

Unitarian Fellowship of Lawrence
WEEKLY NEWS
November 3, 2009

Sunday, November 8

9:15 Service. *The Tension of the Opposites*

Rev. Jill Jarvis

Life is filled with opposites, forces operating against each other within ourselves and in the world. It is the opposites that make life interesting, exciting, challenging and frustrating. As spiritual liberals, our task is to hold the tension between life's polarities, allowing them to co-exist through creative struggle. Join consulting minister Jill Jarvis and guest musician Cindy Novelo as we consider this place of transformation, where something new, something unexpected, may emerge.

10:45 Program. *Rethinking Food in an Age of Plenty*

Many of our social, cultural, deeply personal, and absolutely necessary choices revolve around what we eat, yet in the early twenty-first century in the United States, we might not know what's in our food, how it was created, where it came from, how it got here, or what it does to us.

A few years ago, Jennifer Dropkin was injured and couldn't cook for herself; she ate ready-to-eat food from supermarkets and restaurants. The health consequences of that diet led her to question her assumptions about food choice and availability and to make new choices about what she ate.

This talk will start with Jennifer's experience and broaden to touch on industrial agriculture and husbandry, the organic food movement, corporate and personal accountability, old ways of getting and making food, making community by making food, and how to make friends with the right kinds of microbes. A bibliography will be served.

Food, Fun, and Friendship

Wednesday at the Fellowship

November 4 Everyone's Invited!



5:30 PM to 6:30 PM

Spaghetti Special! (w & w/o meat)

Bread * Green Salad * Relish Plate

Hot Dogs * Mac & Cheese * PB&J

Cookies * Fruit

Suggested donation \$5 Children under 10 free

Child Care 6:30 - 8:30



6:30 Adult RE Classes

6:30 PM to 8:30PM Youth Meeting

7:30 PM Choir Practice

Wednesday Night Adult RE Classes (Continuing): Ted Wilson, "What If: Alternative Works of History," and Rev Jill Jarvis, "Theology for a Secular Age." *November 4--*What are the purpose of faith and the role of religion? *November 18--*What does it mean to be a religious community? *December 2--*How shall we live in order to transform ourselves and the world?

ANNOUNCEMENTS AND EVENTS

*The Unitarian Fellowship of Lawrence
Cordially invites you*

*To an afternoon of chamber music, refreshments and conversation on Sunday, November 8 at 2:30 at the Fellowship. This event will inaugurate the new **Unitarian Chamber Music Series**, which will draw upon the many impressively talented musical groups in our area and allow chamber music lovers to hear their music in an ambience much more intimate than that of the Lied Center. For this inaugural event we have engaged the **Spencer Consort**, with **Paul Laird** and **Hsun Lin** on cello, **John Boulton** and **Joy Laird** on baroque flute and recorder, and **Elizabeth Berghout**, harpsichord. The consort's guest artist will be **Sylvia Stoner**, a candidate for the Doctor of Musical Arts degree in Voice under the tutelage of Joyce Castle. Prior performance experience includes opera roles with Union Avenue Opera, Lyric Opera of Kansas City, Lake George Opera, Kentucky Opera, Des Moines Metro Opera, Shreveport Opera and the Aspen Music Festival.*

*The price of admission is \$5.00. There will be five concerts in this year's series. Besides the **Spencer Consort**, the **Trio Allegresse** and the **Saxophone Quartet 1** have agreed to play. The other two groups have yet to be booked. To get the series off the ground, we need to have a solid base of supporters, so if you are interested in helping to support this series, we would like to encourage you to buy season tickets, which cost \$25.00, and can be bought at the performance.*

LINK. Saturday, November 14. Mark your calendar and plan to prepare food and/or serve at the Lawrence Interdenominational Nutrition Kitchen. Sign-up sheets will be available on Sunday morning for those who wish to prepare food and/or to serve at **LINK** that day.

New Member

Our congratulations to new member Nancy Baker, who last Sunday signed the membership book for herself and her four children, Michelle, Siona, Alyssa, and Atticus. Welcome to each of you!

