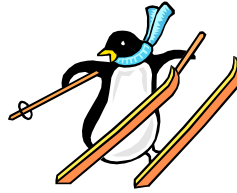


Services are held at 11:00 am at the Old Stone Church, 157 W Franklin Ave., Bend.
UUFco: (541) 385-3908 • www.uufco.org • P.O. Box 428; Bend, OR 97709-0428



UUNews



January 2010 Sunday Services

Sunday January 3 11:00 am	UUFco Member Shirley Furst: “New Year’s Resolutions”: Join Shirley in considering the significance of New Year’s Resolutions—a comparative contemplation of our Unitarian Universalist tradition and other new year’s practices.
Sunday January 10 11:00 am	Rev. Heather Starr: “Finding Your Calling”: Amid all the responsibilities and demands of our lives, it can be hard to hear—and give our attention to—the calling of our inner spirit, the calling of a greater Spirit. <i>Immediately following this service you will be invited to voice your opinion—and vote—on our denomination’s future Social Witness Statements and Study/Action Issues. Please plan to linger a little longer today and participate in this important conversation. See the Minister’s Letter for more details.</i>
Sunday January 17 11:00 am	Discussion Sunday with Tom Wykes: “I Don’t Believe in Atheists” by Chris Hedges: See newsletter inside for details.
Sunday January 24 11:00 am	Rev. Heather Starr: “Growth in Winter”: While the natural world is dormant, what happens within us? What shifting goes on unseen in midwinter? How do we measure such growth in our lives?
Sunday January 31 11:00 am	Rev. Heather Starr: “Living in the Age of Memory Care”: Nearly five million people in the United States are living with Alzheimer’s. How does the prevalence of Alzheimer’s effect our communities, families, and collective future? What do we all have to learn from stories of Alzheimer’s experiences? <i>The Greater Community Collection recipient today is the Central Oregon Habitat for Humanity Faith House.</i>

ALL-CONGREGATIONAL FORUM ON OUR DENOMINATIONAL SOCIAL WITNESS WORK: SUNDAY, JANUARY 10, 12:30-1:30 PM:

Please plan to stay after the service for a brief overview of our denomination’s Social Witness process, and vote for the coming years’ Study-Action Issue. There will also be opportunity to comment on the current Study-Action Issue of Ethical Eating, as well as the draft Statement of Conscience on Peacemaking. All are welcome & encouraged to participate in the democratic, social witness process of our faith tradition.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 11 am - Service @ Old	28	29	30 5pm - OOS Deadline	31	1	2 6pm - Circle Suppers
3 11 am - Service @ Old	4	5 5:45pm - Choir	6 5pm - OOS Deadline	7	8	9
10 11 am - Service @ Old 12:30pm - Forum	11	12 2pm - Walk 5:45pm - Choir	13 10am - Stewardship 6pm - Board Meets @	14 Early Reg. PNWD	15	16
17 11am - Discussion @	18	19 5:45pm - Choir	20 5pm - OOS Deadline 6pm - Film/Discussio	21 6pm - Write Spiritual	22 10am - Board Retreat	23
24 11 am - Service @ Old	25	26 5:45pm - Choir	27 2pm - Walk 5pm - OOS Deadline 6pm - Path to	28 1pm - Worship 5pm - Take meal to	29	30 5:45pm - Service
31 11 am - Service @ Old	1	2 5:45pm - Choir	3 5pm - OOS Deadline 6pm - Path to	4	5 5:30pm - Sustaining	6 6pm - Circle Suppers



PRESIDENT'S LETTER

Dear Members and Friends,

I find myself in a reflective mood as I write this letter at the beginning of a new year. Looking back at the past year, I am struck by the amazing generosity of this UUFCO community. When I first wrote you as the new president in July, we were in the midst of real estate negotiations as we searched for a new home for UUFCO. Our congregants stepped up and offered over a half a million dollars in pledges and loans for the project; and literally dozens of our talented members and friends toiled hundreds of hours writing budgets, grant proposals, filing documents with the city, performing inspections, and countless other tasks. We see a cadre of volunteers every Sunday who greet us at the door, set up the podium and altar, manage the sound, bring flowers and coffee, and assist Rev. Heather by hosting the service. Still dozens of other UUFCO members and friends prepare and serve a delicious and nutritious meal once a month at Bethlehem Inn. And speaking of Bethlehem Inn, our generous congregant's donated over \$3,700 on Christmas Eve which was given to the Inn along with a \$3,000 match from UUFCO members Tom O'Brien and Leslie Koc. And, finally, the new Discretionary Funds established this year benefitted from the congregation's generosity: contributions totaling \$1,000 were designated for the Minister's Discretionary Fund, in appreciation for all the Rev. Heather does for this congregation; and contributions totaling \$1,145 were designated for the Music Discretionary Fund in memory of Frank Arnold.

