuary Church
- Inspiring community worship
- Lovely music in a beautiful sacred space

Supporting our Community through:
- Friday food distribution
- Pet food Pantry, Clothes closet, diapers and feminine hygiene product distribution
- Sunday Bagged Bagel Breakfast

Worship with us:

Sunday 10:30 a.m. in-person and Facebook Live, stream anytime
324 University Avenue. Syracuse, NY

Facebook: UUMCsyracuse
Web: www.UUMCsyracuse.org
Phone: 315-475-7277
Email: office@UUMCsyracuse.org

Accessible for persons with disabilities, Convenient parking
PROPEL
Disability Poetry Books

Creating the Faces
And Other Poems
Tito Mukhopadhyay

Inside the Invisible
Poetry Review
Poetry Review

Swoon
D.J. Savarese

Who are the Propel poets? They are talented poets who have been writing for years, and they have something else in common—they are all poets with a disability. D.J. Savarese is the winner of a Peabody Award for the film “Deej” documenting his work as a disability activist. He is the first non-speaking graduate of Oberlin College. Dan Simpson, who is blind, is the winner of the inaugural Propel Poetry Award, and has seen his poems appear widely in many publications. And Tito Mukhopadhyay is a non-verbal autistic author of many acclaimed books of poetry and prose.

Available now at Ninemile.org or at Amazon.
All books are $10.

Books & Literary Magazine

These books by disabled poets are published by Nine Mile and underwritten by Propel Capital (https://www.propelcapital.org). They will include three books per year, including the Propel Poetry Award winner. Editors for the series are themselves disabled.
Mary Oliver’s Wild Geese
A 24x24 art poster available framed

Whoever you are, no matter how lonely,
the world offers itself to your imagination,
calls to you like the wild geese, harsh and exciting—
over and over announcing your place
in the family of things.

- poem excerpt -

Visit SCW table in rear. Choir makes 50% of sales.
Posters available at concert.
Framed: orders taken, available by 12/23!

SyracuseCulturalWorkers.com
Store: 400 Lodi St. (off street parking)
December 19 Monday to 23rd Friday 9am-6pm