



# UUNews



## February 2010 Sunday Services

<b>Sunday February 7 11:00 am</b>	<b>Rev. Heather Starr: "Learning (and Re-Learning) How to Love":</b> It is the month of hearts, roses, and chocolate—but what does the lasting concept of love really ask of us? How do we continually grow in our efforts to love ourselves and one another better, more soulfully, more authentically, more honestly?
<b>Sunday February 14 11:00 am</b>	<b>Rev. Tara Wilkins &amp; UUFco Member Panel: "Does Marriage Matter?":</b> Join us this Valentine's Day as Rev. Tara Wilkins, Director of the statewide Community of Welcoming Congregations, facilitates a panel of UUFco members and friends pondering the question: Is marriage an important and meaningful "institution" today, in the US in this 21st century? What is most meaningful about marriage to you personally? Does marriage really matter anymore?
<b>Sunday February 21 11:00 am</b>	<b>Discussion Sunday with Tom Wykes: February topic: "The Case for God," an interview with Karen Armstrong by Terry Gross:</b> See newsletter inside for details.
<b>Sunday February 28 11:00 am</b>	<b>Rev. Heather Starr: "The Search For What Saves Us":</b> What can we rely on to get us through difficult, heartbreaking experiences in our life? What does 'salvation' mean to Unitarian Universalists? By who, or what—if anything—are we saved? <i>The recipient of this month's Greater Community Collection is the Human Dignity Coalition.</i>

### **FEBRUARY 19-21, 2010: DISTRICT ASSEMBLY**

**Let Us Shine!** More than 400 UUs have registered for the District Assembly on February 19-21 at the Bellevue Hilton. Won't you join us? Come and be inspired and educated with great workshops, moving worship services, wonderful music, delicious food and warm fellowship with hundreds of other Pacific Northwest UUs.

Bill Harley, Grammy award winning entertainer and NPR commentator, will give the keynote address, a workshop, and a concert. Peter Morales, the new President of the Unitarian Universalist Association will greet you at a Saturday reception and preach the good news of Unitarian Universalism on Sunday morning.

Register now at <http://pnwd.org/districtassembly.php>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31 11am - Service @ Old	1	2 5:45pm - Choir Practice 7pm - Stewardship	3 5pm - OOS Deadline 6pm - Path to	4	5 5:30pm - Sustaining	6 6pm - Circle Suppers @
7 9am - Book Discussion @ 11am - Service @ Old	8	9 2pm - Social Action 5:45pm - Choir Practice 6pm - Path to	10 5pm - OOS Deadline 6pm - Board Meets @ Old	11 1pm - Walk w/Minister @	12	13
14 11am - Service @ Old 12:30pm - Visiting	15	16 5:45pm - Choir Practice	17	18	19 PNWD District assembly	20 PNWD District assembly
21 PNWD District assembly 11am - Discussion @ Old	22	23 5:45pm - Choir Practice	24 1pm - Walk w/Minister @ 5pm - OOS Deadline	25 5pm - Take meal to	26	27 5pm - Potluck: Pasta &
28 11am - Service @ Old	1	2 5:45pm - Choir Practice	3 5pm - OOS Deadline	4	5	6 6pm - Circle Suppers @



## LETTER FROM OUR MINISTER

Dear Friends,

First and foremost, I want to thank you, each and all, for your incredible generosity—the giving of your time, talent, and resources to support the ministries of this congregation in Central Oregon and beyond. I am still marvelling at the outpouring of support during our December Christmas Eve offering for the Bethlehem Inn. I am also deeply grateful for your equally generous contributions to the Minister's Discretionary Fund during the holiday time. Our Administrator, Kathy Day, let me know on Christmas Eve that you all had contributed \$1000.00 to this Discretionary Fund. I was speechless, which, as Kathy would concur, rarely happens!

I want to tell you all about this Minister's Discretionary Fund and let you know what my thoughts and plans are about it. Our current Board President, Owen Mitz, recommended that as a congregation we create specialized funds in our Annual Budget to help direct additional donations to particular programs. We now have specialized funds for the Music Program (from which we are now able to purchase much-needed new hymnals), the Children's Religious Education Program (especially useful for our Director of Religious Education to attend trainings, and also for curricula and supplies), and the Minister's Discretionary Fund.