I am looking forward to this New Year. The Board has had a special meeting to review the Strategic Plan and set our priorities for the coming fiscal year which starts July 1. These priorities will be communicated to the Stewardship Committee so they can prepare the first draft of the budget for the Board's consideration. The Facilities Committee has been reconstituted under the able leadership of John Williamson, and all of your comments from the Round Table Discussions last October will be studied by that committee as they continue the search for the perfect new home for UUFCO. And just to show that we're not all work and no play, the Good Times Committee has grown in popularity and promises to present even more activities in the coming months. At the end of this month, on January 30, my personal favorite is coming up: The Service Auction FUN-d Raiser and potluck dinner! You can read about it elsewhere in this newsletter.

I wish each of you a safe, healthy, and happy New Year as we look forward to the possibilities that 2010 holds for us.

*Owen Mitz, President,
UUFCO Board of Trustees*

A NOTE OF THANKS

On behalf of my family and myself I want to thank all of you who have sent cards, made calls, cleaned up my yard, helped with the memorial service, brought food, given hugs and expressed your heartfelt condolences after Frank's death. I have been lovingly supported in too many ways to count. None of us knows exactly when hard times will knock on our doors, and I consider myself fortunate to have a loving community of friends to help me during this time of loss and transition.

-Virlene Arnold



EVENTS AND ANNOUNCEMENTS

UUFCO ANNUAL SERVICE AUCTION & POTLUCK DINNER



Saturday, January 30, 5:45 pm, Bend Senior Center (1600 SE Reed Market Road)

Food: Please plan to arrive at the Senior Center with your food & drinks by 5:45 pm and we will dine at 6 pm. Please bring a dish to share in the category that corresponds to the first initial in your last name:

- A-B Meat-based main course
- C-E Dessert
- F-I Fruit/Cheese/Bread plate
- J-R Vegetarian main course/hot vegetable dish
- S-Z Salad

Also, please bring your own beverage: soda, juice, milk, water, beer, wine, etc. UUF

CO will provide table service, cups, ice, and coffee/tea/hot chocolate.

What is a Service Auction? You donate a service which others will bid on—it can be a pie-a-month; a bike tune-up; a hike or snowshoe trip; handyman services; mending; babysitting; a workshop on dreams; an ethical-eating dinner for 8; a locavore shopping trip---the possibilities are limited only by your imagination! And, of course, as a participant, you get to bid on others' wonderful services! The money raised at this Service Auction goes to UUF

CO—it's our biggest FUN-d raiser of the year!!!

You will soon receive in the mail a form on which you can list your service item. If you need more than one form, please contact Kathy Day, uufco@yahoo.com / 610-6694.

There also will be a special part of the auction for children only! If you can donate items that the children only will bid on, please bring them to church on January 24.

SIGN UP FOR ONE OF THE FOLLOWING CREWS: Decorating Crew / Set-Up Crew / Sound System Crew / Auctioneer / Clean-up Crew

Questions? Contact Dick Falxa, 382-8616 / dfalxa@bendcable.com or
Grace Kennedy, 388-0075 / gracekennedy@hotmail.com

FEBRUARY 19-21, 2010: DISTRICT ASSEMBLY

The PNWD District Assembly will take place February 19-21, 2010 at the Hilton Hotel in Bellevue, WA.

Join with others from UUF

CO to travel to this invigorating meeting:

- See and hear Grammy award-winning entertainer Bill Harley
- Meet Rev. Peter Morales, the new UUA President
- Meet other members of Pacific Northwest District (PNWD)
- Share knowledge, experience, and resources
- Learn new skills and expand your understanding of UUism at stimulating workshops
- Be a delegate and participate in making district decisions at PNWD Annual Meeting
- Above all have fun learning, laughing, and worshipping with new UU friends

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 and into more meaningful engagement with this community whenever you feel the timing is right for you. Please contact Rev. Heather if membership is something you'd like to explore.

