

THE UNITARIAN UNIVERSALIST

*The Newsletter of the
Unitarian Universalist
Congregation of Salem, Oregon
November 18, 2009*



Inside this Issue

Reverential Ramblings	2
RE News	3
Staff box, Coming Events, Flu	4
Foster Parents Project, Social Action, RE Project, Newsletters e-mailed	5
Men's Group, News of the UUCS	6
Community	7
Sunday Services	8
Calendar	8

Our Endowment Fund

Our Endowment Fund is a provision for the long-term health of our Congregation. We are building up this fund; it is now \$14,611. When it reaches \$100,000, we can start using its income toward our operating expenses. You will find in this newsletter the “passionate purple” insert telling how you can contribute to the Endowment

Fund. In particular, note the options of

- a direct contribution from an IRA
- a charitable gift annuity arranged through the UUA that gives you an immediate tax deduction as well as quarterly income for life
- a provision in your will, or
- designation of UUCS as a beneficiary of an IRA or other pension plan, which can save a lot on taxes.

Any member of the Endowment Committee (listed in the brochure) will be happy to answer questions or discuss endowment gifts further with you.

We encourage your consideration of support for our Endowment Fund.

George Struble

UUCS Annual Christmas Bazaar December 6

The annual all-church Christmas bazaar will be here soon! Plan to come on Sunday, December 6th and purchase wonderful treats and beautiful arts and crafts made by our very own church members and friends. We need many donations of homemade food and crafts to make the bazaar a success. You may drop off donated items at the church on Saturday, December 5th between 10:00 a.m. and 2:30 p.m. Proceeds from the sale will help fund the purchase of a defibrillator for the church.

*Catherine Carlson
Co-secretary, Women's Alliance*

Reverential Ramblings

During World War II in England strict food rationing had to be implemented. Meat, refined flour and sugar became scarce commodities, so citizens had to eat less of them and consume more fresh produce and whole grain breads. This had an unforeseen consequence: everyone's health improved! The well-to-do shed excess pounds and poor citizens suffering from poor nutrition now got healthy fare. All proving, once again, that people will do the right thing when there are no other choices.

Seems to me that we are approaching a time when we must change our eating habits because there will be no other choices. We know for certain that the typical American diet – with its excess of meat, refined flour, sugar and who knows what else – is unhealthy for our individual bodies and for the whole body of earth. Simply put, our systems of food production are unsustainable.

Consider meat. Too much of it is certainly not good for anyone's health and the carbon footprint* caused by the consumption of meat is huge. Indeed, scientists say that reducing or ending consumption of meat is the most effective thing average citizens can do to reduce their individual carbon footprints.

Although I don't call myself a strict vegetarian I rarely consume meat. Certainly, for some people in some places, meat consumption may be a necessity, and it's true that life must take life to sustain life. Yet how much life must we take to sustain our own? My primary motivation for abstaining from eating meat (I'm not a vegan, I do consume dairy products) is not health or environmental but ethical.

I've known a few chickens and pigs in my life, and I grew quite fond of them. Chickens actually make good pets. Years ago I became good friends with a pig on a farm on British Columbia where I picked fruit one summer. He was smart and affectionate, and I felt sad when I heard he would be butchered soon after I left the farm.

What truly makes me heartsick is the inhumane way in which cows, chickens, pigs and other animals are raised and slaughtered for human consumption. If consumers were actually allowed to witness these horrendous practices the ranks of the vegetarians in America would swell dramatically. Then, too, there is the environmental harm caused by the huge factory farms that raise these animals under appalling conditions.

Now, here we are just before Thanksgiving, when many will feast, and you may think I'm aiming to spoil your appetite. Not true. Eating is a pleasure, and I want you to enjoy and feel gratitude for each bite you take. Yet being grateful entails being aware, and the more aware we are of the sources of our food the likelier we are to protect and preserve this precious earth that gives us sustenance.

Since the way we produce our food is environmentally unsustainable, it is reasonable to assume that eventual radical restructuring of our systems of food production and consumption is inevitable. Change is hard and the changes we will need to make in our dietary habits will most likely be done by everyone only when there is no other choice. Yet as individuals of a free faith community that champions freedom of choice and conscience, we can begin to adopt the healthy and humane changes that we know are important. In this process, we may make an important discovery – sometimes less is more and leads to a deeper appreciation of the blessings that do flow our way.