The central idea of a Minister's Discretionary Fund is to support my ministry to you, the members and friends of this Fellowship, as well as those who come to me from outside our congregation seeking help. Yes, it is up to my discretion about whether to use part of this Fund to purchase a new robe for our Sunday worship services, or some books which I can never seem to acquire enough of. But most importantly to me, this Fund is available should any one of our members or friends – any one of you – be in earnest need of some financial help. If you are having trouble paying for groceries one month, or keeping up with your phone bill, or, in a worst case scenario, need help in order to make a crucial rent or mortgage payment, please speak with me personally. While I am continually working with the Caring Committee to keep up-to-date our list of resources and referrals, I know that sometimes what you might really need is simply a little cash to make it to the end of the month. I know, because I have been there! And so I am both relieved and grateful that this Discretionary Fund is now well-stocked and available, should you experience an emergency in your life.

Our congregation is gradually growing—in numbers, in depth, in wisdom, in complexity, in action. Thank you to each and all of you for being a part of all these forms of growth—for bringing your life, your energy, your ideas, resources, thoughts, and hearts to this community. It is so good to be in community with you.

See you soon,

Rev. Heather Starr ([uufco@yahoo.com](mailto:uufco@yahoo.com) / 385-3908)

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## HOW UUS CAN HELP HAITIANS

In the wake of devastation wrought by the earthquake which struck the island of Haiti on January 12, 2010, the Unitarian Universalist Service Committee (UUSC) and the Unitarian Universalist Association (UUA) have launched a joint relief effort to bring aid to the impoverished island nation. Please go to <http://www.uua.org/news/newssubmissions/154676.shtml> to see what they are doing and how you can help.



## **EVENTS AND ANNOUNCEMENTS**

Saturday, February 27, 5 pm

**ALL-CONGREGATION ANNUAL SPRING POTLUCK: "PASTA & POSSIBILITIES"**  
Bend Senior Center, 1600 SE Reed Market Rd.

Come join us for food, fellowship and fun at the "Pasta & Possibilities" annual potluck! All are welcome – members, friends, newcomers and families. There will be childcare available. We'll keep the talk small and the fun big! Stewards and Board members will be available to answer questions about the FY11 budget, and you can pick up/drop off your FY11 Pledge Card.

Otherwise it's all fun! And Fellowship! We will play our very own UU Jeopardy!! We have free, fabulous door prizes!! The fun is guaranteed!

If your last name starts with:	Please bring:
<i>A-E</i>	<i>Bread/Spread</i>
<i>F-K</i>	<i>Salad</i>
<i>L-O</i>	<i>Dessert</i>
<i>P-Z</i>	<i>Main Dish</i>

*"Ethical Eating"- please feel free to bring a potluck dish representative of our current congregational study/action issue of "Ethical Eating." Also, feel free to bring some information about your dish to share.*

Bring your own beverages – wine and beer ok.  
UUFCA will provide dishes, cups, table service, ice, coffee, tea.

Contact Amy Falkenrath for more information.

Need a ride? Please let Kathy Day know: [uufco@yahoo.com](mailto:uufco@yahoo.com) / 541-385-3908.

### **FEBRUARY 19-21: PACIFIC NORTHWEST DISTRICT ASSEMBLY IN BELLEVUE, WASHINGTON**

Several members of our Fellowship will be attending this annual Unitarian Universalist conference. It's not too late to join in—check out [www.pnwd.org](http://www.pnwd.org) for details.

### **ALL CONGREGATIONAL ANNUAL MEETING, MAY 23**

A few months away yet is our important All Congregational Annual Meeting, immediately following a shortened service that day. Mark your calendars now and plan to attend this once-a-year gathering in which we review the past church year, vote in new Board members, approve the coming year's budget, and more. Your presence is essential to making this a meaningful, truly All Congregational Meeting.