Note! The next Path to Membership class will begin on **Wednesday, January 27, 6-8 pm**, continuing on **February 3** and concluding on **Tuesday, February 9** (note date change). Interested persons can sign up by e-mailing Rev. Heather by January 25. 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.

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 January: Farewell Bend Trail: Join me on **Tuesday, January 12, at 2:00 pm**, or **Wednesday, January 27, at 2:00 pm**. Rain, sleet, snow or wind: come and get outside with me! This trail starts from Farewell Bend Park on Reed Market Road—we'll meet under the overhang by the children's play area. Please let Rev. Heather know if you're thinking about coming and also if you'd like further directions: heathermstarr@yahoo.com / 541-390-6052.

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.

CALL FOR VOLUNTEERS: BETHLEHEM INN DINNERS THURSDAYS, JANUARY 28 & FEBRUARY 25

Each Thursday dinner in the winter months requires about 16 to 20 persons to provide or serve the precooked evening meal for 65 to 75 residents. For the January 28th dinner all the server positions are covered but we need meatloaf, mixed vegetables, and mashed potatoes preparers. We start with nearly a blank slate of volunteers for the February 25th dinner, so please let us know if you will volunteer to join in with your fellow UU's to make these two meals a success. Serving about 70 Bethlehem Inn residents requires 5 meatloaf preparers, 5 mashed-potato preparers, 1 gravy supplier, 4 mixed vegetable preparers, a food coordinator, and 3 cupcake providers. Warm food needs to be delivered to The Bethlehem Inn around 5:15 pm on the meal night. Some special provisions can be made if you need to prepare and deliver food in advance of that time. 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 contact Leslie Koc and Tom O'Brien at lesliek@bendbroadband.com to volunteer or to get more information. Call 541 306 6083 if you have any questions.

SUPPORTING THE HUNGRY AND HOMELESS

In this winter season we are especially mindful of those in need in our community. Bend is fortunate to have several organizations offering hot meals and emergency food supplies throughout the week. A list of those resources has been compiled and is located on the resource table in the foyer of the Old Stone Church on

Sunday mornings. Please feel free to pick up several copies for your own information and to give out to those you may encounter who are in need of food. While cash donations to needy individuals are strongly discouraged, sharing this information can be very helpful (and of course the organizations providing the food can always use cash to support their feeding programs).

For your information: UUFSCO members and friends will be interested to know that the apartment complex and storefront next to the Old Stone Church have been leased by Shepherd's House to provide transitional housing to the homeless population that it serves and to operate a thrift store.

UUFSCO WISH LIST

There are many ways to support the good energy and programs of UUFSCO. Right now one of the things we're working on is sprucing up the Cottage which is used by our children, teachers, volunteers, and staff. Here are a few things we could use: New kitchen blinds and the installation of them; durable plates, mugs, silverware; storage bins/tubs; bean-bag chairs; a functional, working copier; medium-size rugs for the Cottage kitchen.

UUFSCO could always use: more *Singing the Living Tradition* songbooks or more *Singing the Journey* songbooks (contact Kathy Day about purchasing songbooks in appreciation or memory of someone).

MAKE VISITORS WELCOME BY BECOMING A FELLOWSHIP FRIEND

We consider ourselves a warm and welcoming congregation, but sometimes visitors don't have opportunities for the kinds of personal connections that would make them want to return and become a part of our UUFSCO community. To help make visitors and newcomers feel truly welcome, we are asking interested members of the congregation to become Fellowship Friends. Fellowship Friends would seek out and welcome visitors on Sunday mornings, follow up with a phone call or email, and provide mentoring to interested newcomers, helping them learn more about UUFSCO and find a home in our Fellowship. Please consider becoming a Fellowship Friend and helping visitors and newcomers feel welcome and connected. If you are interested, contact Diana Pond at pondwest@bendbroadband.com or at 526-0176.