*Love,
Rick*

**A carbon footprint is the total set of greenhouse gas emissions caused directly and indirectly by an individual, organization, event or product.*



LIFESPAN RELIGIOUS EDUCATION NEWS
Unitarian Universalist Congregation of Salem
November 18, 2009

Religious Education Dates to Note

Weds. Youth/Adult – Meditation 7-9 pm

Sundays Child/Youth – Children's Choir, 9:45 – 10:20 am, RE Commons.

Weds. Nov. 18, 25 Adult – Theatre and Theology course focusing on musical theatre lyrics and their meaning for our culture, 7 pm.

Thur. Nov. 19 Older Child/Adult – Dances of Universal Peace, 7 pm.

Sat. Nov. 21 Youth/Adult – Creative Memory Making for remembering family and friends who have recently died. Write a poem, frame a photo, start a scrapbook, the choice is yours. Bring \$5 to contribute to supplies. 10 am.

Sun. Nov. 22 All – Multigenerational Thanksgiving service, no religious education classes.

Sun. Nov. 29 Child/Youth – Worship in RE commons, craft day in RE classes

Lise's Letter

This weekend, Rev. Rick and I spent a lot of our time with our UUUCS Board. Friday night was low key; we shared pizza and answers to some specific questions that challenged us to think about why and how we want to serve our congregation. On Saturday we dug down and worked on the specifics.

Now, in case you didn't know, Rick and I are not voting members of your Board. Rick is an ex-officio member of the Board and as our called minister he provides institutional history, wisdom and pastoral presence for our lay leaders. As a staff member I attend to keep the lines of communication open between our lay leaders and our religious education ministry. Do Rick and I influence what the Board does? Of course we do, especially Rick, but the Board influences us, too. Leadership of our congregation is a shared ministry—something *we all contribute to*. Something all of us on Saturday agreed to is that our congregation is a wonderful place to be. There really isn't a lot that needs major fixing—just a little tweaking.

We also acknowledged that our congregation has been in a place of transition for a while. As we've gotten bigger we've needed to change some of our ways. Instead of relying on informal structures like a simple phone call to the office, we now have a specific form we fill out and turn in when we want to reserve church space. Many of us used to know every person in our congregational family and who did what. Today we are at the point where we no longer recognize all the people during coffee hour. Sometimes we may even mistake a long term member for a newbie. I know I have!

What does all this have to do with religious education? One of the purposes of religious education is to clarify what we believe and how we want to build community. How are we going to live our values into practice? Our Board has decided it wants to do this by updating our congregational infrastructure to meet the needs of our growing community. This doesn't mean their aim is simply growth for its own sake; rather it's about making sure that everyone is aware of what's available in our religious community so they can take advantage of all the wonderful opportunities and people that encourage and challenge us in our spiritual growth. It also means looking at new needs and finding ways to meet them.

To do this in the most transparent way possible, we'll all have to get better about following established procedures. No one can know everything that's happening, but procedures are a way of helping us all know what to do, what's expected, and how to create new opportunities. Establishing a stronger infrastructure doesn't mean we will lose what's important, the friendships and religious community we've established over the years. We can keep those and have a known way for all of us to contribute to our Unitarian Universalist ministry, a way to live out our values within our community and beyond. After all, isn't that why we're here?

The Unitarian Universalist

published by

The Unitarian Universalist Congregation
of Salem, Oregon

Minister: The Rev. Richard R. Davis
rdavis@uuma.org

Community Minister: The Rev. Connie Yost

Religious Ed. Director: Lise Adams Sherry

Board Chair: Phil Carver

Office Administrator: Rose Drake

Assistant: Suzette Moyer

Phone: 503-364-0932 **Fax:** 503-364-3280

e-mail: uucsoffice@yahoo.com

Website: www.uusalem.org

This issue was edited by Elsa Struble. NEXT NEWS-LETTER DEADLINE: 11:30 a.m. Sunday, November 29. Send news to editors@uusalem.org, put it in workroom newsletter "mailbox," or mail it (marked "newsletter").