Of Special Interest to Newcomers:

Every Second Sunday of the month is "Getting to Know UU" Sunday. Newcomers are invited to meet with our minister and the chair of our membership committee, immediately following the 9:15 service, for an informal conversation to answer questions about our Fellowship and Unitarian Universalism.

Lawrence Civic Choir Poinsettia Sales

Beautiful poinsettia plants with at least five blooms are again available from the Lawrence Civic Choir for yourself or as gifts to family and friends. Flower choices are red or white. Choices of foil around the 6 1/2 inch pot are green, red, gold or silver. By ordering, you are receiving a beautiful plant as well as giving your support to an important community organization. The price is \$9.75 per plant or \$9.50 if we have 50 or more ordering.

An order form has been placed in the Fellowship entry hall to mark your selections or you may contact Ellie Unruh by Nov. 29. Ellie can be reached at 843-8849 or at ellie@unruhly.org by email. Ordered poinsettias will be available for pick-up at the Fellowship on Sunday, December 6. If needed, arrangements can be made for delivery to your home.

Scrip Report

In October our Fellowship members bought \$9,130 worth of grocery cards and coupons for Checkers, Dillons, Hy Vee, and The Merc through our Scrip program. The net profit to the Fellowship was **\$515.30**. Here's how that \$9,130 breaks down by vendor: \$2080 at Checkers, \$2750 at Dillons, \$3250 at Hy-Vee, \$1050 at The Merc.

If you haven't participated in this fund-raising effort, here's how it works: stop by the Scrip sales table in the lobby on Sunday and buy gift cards or paper certificates issued by the participating merchants. The Fellowship gets the scrip at a discount (5% or 6%). You buy at face value and spend at face value. So if you plan to spend \$100 at Dillons, for example, you can do it with Scrip and earn \$6.00 for the Fellowship. Scrip can be used to buy anything at the participating stores, even gasoline. Since you are going to eat and drive anyway, this is a painless way to raise money for the Fellowship. The Scrip Team (Joe Gant, Chris Redford, Marcel Harmon, John Roper)

Family Promise Contact Donna Eades or Janney Burgess if you are interested in volunteering for Family Promise, and watch for Family Promise updates in December for the next host date in January.

Possible Sunday Morning Time Changes

The Fellowship Board has been approached about the possibility of changing times for Sunday morning to 9:30 a.m. for the spiritual celebration and 11:00 a.m. for the program effective January 1, 2010. If you have thoughts or feelings about this possible change, please share them before November 10 with Chair Betty Baron or any UFL Board member or e-mail your input to: ufloffice@sunflower.com

Get your fresh baked cookies!

The youth are trying to earn money to go to Oklahoma for their "On A Mission" trip. You can help by ordering fresh baked cookies from them. Cookies are \$5 per dozen and an order of 5 dozen gets one mixed dozen for free! Recipes include Oatmeal with cranberries, Chocolate Chip, Peanut Butter, and a chocolate peanut oatmeal that is both gluten free and vegan. Please email Sherry with your order and she will pass it on the youth, who will be making the cookies overnight on the 7th of November. Sherry Warren ufldre@sunflower.com

Earth Day Bar Recipe: Many of you commented on the tasty treats the RE Class made with Martin Coffman and Tim Dingus during this week's 9:15 service. Celebrate the planet's natural delights by baking a batch of these sweet snacks filled with a harvest of ingredients from all around the world. Here's some background info on the tasty add-ins: Raisins: California, the only place in the United States that harvests the grapes used to make raisins, is the world's No. 1 supplier. Pineapple: Thailand produces approximately 20 percent of the world's pineapple crop, surpassing the Hawaiian Islands. Brazil nuts: The complex growing environment this tree crop requires prevents it from being grown on farms. Instead, it's harvested directly from the rain forests of Brazil, Peru, and other South American countries. Chocolate: Africa's Ivory Coast is the largest producer of cocoa beans, the ingredient that gives chocolate its unique, irresistible flavor. Coconut: The Philippines and Indonesia are the world's leading producers of copra, or coconut meat.