## CONVERSATIONS WITH OUR MINISTER

“Trail Hours” are times each month when I set out on a nearby trail hoping that you will join me in conversation out-of-doors in beautiful Central Oregon. Call me if you have questions or are planning to come so that I know to expect you. Dogs and children are more than welcome.

### Trail Hours in February: First Street Rapids Trail.

Let’s fit in a walk on this sweet trail before it gets icy. Join me on **Thursday, February 11, at 1pm**, or **Wednesday, February 24, at 1pm**. Rain, sleet, snow or wind: come and get outside with me! This trail starts where NW 1<sup>st</sup> Street dead-ends; take Portland Ave to 1<sup>st</sup> Street, north on 1<sup>st</sup>, and park at the end—we’ll meet there at the dead-end where the trail starts. Please let me know if you’re thinking about coming and also if you’d like further directions.

As always, if there is another time that you’d like to go for a walk, have a cup of tea, or that’d be good for me to come by and visit with you in your home, I’d be delighted to do that. Please be in touch! I look forward to talking with you and getting to know you better.

## UUFECO WISH LIST

There are many ways to support the good energy and programs of UUFECO. Right now one of the things we’re working on is sprucing up the Cottage for use by our children, teachers, volunteers, and staff. Here are a few things we could use: new kitchen blinds and the installation of them; storage bins/tubs; bean-bag chairs a functional, working copier.

UUFECO could always use: more *Singing the Living Tradition* hymnals; more *Singing the Journey* hymnals (contact Kathy Day about purchasing hymnals in appreciation or memory of someone in your life).

## BECOMING A MEMBER OF THE UNITARIAN UNIVERSALIST FELLOWSHIP OF CENTRAL OREGON

*Our next New Member Ceremony* will take place during the Sunday morning service on **March 14, 2010**. We welcome you into membership whenever you feel the timing is right for you. Membership with UUFECO involves:

- attending a Path to Membership class series, a Newcomer Orientation, or scheduling an individual conversation with our minister, Rev. Heather Starr ([uufco@yahoo.com](mailto:uufco@yahoo.com) / 385-3908),
- investigating in what ways you will engage in an ongoing spiritual practice,
- making a monetary contribution (and/or pledge) of any amount to the Fellowship
- signing our membership book, and
- becoming involved in the ongoing energetic creation of our congregational community.

We welcome you into membership and into more meaningful engagement with this community at the point when you feel ready to join. Please contact Rev. Heather if you’d like to explore membership.

Note! The current Path to Membership class began on Wednesday, January 27, 6-8pm, is continuing on February 3 and concluding on February 17. Please e-mail Rev. Heather at [heathermstarr@yahoo.com](mailto:heathermstarr@yahoo.com) if you’d like to join in on this class or sign up for the next one. If there is someone you know who has been attending the Fellowship or is interested in finding out more about Unitarian Universalism, please let them know of this class and the opportunity to get to know other newcomers to the congregation. opportunity to get to know other newcomers to the congregation. The next Path to Membership class will begin on Wednesday evening, March 31.

## CALL FOR VOLUNTEERS: BETHLEHEM INN DINNERS THURSDAYS, Jan. 28<sup>th</sup> and Feb. 25<sup>th</sup>

Each 4<sup>th</sup> Thursday dinner in the winter months requires about 16 to 20 UU volunteers to provide or serve the precooked evening meal for 60 to 75 residents.

1. For the Thursday February 25<sup>th</sup> dinner, all but one of the server positions is covered. However, we still need preparers for 1 more meatloaf, 3 more mixed vegetables, 1 set of 24 cupcakes, and 1 more mashed potato preparer. Standard quantities for each preparer are available upon request at e-mail address below.
2. For the March 25<sup>th</sup> dinner: we still need 1 more meatloaf preparer, 4 mashed-potato preparers, 1 gravy supplier, 4 mixed vegetable preparers, and 2 cupcake providers. We also have 5 March 25<sup>th</sup> openings for servers.
3. Warm food needs to be delivered to The Bethlehem Inn around 5:15pm on the meal night. Some special provisions can be made if you need to prepare and deliver food in advance of 5pm. Five servers are also needed for each meal; some preparers can volunteer to stay on to be servers as well if they express their desire to do both preparing and serving.