Thanksgiving Service

There will be an Interfaith Thanksgiving Service at Temple Beth Shalom, 1274 Cunningham Lane, South on Thanksgiving Eve - **Wednesday Nov. 25** at 7:00 p.m. Representatives from many faith traditions, including ours, will celebrate together and acknowledge our feelings of gratitude to the many blessings that flow into our lives. All are welcome

Creative Memorial Making

Come share your memories of deceased loved ones in a tangible way through scrapbooks, poetry, song or ??? The choice is yours and there are many options. The important thing is to acknowledge their importance in your life as we approach the holidays, when they are especially missed. Lise Sherry facilitates this workshop in the church library on **Saturday, November 21** from 10:00 a.m. until noon.

Flu Advice

*If you have flu-like symptoms, **stay home** for AT LEAST 3 DAYS after your fever subsides.

*Frequent **hand washing/sanitizing** is the most effective way of avoiding the flu.

*If you need to **sneeze** or **cough**, please use a disposable tissue or sneeze/cough into your elbow or sleeve.

*Instead of holding hands during our **closing words**, you could hold elbows or place your hand on the shoulder of the person standing next to you.

Landscaping

The last planned landscape work party for the year will be on **Saturday, November 21**, from 9:00 a.m. until noon. Everyone is invited to help. Bring gloves and pruning shears. We will be cutting back the hostas and other plants, and we have leftover wood chips to distribute around some trees. Info: Sharon Dearman.

Parents' Night In

Christi Olsen and Samantha Scales are organizing this monthly opportunity for parents to socialize with other parents while child care is provided—from 6:15 to 7:30 p.m., **November 24**..

CUUPS News

The Covenant of UU Pagans (Salem) will meet **December 2** at 5:30 p.m. at the church for a new moon ritual, pot luck, and business meeting. Then on **December 12-13** we will have a stupendous BOOK SALE. All kinds of books for holiday giving will be available. If you have books to donate, please contact Teena Kunkel. Proceeds will be used to fund projects for the congregation.

Kate Walker

Missing: some of the Christmas ornaments that were "snowed out" last year—stars made of blue and clear beads. Please inform the office if you have clues!

Christmas Play in Rehearsal

The Chalice Circle Players will not have their usual monthly meeting until December 21 because "The Unitarian who saved Christmas" is in rehearsal for presentation during the December 20 service. The play, based on a concept by Rick Davis and written by Phil Cogswell, is directed by Cherie Ulmer and will feature three well-known UU actors and two young ones.

from Dennis Ehrp

RE Project

The RE Team thanks the congregation for helping our children realize the importance of raising money for important issues. The jack-o-lantern sale raised \$55 and last Sunday's popcorn sale raised nearly \$18 for the Lighthouse Farm Sanctuary, this year's children's offering project.

Foster Parents' Night Out

One year ago, UUCS opened its doors to the foster children in our area, offering foster parents the "Night Out" while the children were cared for at our church by invested, competent volunteers from UUCS, Temple Beth Shalom, and Salem Alliance Church. We are very proud of our program, not only because it helps the foster parents but also because the children thoroughly enjoy themselves and look forward to returning each month. The November 22 collection (other than checks marked for specific purposes like pledge payments) will support the cost of the food and supplies for this program.

On November 2 we hosted 27 children, including five infants, from six foster families. We served "Breakfast for Dinner," as the children had requested, and they then enjoyed crafts, acting, legos, games, and much more. Our volunteer staff included Charles Hannegan, Leanne Hogie, Stephanie Jernstedt, Jackie Klimowicz, Tom Lancefield, Ruth Larson, Allana McDonald, Nancy Murphy, Janet Neuberg, Danna and Paul Parmley, Joan and Jim Stembridge, Laura Stine, Jeannette Teta, John Roy Wilson, Don Wolf, and Keith York, plus four volunteers from the other congregations. Anyone interested in joining these en-

thusiastic volunteers please contact Janet Neuberg.

Joan Stembridge

SOCIAL ACTION

January Election

Petra Berger and Dick Boyle of the Social Action Team urge us to vote "Yes" by January 26 on **Measures 66 and 67**, which

- 1) are fair across all strata of tax payers;
- 2) should help stabilize the Oregon state budget and economy, and
- 3) should bring badly needed resources to schools and public service programs.

Supporters include Steve Novick, the League of Women Voters of Oregon, and "Defend Oregon." Download the **Turkey Talk Kit** from <http://VoteYesForOregon.org>!

If you'd like to have an informal **discussion at UUCS** before you vote, please contact Petra.