PASSING THE BATON TO AMY FROM DON

On Sunday, December 6, UUFSCO Member Amy Falkenrath was introduced to the congregation as the new Stewardship Chair and I was recognized as having served as the Fellowship's primary fund raiser "for the last 100 years or so" according to Board President Owen Mitz. Well, perhaps not quite that long, but sometimes it seemed that way. There are many rewards in doing Stewardship for UUFSCO, and perhaps the greatest was seeing our community respond so generously with both its talent and material support. I have gained much from this service and have promised Amy my full backing as she breaks new ground. I know that others will do the same. - *Don Hartsough*



Painless Fundraising

Donate used Printer Cartridges and Cell Phones to the Fellowship. We get \$3/cartridge in office supplies from Staples for what would otherwise be trash. Bring them any Sunday.

Please use www.GoodSearch.com to search the internet. Put UUFSCO (spelled out) in the charity line, and UUFSCO will receive 1 cent for each search. Last month we received a check from them for \$15, which represented searches by our members and friends for the past year and a half. Just think how much we would receive if more of us used this search engine powered by Yahoo.

COMMITTEE REPORTS



CARING COMMITTEE

Aleta Nissen and Helen Seidler, Co-chairs

Aleta - 541-419-8355, Nissen@wanderlusttours.com

Helen - 541-977-7531, Helen@lavaedge.net

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.

Just a reminder: The Caring Committee has a small collection of medical equipment available for loan. If you think you might need something, please contact Jane Mitchell (389-9704 or jmitc1943@msn.com) ahead of your procedure so together you can determine whether we have something that will work for you. Also, the Caring Committee has for our members and friends a “UUFCA Nursing and Recovery Care Resource List” that is a compilation of the programs and facilities available in the area to people who may need care beyond what they can manage by themselves. If you would like to have a copy e-mailed to you, please contact Caring Committee Co-chair Aleta Nissen.

Mid-November through mid-December 2009 Activities of Care Team: In the past month the Care Team sent cards and made calls to six people expressing our concern and support during a difficult time for them.

Caring News & Notes from Rev. Heather: We wish all those who are traveling during the holiday season and over the New Year smooth, safe, and successful journeys. Please don't hesitate to let us know if you or someone you know needs some special care or support—that is what we're here for!

There have been many joys and sorrows in the lives of our Fellowship members and friends this past month—here are some of the highlights:

Congratulations to **Wendy Howard and Bob Barber's daughter Emily**, who has just become engaged to be married. Wendy and Bob are off for their winter trip to Mexico and will return March 7. **Grace Kennedy's son Pete** is in Grad School at Yale and is graduating in May—and Pete's long-time friend Casey is moving to New Haven to join Pete; we wish them both well!

Max Beason shared his joy that his knee replacement surgery was successful and expressed gratitude for all the cards and good wishes. **Joan Landsberg** shared her joy to be back at the Fellowship after two months of being sick. **Debby Lynn** expressed her joy at walking in the Annual Bend Christmas Parade with UUFCA as a small but merry band of peacemakers.

Nancy Stevens expressed her joy at running in the Jingle Bell race that same morning. **Rebecca Easton** shared her joy that their family friend Sylvester is visiting from Zambia. **Twila Barber and Casey Rosenberg** celebrated the birth of their daughter, born on May 10, 2009.

Amy Falkenrath shared that she and Aaron had a great trip to California to see family; Amy's grandmother is doing well, and her sister and brother-in-law could use our good wishes during some difficult times they are having. Likewise, **Ginny Heroux** shared the sorrow that her caregiver's family is going through some hard times.

Dee Martin shared that since her husband died last year, she has been dreading returning to San Diego to visit; she will be heading there for the holidays though and is looking forward to seeing her daughter. **Becky Dobrowski** expressed her joy at having her son and daughter-in-law visiting, and extended an open invitation to anyone to join them for dinner on Christmas Day.

Cameron Clark shared his hope that his sister and father, both cancer survivors, will receive good news after upcoming tests. **Dick Pond** shared that his wife Diana is currently taking care of their daughter in California and that he will soon be going to join her. Dick also expressed concern about the stigmas and lack of concern society and the health care system give to mental illness. **Don and Dalyte Hartsough** shared that their good friends Marie and Bob were in a bad car accident—we send them our best wishes and hopes for recovery.