Please let us know if you will volunteer to join in with your fellow UU's to make both these meals a success. Please contact Leslie Koc and Tom O'Brien ([uufco@yahoo.com](mailto:uufco@yahoo.com) / 385-3908) if you have any questions.

## COMMITTEE REPORTS

### CARING COMMITTEE

Aleta Nissen and Helen Seidler, Co-chairs



**Invitation to Access or Join the Care Team:** The Caring Committee invites you to contact us if you would benefit from physical and/or emotional support. Our *Care Team* is ready to help you out with daily needs you might have, and members of our *Resource Team* can help you find appropriate services in the Bend area if that is what is needed. Confidentiality is assured. Contact Caring Committee Co-chairs Aleta Nissen or Helen Seidler, or Rev. Heather Starr. If you would like to become part of the Care Team or the Resource Team, please contact Helen as well.

**Mid-December 2009 through mid-January 2010 Activities of Care Team:** In the past month the Care Team contacted four people with cards and calls expressing our concern and support during a difficult time for them and loaned medical equipment to two others.

## **GOOD TIMES ACTIVITIES FOR FEBRUARY**

**Circle Suppers:** Mark your calendars for the next circle supper, to be held on Saturday, Feb. 6<sup>th</sup>. This is a wonderful opportunity to get to know some fellow UU's a little better. We'd love to have some new "hosts"....all you do is offer your home and provide beverages, everyone else brings the food! There is a sign up sheet on the entry tables, but please phone or email Joanne Willson if you plan to attend. [joannemaud@yahoo.com](mailto:joannemaud@yahoo.com) / 548-3840.

**Movie Group:** The UUFCA Film Fans will meet up at the cinemas on Friday, February 5th. The exact film, time, and location will be posted earlier that week. The Academy Awards nominations will be announced on Feb. 2, so we will pick one of the nominated films to see at our outing. Please feel free to contact Valerie Warren to get more information or to sign up for future events: [valeriehwarren@gmail.com](mailto:valeriehwarren@gmail.com) / 977-3557

**New Drum Circle Group:** Chandra Smith has offered to lead a drum circle. The first meeting will be 7pm February 12 at the Cottage. This sounds like a wonderful opportunity to learn, create, and enjoy a spiritual experience. Let Chandra know your interest by signing up at church or email her at [chandrabsmith@hotmail.com](mailto:chandrabsmith@hotmail.com).

**XC Ski Group:** Duncan Brown and Lyn Mattei are heading up our xc ski group! The group is currently meeting weekly, during morning hours. Watch announcements on Meetup or add your name to the signup sheets to receive information about upcoming outings. Items people should bring: warm but layered clothing, water, and a snack or lunch. The outings are usually 2 to 3 hours. A snow park pass is required. All ability levels are welcome, and there is plenty of help, encouragement and support available from our leaders. There are sign up sheets on the entry tables, but please check info on Meetup or contact Duncan if you plan to join the group or have questions: [matteibrown@clearwire.net](mailto:matteibrown@clearwire.net) / 317-9160.

**Card Players:** Jim & Becky Dobrowski are hosting card playing evenings monthly. The next gathering is set for Feb. 20 at 6:30. All skill levels are welcome and a variety of games are offered. E-mail or call Jim or Becky to let them know you are coming! [jim\\_dobrowski@yahoo.com](mailto:jim_dobrowski@yahoo.com) / 420-2335.

**Snowshoe:** Leslie Koc has graciously offered to lead a snowshoe group on the 2nd and 4th Sundays of the month, following the service. If you'd like to join the group, plan to dress accordingly and bring a snack/lunch. Please use signup sheets at the entry tables, and let Leslie know if you plan to come: [lesliek@bendbroadband.com](mailto:lesliek@bendbroadband.com) / 306-6083. Also, please offer your skills as a leader or organizer for this activity for fun in between these Sunday outings.