Note that if these measures do not pass, as many as 2/3 of corporations doing business in Oregon will continue to pay just \$10 a year in income taxes! See more at the oregonlive.com/opinion website

Clothing Drive Ends Sunday

Bring your donations to the marked box in the foyer by the water fountain. Items needed by the Homeless Outreach Advocacy Project are: used coats, jackets, sweaters and winter hats in good condition, and new socks and gloves. Miniature toiletries and toothpaste are welcome.

Holiday Wreaths

Noble fir wreaths made by farmworkers' wives sell for \$30.00 (prepaid) for the benefit of farm workers. Order at the Social Action table or from John Maluski **by November 23**.

Men's Group

The UUCS has formed a men's group which meets at the church two Sunday evenings a month. Its objectives are reflected in those of the national organization, UUMen. Contact Quentin Smith.

Newsletters by E-mail

The apparent lack of toner two weeks ago turned out to be a false alarm: the copier really wanted blue toner, which was on hand! But thanks to those who accepted an e-newsletter in lieu of their usual paper copy, including those who asked to continue with email in order to save paper and postage.

Some organizations send most of their newsletters by email and send the rest by first class mail, which costs at least 44¢ per copy, compared with about 12¢ for bulk mail (minimum of 200 copies). We currently mail about 240 copies. Maybe we'll take a preference poll sometime; for now, don't feel guilty if you like a paper copy, but let me know if you really prefer to switch.

Elsa Struble

News of the UUCS Community

Ruth and Eric Larson recently returned from a trekking expedition in Nepal, joining their daughter **Mara**, who is a guide for the Jagged Globe Trekking Group. They started at 9,000 feet and reached 13,500 feet, 2/3 of the way to the 18,000-foot Mt. Everest Base Camp! This took 4 days up and 3 days down, from 7:00 a.m. to 4:00 p.m. with a few water breaks. The Sherpa people provided Tea Lodges (inns) where they stayed en route. Mt. Everest, Mt. Lotse and Mt. Dablam provided spectacular scenery. Ruth says it was a wonderful way to celebrate her 60th birthday! Mara is now home through the holidays, and this summer will be working in the Alps.

Donna and Elizabeth Canning and **Lloyd Kumley** recently made a trip to Poland. Donna said, "I never had even thought of going to Poland, but Aman is there, and the children gave me a ticket for my birthday." Aman, as many of you remember, is the exchange student from Kazakhstan that the church helped Elizabeth return to the United States to attend college here and whom Elizabeth adopted. Lauren Canning was attending a United Nations Conference in Barcelona, and she spent a few days before it began with the rest of the family in Cracow. In beautiful Cracow they visited Schindler's

Factory (of "Schindler's List" fame), the old Jewish ghetto, thousand-year-old churches, and the old royal castle, as well as attending two concerts. Donna says, "Anyone thinking about a trip to Europe should seriously consider Poland. It is very interesting and much less expensive than Western Europe."

Cathie Olcott has made her move to assisted living at The Springs. She says, "Everything is just wonderful, absolutely perfect, the food is fantastic, and everyone is so friendly." She chose The Springs because it is accessible to town and it is close to the church. She would love visitors, anytime. **Lou Stoetzer** and his wife gave up their motor home and have also moved to The Springs to one of the cottages.

Lisa Jorgenson is recuperating from major surgery on a growth in the abdomen. The good news is the growth is benign. The surgery went well, but Lisa has three more weeks before she can return to work. While she is waiting for the muscles to heal, she is happy she can now walk, drive the car and spend the time at home knitting. She was able to drive to Sue Beale's in Silverton for the Unitarian Covenant Group which meets once a month in various homes. They also have a monthly care group with a pot luck and social evening. It's very interesting to learn that the UU's are expanding throughout the broader community.

Rhea Devery had hip replacement spinal surgery on November 10 at Salem Hospital. Everything went well. She is now at Providence Benedictine Nursing Center, 540 S. Main Street, Mt. Angel, 97362 for a few weeks. On the day before surgery Rhea's younger sister and only sibling, Jo Ann, who lived near Atlanta, Georgia, had a serious stroke and died a few days later.

Willard Eggers celebrated his 80th birthday last week. After his stroke last January and another in August, he is making steady progress. He has finished home health care therapy and will begin out-patient care on Center Street in December. **Marian Robison** is helping him with home therapy this month. Progress is slow, but he is getting stronger and is able to get around with his walker.