Joan Landsberg's daughter was also in a car accident, in the Seattle area; she was thankfully not severely injured and is on the mend. **Ethan Lindsey's wife Brit** got a great job in Los Angeles so they have both now moved there—we will miss you, **Ethan and Brit!**

A Celebration of Life was held on December 12 for **Frank Arnold**, who died at home on Saturday evening, November 14, with his family gathered around him. In particular our condolences go out to Frank's wife, Virlene, and Frank's sister, Betty.

January Birthday wishes go out to **Vernon Threlkeld, Zidane Holcomb Galant, Maya Foster-Wexler, Nan Williamson, Amanda Fender, Joe Barrett, Annika Nissen, Cindy Brennen, Chase & Madeleine Connell.** Many happy returns to all!

Thanks to each of you for sharing what's going on in your life and the lives of those you love, and to all of you for reaching out to care for and connect with one another. Please say the word if there is anything that we can do to support you. You can contact your Caring Committee Co-Chairs if you need the support of either our Care or Resource Teams—we are here, as our weekly Covenant states, in order to love and “to help one another.”

These “News & Notes” are based primarily on the Sunday morning Joys and Sorrows. As always, if you have special news, announcements, or an update that you would like us to include in this section, please let our Caring Committee Co-Chairs **Helen Seidler** (helen@lavaedge.net/389-5400) or **Aleta Nissen** (nissen@wanderlusttours.com) know. We want to know what's going on in your & your family's lives—so please be in touch!

GOOD TIMES ACTIVITIES FOR JANUARY

Circle Suppers: Mark your calendars for circle suppers, held on the first Saturday of each month. 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 / 548-3840.

Movie Group: Watch the Meetup announcements for a film event to be scheduled early January. Please feel free to contact Valerie Warren to get more information or to sign up for future events: valeriehwarren@gmail.com / 593-1534.

New Drum Circle Group: Barbara Richards, a new UU member, has offered to lead a drum circle. The time and place are yet to be determined. There is a sign-up sheet on the entry tables. This sounds like a wonderful opportunity to learn, create, and enjoy a spiritual experience. Let Barbara know your interest by signing up or email her at talkinghouselady@yahoo.com.

New WALKING Group: Shannon Adams is leading a walking group at Sawyer Park (parking lot) 11:00am Tuesdays and Fridays. The walks will generally be one hour or less. Bring your friends and neighbors, and go for a gentle walk with Shannon, getting to know each other and sharing conversation. Shannon will be there no matter what the weather! Let her know you are planning to come: toshannon2002@yahoo.com / 325-1744.

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 / 306-4656.

New XC Ski Group: We are fortunate to have Duncan Brown and Lyn Mattei heading up a XC ski group! The group is currently meeting weekly mornings at a local snow park (you must have a pass). Watch announcements on Meetup or add your name to the signup sheets on Sundays 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. All ability levels are welcome, and there is plenty of help, encouragement and support available from our leaders. Check info on Meetup.com or contact Duncan if you plan to join the group or have questions: matteibrown@clearwire.net / 317-9160.

Armchair Travelers: 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 / 306-4656.

Card Players: Jim & Becky Dobrowski are hosting card playing evenings monthly. Contact Jim or Becky to find out each month's date, or to let them know you are coming!: jim_dobrowski@yahoo.com / 420-2335.

Snowshoe?: Interested in a snowshoe group? Can you offer your skills as a leader or organizer for this great way to burn calories and visit with fellow UUs? Contact Nan at johnanw@bendbroadband.com / 306-4656.



SOCIAL ACTION COMMITTEE

Charles & Wilma Campbell, Co-chairs 317-2953 or cewjc@earthlink.net

Social Action is part of the UU tradition and this is expressed by your generous support of the dinners at the Bethlehem Inn and in the offering on the last Sunday of each month which supports a selected organization. Inviting someone to briefly present their program helps us learn about an organization and also gives them a chance to experience one of our wonderful worship services. Your generous donations contributed \$517 to Neighbor Impact in October, \$600 to the UU Service Committee's Guest at Our Table Program in November, and \$3,717 to Bethlehem in December. Also enough UUFCA volunteers have signed up to provide help for the Homeless Overflow Shelter at the Boys and Girls Center from January 10 to 14 (Sunday - Thursday).

Bend Habitat for Humanity will be the recipient of the January 31 collection. The Faith House family, Eric and Angela Cheeney (and 2 ½ year-old daughter Emma), have already completed their 600 hours of sweat equity needed for their down payment on their new home but they will continue working on their house throughout the build--Eric is a particularly enthusiastic builder. Volunteer help is welcome to build this house and other houses.