Ingredients:

1 1/2 cups baking mix (we used Bisquick)

1 1/2 cups instant oats

1 cup packed brown sugar (we used white sugar, since Aileen forgot to put the brown sugar in the ingredient bag)

1/2 cup softened butter

1 egg

1/2 teaspoon cinnamon

ADD-INS: * Coconut flakes * Chocolate chips * Chopped dried pineapple * Raisins *
Chopped Brazil nuts

Instructions: 1.) Heat the oven to 350 degrees. In a large mixing bowl, combine the baking mix, oats, brown sugar, butter, egg, and cinnamon. 2.) Stir the mix with a wooden spoon until you have a crumbly dough. Next, customize your international treats by folding in 1 cup total of the add-ins of your choice (we used raisins). 3.) Press the dough into an ungreased 9- by 13-inch pan and bake for 17 minutes or until the center is set and the bars are slightly brown. Allow them to cool for 10 minutes before cutting. Makes 1-1/2 dozen 2- by 3-inch bars.

All Female Overnight November 13th!

Need some time to hang out with other gals? Come join us on November 13th at the Fellowship for our first All Gals Overnight. We'll gather about 7 pm Friday night for some girl talk, nail painting, chick flicks, etc, and snacks. After camping all night at UFL, we'll have breakfast, learn a little about the pressures that are faced by "the fairer sex", and make food to then serve at LINK that afternoon. Not interested in camping? No worries - come for what you can and spend time with each other in an affirming environment where we learn from each other - young and not-as-young alike. Our young women need positive role models to help guide them through challenging times, and our Fellowship community is a place to bring these generations together and be supportive of each other. Please RSVP to Sherry Warren, Director of Religious Education, so she can be sure to provide enough food. ufldre@sunflower.com

Community Care Team

The UFL Community Care Team is available to assist members and friends of the Fellowship. The role of the Care Team is to learn from the involved individual or family how we can be of assistance and provide the requested assistance within the limits of our resources. Care Team Coordinators are Beth Chao, Susan Cooper, and Donna Swall. To contact the Care Team, e-mail uflcareteam@sunflower.com or call Rev. Jill Jarvis at 816-853-6530.

Rebecca Pechefsky CDs. We have the following CD's by Rebecca Pechefsky, whom many of you heard in recital at KU September 20th. The special post-recital price is \$10 each (normally \$16.99). Contact us via: enos@ku.edu or 865-5718 to order a copy. We can bring them to Fellowship or negotiate delivery. *Paul and Carol Enos*

Bach and His Circle -Winner of the Just Plain Folks 2009 Award for Best Classical Solo Album. A recital of works by Bach and composers who knew him personally, including his pupil Johann Ludwig Krebs, Conrad Friedrich Hurlbusch, and Johann Gottfried Walther, Bach's cousin.

François d'Agincour; Complete Works for Harpsichord (2 CD's) - *François d'Agincour's music is almost unknown today, yet his harpsichord works stand comparison with those of his great contemporaries Jean-Philippe Rameau and François Couperin. D'Agincour's music is both complex and gracious; French harpsichord music at its most subtle.

J. S. Bach: Well-Tempered Clavier, Book I - Hailed for delivering "exciting" performances that will "lift you out of your seat" (allmusic.com), Rebecca Pechefsky offers the first harpsichord recording of Bach's Well-Tempered Clavier, Book I, to use Werckmeister III throughout; the original "well-tempered" tuning that makes every key usable, though each has its own distinct character, and a popular temperament in Bach's day.
Paul & Carol Enos

IJAM, (Immigration Justice Advocacy Movement): The 2009 Annual Awards Banquet and Benefit "NEIGHBORS NOT STRANGERS" Thursday, November 5, 2009 7:00 p.m. Colonial Presbyterian Church 9500 Wornall Road, Kansas City, MO. Fellowship Members are invited to attend. It is a \$75 a plate event with funds going to support the work of IJAM. For more information contact Forrest Swall at 843-6319 or flowell@sbcglobal.net, or Laurie Anderson, IJAM President at 816-560-4616.