**Stitching Group?:** How about a gathering of folks interested in needle crafts.....quilting, sewing, knitting, crocheting, etc. There are signup sheets on the entry tables. Contact Nan Williamson if you are interested in forming such a group. [johnanw@bendbroadband.com](mailto:johnanw@bendbroadband.com) / 306-4656.

**Armchair Travleers:** Is anyone interested in starting a new Good Times activity.....to share stories, slides, pictures, etc. of places you've travelled? We can find homes to meet in, and share exotic adventures as well as closer to home "secret" spots. This might be a fun way to "travel without travelling" during the upcoming winter months. Please use the signup sheets on the entry tables, or contact Nan Williamson if you have some interest: [johnanw@bendbroadband.com](mailto:johnanw@bendbroadband.com) / 306-4656.



## SOCIAL ACTION COMMITTEE

Charles & Wilma Campbell, Co-chairs ([uufco@yahoo.com](mailto:uufco@yahoo.com) / 385-3908)

**Collection for the Greater Community:** The Central Oregon Human Dignity Coalition will be the recipient of the February 28th Collection for the Greater Community. Their mission is to promote and safeguard human rights; collaborate with community partners including Basic Rights Oregon, Oregon Safe Schools and Communities Coalition, Planned Parenthood, and Oregon GSA Network to promote a safe environment for troubled youth and their allies in the schools and in the greater community. They offer opportunities to actively create positive change in our community and provide opportunities that promote diversity and create safe space for sexual and gender minorities and their allies.

**Soles4souls:** Soles4souls is another program that provides dignity for people by providing shoes. A shoe donation box will be available at the UUFSCO Sunday Services in February. While most of the world does not have one adequate pair of shoes, Americans have an abundance of footwear sitting idle in our closets. Your consideration of simply cleaning out your closets and donating **gently worn** shoes can make a significant difference in the quality of life of someone in need. Footwear is a basic need that most of us take for granted every day. Soles4Souls originally earmarked 250,000 pair of new shoes for Haiti, but on Saturday increased that commitment to one million pairs of footwear. For those without shoes the healthcare benefits are the most urgent reason footwear is so desperately needed. A quality pair of shoes protects their foot from scrapes, cuts, and contaminants that lead to potentially serious healthcare issues. Village women, many of whom walk 5 miles one way to get water and carry as much as 50 lbs of water back to their village, sometimes daily, have no adequate footwear. Soles4Souls is working to change the world one pair at a time, and responding to natural disasters both domestically and internationally. Check out [soles4soles.org](http://soles4soles.org).

Our next Social Action Committee Meeting will be in the cottage by the Old Stone Church on Tuesday, February 9, 2:00 pm.

## WORSHIP COMMITTEE

Attention! 2010 worship services are now being planned and scheduled.

- *Do you know someone in Central Oregon who you think would make a great guest speaker?*
- *Do you have an idea for a worship service you think others would enjoy?*
- *Would you like to Host or help with worship in the future?*
- *Is there a particular topic you'd like to speak about from your own experience?*
- *Is there a particular theme or issue that you'd like see UUFSCO address or explore?*
- *Would you like to be involved in scheduling, hosting, or creating worship services?*

If you answered "yes!" to any of these questions, or if you want to support and strengthen our UUFSCO Sunday services, please let Rev. Heather know. We want to hear from you to make sure that services are relevant to your spiritual needs, your inquisitive minds, and your open hearts. In particular if there is a service topic that you would like to lead, please let Rev. Heather know. Worship Committee Members include Virlene Arnold, Grace Kennedy, Christine Boyer, Nancy Stevens, Marean Jordan, and Pam Allyn.



## DISCUSSION GROUP

On the third Sunday in lieu of service, UUFCO has a discussion meeting led by Tom Wykes. Everyone is welcome at 11:00 am in the Old Stone Church. Articles are distributed by email in advance--if you would like to be on the UU Discussion Group email list, please contact Tom Wykes ([wykes@bendcable.com](mailto:wykes@bendcable.com)).