Although every Habitat family must have lived in Bend for at least one year, these folks are home grown, born and raised in Bend. Both of their parents live and work in Bend, and are thrilled at the progress on the house.

Please regularly walk our Deschutes River Trail adopt-a-trail section, pick up trash, note problems, and e-mail Katy (kboyce@gmail.com) so she can log and report it. Wear yak-traks—there are some icy spots!

WORSHIP COMMITTEE

Do you want to support and strengthen our UUFCCO Sunday services? If so, 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 (heathermstarr@yahoo.com). Worship Committee Members include Virlene Arnold, Grace Kennedy, Christine Boyer, Nancy Stevens, Marean Jordan, and Pam Allyn.

Our next Worship Committee meeting is scheduled for **Thursday, January 28, 1:00 pm in the Cottage**. Among other things we'll discuss at this meeting the formation of a Lay Leader Worship Group to engage, develop, prepare, and support UUFCCO Members and Friends who will be leading worship services during the year ahead. Please let Rev. Heather know if you'd like to be involved!



DISCUSSION GROUP

On the third Sunday in lieu of service, UUFCCO 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 / 382-6651).

January topic: "I Don't Believe in Atheists" by Chris Hedges: In May 2007, journalist and author [Chris Hedges](#) debated religious skeptic [Sam Harris](#) on the topic "Religion, Politics and the End of the World" at a forum at UCLA. In Hedges' opening statement, he argues that Harris and other critics of faith have mistakenly blamed religion for the ills of the world, when the true danger lies in the human heart and its capacity for evil. Hedges is the former Middle East bureau chief for *The New York Times* and the author of *American Fascists: The Christian Right and the War on America*.



RELIGIOUS EDUCATION

Rebecca Fender, Director (becksfender@gmail.com / 480-8043)

"New Year's eve is like every other night; there is no pause in the march of the universe, no breathless moment of silence among created things that the passage of another twelve months may be noted; and yet no man has quite the same thoughts this evening that come with the coming of darkness on other nights." ~Hamilton Wright Mabie

As I write this, I'm reflecting on the rehearsal for the Christmas Eve service that the kids and I participated in a few days ago. I am amazed by their creative energy and willingness to take risks as well as the supportive encouragement they give one another. Throughout this next year, my hope is to continue to tap into your children's talents offering them a chance to share them with the congregation and to increase the opportunities for RE to step "out of the classroom" and into our community. I'm also looking forward to building stronger connections with our families and discovering their desires for their children's spiritual growth and the RE program.

After many months of searching, I am pleased to introduce our new childcare providers: Genevieve Bouche and Diana Donaldson. Our congregation is blessed to have these warmhearted, qualified and fascinating people join

our already amazing team of caregivers. They will both begin in January, and I'm excited for our families, and other members and friends, to meet them.

Throughout January and February our current RE curriculum, Tapestry of Faith, will draw to a close. I have thoroughly enjoyed exploring this rich program with your children and know that many of the lessons will stay with us for a long time. I am exploring other RE curricula and would love input from families. I'll be contacting parents about their thoughts on the Tapestry of Faith program and what they would like to see in our next RE curriculum. Also, I encourage parents to contact me anytime they have questions or ideas about RE and their children's participation in the program.

I wish everyone a joyful New Year filled with love and light! May the blessings of community fill your spirit and renew your sense of wonder in the mysteries of life.

ADULT EDUCATION – JANUARY UPDATE

The winter/spring Adult Education calendar opens with these events scheduled for January and February.

Film and Discussion **Wednesday, Jan. 20 6:00 pm** **The Cottage**
As part of this year's focus on Ethical Eating, Valerie Warren has selected the film FRESH – New Thinking About What We're Eating. She will show the film and facilitate a follow-up discussion. "FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet." "FRESH addresses an ethos that has been sweeping the nation and is a call to action America has been waiting for." Healthy movie snacks will be provided.