Claudia and Jim Koch are flying to Utah to spend Thanksgiving with Claudia's mother, who is 94 years old and whose health has started to fail, although radiation treatments for cancer on her lip are helping. Claudia and Jim will also spend time with their daughter Cindy, attend their former UU Church in Ogden, and visit old friends. Being great University of Utah football fans, they will cheer for the Utes at their traditional Thanksgiving battle with BYU.

Congratulations to **Rob Schiff** on the birth of his first granddaughter. Wife **Jan** is already with the family in Texas, and Rob will join them soon.

John Gorman was walking around with a very young baby Sunday: his new grand-

son, Finnegan Patrick Carlin, born in September. John's daughter, Pessa, was with them.

Fred Ratzeburg is still waiting to learn from the ophthalmologist when his eye will be ready for surgery. Fred will soon be joining several other UUCS members at Capital Manor.

Lee Coyne has recently had two opinion pieces on human relations published in the *Statesman Journal*. This "ex-journalist" also is mentoring a fourth grader, whom he takes on outings twice a week.

Joan Erickson will be home from Puerto Vallarta next week, so please send your news to her.

Marge French

* * * * *

SUNDAY SERVICE AND CHURCH SCHOOL

10:30 a.m. (Child Care Available)

Sunday, November 22

"Finding the Spirit of Gratitude"

An Intergenerational Service

A homily by Rev. Rick

Dancing led by Director of Religious Education Lise Adams Sherry

AND

Sacred Aztec Dancing by the Aztec Dance Troupe

As you enter the sanctuary on this Sunday you will see that our chairs have been arranged in a circular pattern so we can better witness our Aztec friends in dance. Rev. Rick will speak of the Native American heritage here in the Willamette Valley, Lise will lead us in a pastoral dance, we will enact a Thanksgiving Communion and then all share locally baked bread and fresh cider in Barbara Hanneman Fellowship Hall. Your presence will make it extra special. Children will pass out the UU Service Committee's traditional *Guest At Your Table* donation boxes.

Sunday, November 29

"Talking Religion with Family, Neighbors and Co-Workers"

The Reverend Mark Gallagher

It's become an annual tradition: On the Sunday after Thanksgiving our minister exchanges pulpits with his friend and colleague The Reverend Mark Gallagher. Regarding his sermon, Mark writes: "When the topic turns to religion, UU's often feel tongue-tied. In this season of holiday parties, let's hone our religion-talk skills."

Unitarian Universalist Congregation of Salem
5090 Center Street NE
Salem, Oregon 97317

RETURN SERVICE REQUESTED

THE UNITARIAN UNIVERSALIST

November 18, 2009

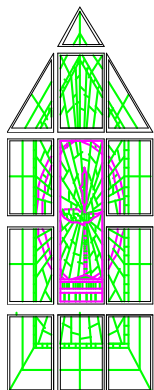
Non-Profit Org.

U.S. Postage

PAID

Permit No. 10
Salem, Oregon

UUCS Calendar



- Wednesday, November 18 UU Meditation, 7 p.m. (**every** Wednesday)
Chat & Craft, 7 p.m. (1st & 3rd Wed.)
Theatre & Theology, 7 p.m. (through Nov. 25)
- Thursday, November 19 Dances of Universal Peace, 7 p.m.
Saturday, November 21 Landscape Work Party, 9 a.m.
Creative Memory Making, 10:a.m.
Sunday, November 22 Readers' Forum, 9:15 – 10:15 a.m.
Clothing Drive ends
Monday, November 23 Deadline to order wreaths
Tuesday, November 24 Parent's Night In, 6:15 p.m.
Wednesday, November 25 Ecumenical Thanksgiving Service, Temple Beth Shalom 7 p.m.
(Confirm usual Wednesday events with leaders)
Sunday, November 29 Readers' Forum, 9:15 – 10:15 a.m.
Next Newsletter Deadline, 11:30 a.m.
(subsequent deadlines: Dec. 13 and Jan. 3 (three weeks later))
- Wednesday, December 2 CUUPS, 5:30 p.m.
UU Meditation, 7 p.m.
Chat & Craft, 7 p.m.
- Sunday, December 6 Christmas Bazaar, after service
Thursday, December 10 UUCS Board Meeting, 7 p.m. (Everyone welcome)
Sat-Sun, December 12-13 CUUPS Giant Book Sale