### **February topic: “The Case for God,” an interview with Karen Armstrong by Terry Gross:**

Armstrong’s recent tour de force illustrates the unfolding, reshaping, and overturning of views of God, nature, and reality. Although Armstrong is not responding directly to the atheists’ challenge, her principal theme is a rebuke to those who expect to answer ultimate questions by rational speculation: The insights of religion require a “disciplined cultivation of a different mode of consciousness,” she writes. History demonstrates that the transcendent is experienced by those who engage in dedicated spiritual practices and compassionate living, and for those who do not, it remains “opaque.”



## RELIGIOUS EDUCATION

Rebecca Fender, Director ([uufco@yahoo.com](mailto:uufco@yahoo.com) / 385-3908)

*Onward! to that which is endless,  
As it was beginningless...  
To see nothing anywhere but what you may reach it and pass it.  
To look up or down no road but it stretches and waits for you —  
To know the universe itself as a road —  
as many roads —  
as roads for traveling souls. — Walt Whitman*

...and so begins a new journey for our children in Religious Education. Following the next two sessions, the last one from Moral Tales and the last one from Toolbox of Faith, our children will begin a new Tapestry of Faith curriculum called Faithful Journeys on February 14th. I am very excited about this program because our children will learn who Unitarian Universalists are, what we believe, and how we live in faith. Our children will be equipped with language and experiences to help them answer these important questions, and they will be on their way to developing a strong Unitarian Universalist identity. Parents and other interested parties are welcome to peruse the curriculum online at <http://www.uua.org/religiouseducation/curricula/tapestryfaith/faithfuljourneys/index.shtml>, and I welcome any questions you may have.

As this new year makes its steady progress into February, I find myself seeking new RE teachers. If you have a love of children, a sense of wonder about life, the ability to listen and a willingness to share who you are, then please consider spending one Sunday a month with our RE children. Our teachers are mentors and companions of our children as they embark on their own religious journeys, and there is no better way for them to identify with Unitarian Universalism than for them to spend time with various adults from our congregation. According to Dr. Barry Andrews, MRE at the UU Congregation of Shelter Rock, Manhasset, Long Island, New York, teaching RE is a spiritual act, and religious identity is about feeling “at home” in the church, experiencing familiar faces and spaces, and participating in common worship and intergenerational activities. While our children are with us, we want them to feel strongly identified as Unitarian Universalists recognizing that they will one day make their own decisions about religion. If you are interested in deepening your own UU identity by stepping into our RE Cottage as an

educator and companion, then speak with me during the next service or contact me through one of the methods mentioned above.

With gratitude and joy,  
*Rebecca Fender, Director of Religious Education*

## **ADULT EDUCATION – FEBRUARY UPDATE**

**Path to Membership – Session 2 and 3 in the series      7:00-8:30 pm      The Cottage**  
**Wednesday, Feb. 3 & Tuesday, Feb. 9**

**Book Discussion      Sunday, Feb. 7      9:00-10:30 am      The Cottage**

The book selection for this discussion is *In Defense of Food: An Eater's Manifesto* by Michael Pollan. Alice Elshoff will facilitate. Words from the book's cover – "Because in the so-called Western diet, food has been replaced by nutrients, and common sense by confusion – most of what we're consuming today is no longer the product of nature but of food science. The result is what Michael Pollan calls the American Paradox. The more we worry about nutrition, the less healthy we seem to become. With *In Defense of Food*, Michael Pollan proposes a new (and very old) answer to the question of what we should eat that comes down to seven simple but liberating words: Eat food, Not too much, Mostly plants Pollan's bracing and eloquent manifesto shows how we can start making thoughtful food choices that will enrich our lives, enlarge our sense of what it means to be healthy, and bring pleasure back to eating." If you have read all of the book, parts of the book, have heard or just want to hear about the book, please join the discussion at this new time – directly before the 11:00 service.

### **Writing a Spiritual Autobiography**

The first meeting for this group was held Thursday, January 21 and is now immersed in the writing process. If this workshop appeals to you but you were unable to enroll in this session, please let Rev. Heather Starr know as it can be offered again at a later time.