COMMUNITY CONNECTIONS: from the Social Action Committee

UFL November Community Connection: Success by Six. Its mission is "to insure that all Douglas County families of children under 6 have what they need to parent their young children successfully, thereby fostering positive relationships and preparing children for success in school and life." Success by Six complements and enhances vital early childhood programs in the community. Contributions may be made by cash or check to the Fellowship; *if you write a check, be sure to write "Success by Six" on the memo line.*

Social Action Committee Meeting Wednesday, November 11, 6 pm following supper, at the Fellowship Hall. The meeting will include a report on the IJAM Banquet, "Neighbors and Strangers."

Peace Vigil Every Saturday, Noon to 1 pm, at the corner of 9th and Mass. Come and stand for peace in the world.

Other Community Connection Events

"Call Me Malcolm" at the First Methodist Church November 8, 1:30 pm. Discussion leader, Dennis Dailey. the film personalizes the journey of a female to male transition for a seminarian to connect his faith with his gender identity.

The Douglas County AIDS Red Ribbon Art Auction, November 8. Lawrence Art Guild's new gallery, 1109 Massachusetts St. Local artwork may be viewed at 5:30. The auction will begin at 7 pm.

Potluck Meal and Workshop on Direct Action and Organizing, Saturday, November 7, noon to 2 pm. at The Homestead, 1145 Pennsylvania. **Mark Rudd**, speaker, writer, organizer ,and historic member of The Weather Underground and Students for a Democratic Society, will lead the workshop, which will focus on direct action and organizing in our community and beyond. We will hear from the ideas and experiences of a seasoned activist; there will be a dialogue on what it means to engage in direct action, and how to implement progressive change in our community. A variety of people from various organizations will discuss the different forms direct action can take and projects being developed. For more information, contact Sarah Madden 785-249-1084.

SUMMARIES

Oct. 4, 2009 9:15 a.m. NATIONAL COMING OUT DAY: A STEP OUT OF THE CLOSET OR JUST ANOTHER REASON TO HAVE A PARTY?

Susan Cooper organized a spiritual service around National Coming Out Day. The children's story was "And Tango Makes Three" by Justin Richardson and Peter Parnell. This is a true story about a pair of male emperor penguins in the Central Park Zoo who bonded together and raised a baby penguin. The first reading, "A Letter from Cheryl," was a personal letter from the author to her father, explaining why she believes coming out to him will be beneficial to their relationship. The second reading, "Ten Things Every American Should Know", was a list from the Human Rights Campaign of statistics involving gay Americans, including hate crimes, gay marriage, equal opportunity, etc.

In Susan's commentary on Coming Out, she described the many ways she's had to come out over the past 35 years. Susan added a personal touch and also made a strong statement: while it can often be beneficial and positive, it's not always safe to come out. Some of the literature from national organizations stresses coming out at any cost. This is not always the best move and it is ultimately a personal decision. Fear of job loss, family alienation, or bodily harm should and do play large roles in a person's decision to come out. Susan ended with a simple statement: coming out never really ends. LGBT Americans are faced with this decision - and it's not usually a simple one. --*Summary by Lisa Braun*

Office Hours for Minister

Office hours for Rev Jill Jarvis are on Wednesdays from 11:00 a.m. – 1:00 p.m.

Deadlines

Announcements for the Sunday Bulletin: Thursday evening at 5:00 p.m. uflooffice@sunflower.com

Articles for the Newsletter: Monday at noon: ufl_newsletter@yahoo.com

Fellowship Dates to Keep in Mind

Nov 4 Wed Night Dinner, RE classes, Youth Group, Choir

Nov 14 LINK

Nov 15 Committee Round Table

Nov 17 UFL Exec Board Mtg, 6:30 (note new date & time)

The Unitarian Fellowship of Lawrence
A Welcoming Congregation

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