**What Moves Us: Unitarian Universalist Theology      6:00-8:00 pm      The Cottage**

This is a 10-session program meeting **Mondays beginning March 1 and running through May 24.**

"Providing a framework for deep and longtime Unitarian Universalists to engage in theological reflection, not as an intellectual exercise, but as a process of meaning-making that equips one for living in the world as a Unitarian Universalist person of faith, this program explores the life experiences of both historic and contemporary Unitarian Universalist theologians, highlighting that which caused in them a change of heart, a new direction, new hope, and a deeper understanding of their own liberal faith. The workshops offer a chance to engage with and bring personal experiences to bear on the very questions explored by each theologian in turn. The program offers a pathway for developing not only one's own personal theology but also one's deep understanding of the threads of our Unitarian, Universalist, and Unitarian Universalist theological heritage." (Description provided by Rev. Dr. Thandeka)

There will be a fee to cover the cost of materials. To sign up for the class, respond to Rev. Starr or Ellen Mercer by February 22. The class will be limited to 20 participants. Please do not sign up if you know you anticipate missing more than one class.

**Living Well With Chronic Conditions**                      **2:00-4:30 pm**                      **The Cottage**  
**Six sessions – Wednesday afternoons beginning March 24 through April 28**

Put Life Back In Your Life! This workshop is designed for adults of all ages who want to take charge of their ongoing health problems and get relief from their pain, fatigue, stress, anxiety and other common symptoms. This workshop is based on a model program designed and developed at the Stanford University Patient Education Research Center. This class is offered through Living Well-Central Oregon. Wendy Howard, a trained facilitator, will lead the class. There is no cost involved. For more information or to sign up contact Ellen Mercer ([uufco@yahoo.com](mailto:uufco@yahoo.com) / 385-3908) by March 17.

### ***Ethical Eating – Thoughts to Chew On***

**“In total, for our grain and flour, pastured meats and goods from the farmers’ market, and our own produce, our family’s food footprint for the year was probably around one acre.**

**By contrast, current nutritional consumption in the U.S. requires an average of 1.2 cultivated acres for every citizen-418 acres for a family of four. These estimates become more meaningful when placed next to another prediction: in 2050, the amount of U.S. farmland available per citizen will be only 0.6 acres. By the numbers, the hypothetical family has change in the cards. By any measure, ours had discovered a way of eating that was more resourceful than I ever could have predicted.”**

*- Barbara Kingsolver excerpt from Animal, Vegetable, Miracle*

**“Organic – The US Department of Agriculture (USDA) is responsible for managing the National Organic Program, which was implemented in October 2002. Organic farming avoids the use of most artificial inputs, like synthetic pesticides and fertilizers and bans the use of animal by-products, antibiotics and sewage sludge among other practices. Any food product (except fish) using the word organic must be certified as such by an official USDA accredited certifier.”**

*- Sysco informational pamphlet*

**What is CSA? The term CSA generally refers to a food production and distribution system that directly connects farmers and consumers. Consumers buy “shares” in a farm’s harvest in advance and the crop yield is delivered as harvested. There are various types of arrangements. (A composite of many definitions)**

If you have an idea to include in this section, please pass it, along with the source, to Ellen Mercer [uufco@yahoo.com](mailto:uufco@yahoo.com) / 385-3908.

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## **UUNews Advertising**

### **Designs by Cathy**

Do you need your Interior Design project managed? Need to know where to buy some of the most unique items for your home or business? What about a Mural on the blank wall? I do all aspects of Interior Design, Construction and Artwork. Window treatments, Blinds, Murals, Furniture and Space planning, etc. Give me a try, 35 yrs experience. Thanks for reading...

Ask for Cathy: [DesignsbyCathy@aol.com](mailto:DesignsbyCathy@aol.com) / 541-610-7731

We are always looking for more news from our members and friends, relevant community events, thank-yous, classified ads and other items you'd like to share. Please submit these as an email if possible, or call or send them to Rebecca Boyer:

[uufco@yahoo.com](mailto:uufco@yahoo.com) / 385-3908