Path to Membership led by Rev. Heather Starr 7:00-8:30 pm **The Cottage**
Three sessions: Wednesday, Jan 27 Wednesday, Feb. 3 **Tuesday, Feb. 9**
(See description in "Events & Announcements" section of this newsletter)

Writing a Spiritual Autobiography **6:00 pm** **The Cottage**
First meeting: Thursday, Jan. 21
The time and place of additional meetings to be determined by participants. Rev. Heather Starr is offering a writing workshop designed to reflect on your personal spiritual path and journey. This will most likely be an eight-session course with two to three weeks between sessions. If you are interested, please contact Rev. Starr.

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. Taken 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 us 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.

Old Business: What happened to our UUFCCO Ethical Eating Recipes for the Holidays Cookbook?

OK, all you wonderful cooks and benevolent providers of our after service special Coffee and Conversation – the outpouring of food was simply amazing and delicious. However, very few actual recipes were brought in or sent in for compilation for our first ever cookbook. We still intend to publish these and any recipes we gather throughout the year, so please share your recipe with us all by emailing it to emercer@bendcable.com. Becky Boyer is looking forward to publishing this for us!

Ethical Eating – Thoughts to Chew On

(This month's tidbits of information to be included in the contest appearing in the May issue of *UU News*. Refer to December's newsletter if you missed the introduction to the contest and the first three tidbits.)

An environmental contradiction : Buy an ecologically sound seafood like wild-caught Alaskan salmon, and you invest in the intelligent management not only of that fishery but of an entire ecosystem: clean water and fishing restrictions in coastal waters, healthy wetlands where salmon congregate on their way home to their ancestral streams that run free of dams and irresponsible development, and pure mountain lakes where the salmon spawn and die. But if you buy something labeled "Atlantic salmon" instead, you've bought a fish farmed in vast crowded pens-environments that breed parasites and diseases devastating to the wild salmon populations, that prohibit the active life that generates omega-3 fatty acids in the first place, and that require adding food coloring to feed pellets just to give the fish flesh the pink blush that comes from eating krill and that consumers expect in their salmon.

- Daniel Duane – author and columnist

Percentage of world's land surface used by livestock: 30%. Percentage of world's arable land used to raise feed for livestock: 33%.

The implications of agricultural energy use for the environment are disturbing. According to the Intergovernmental Panel on Climate Change, agriculture contributes over 20% of human-caused greenhouse gas emissions, including more than 20% CO2, 55% of methane, and 65% of nitrous oxide."

- Thomas Starr, former chair of the American Solar Energy Society

If you have an idea to include in this section, please pass it, along with the source, to Ellen Mercer emercer@bendcable.com / 382-7232.



LETTER FROM OUR MINISTER

Dear Friends,

January is often a time for planning and thinking ahead, pondering what we'd like to prioritize differently in our lives, or what we hope to engage with in new ways. I have often felt that what we give our attention to speaks volumes about our values. It's all too easy to let the mundane details of life fill our hours and consume our days. Being engaged with national and international social justice issues is a form of spiritual practice—an active reminder to ourselves that there is so much more at stake and at play in the world than our individual lives and personal concerns, as significant as those are.

This month I want to draw your attention to the January 10 post-service All-Congregational Gathering. This will be your one-and-only opportunity to vote on the next Congregational Study-Action Issue (unless you join me in attending the June General Assembly in Minneapolis). Right now we are actively engaged in studying-and-acting on the current Congregational Study-Action Issue: "Ethical Eating: Food and Environmental Justice." What do *you* think should come next for our congregations across the country? Here are the 6 proposed Study-Action Issues:

- * Ending Slavery
- * Energy, Peace, and Justice
- * Immigration as a Moral Issue
- * National Economic Reform: A Moral Imperative
- * Nuclear Disarmament
- * Revitalizing American Democracy

On January 10 we will vote for the top 5 of these 6 proposed Congregational Study-Action Issues (CSAI's). There will also be a chance for you to make comments on the draft Statement of Conscience on Peacemaking, and the Ethical Eating: Food and Environmental Justice CSAI that will soon go into the drafting stage prior to becoming a Statement of Conscience.

You can find background material and more information about this process and all of these issues here: <http://www.uua.org/socialjustice/issuesprocess/index.shtml>

My hope is that you will participate. Come listen, consider, and vote on January 10, following the service. As stated on the website listed above, "The Fifth Principle of Unitarian Universalism affirms and promotes the right of conscience and the use of the democratic process. In keeping with this, the way in which our denomination arrives at consensus on various social issues is by a democratically agreed upon process called the Social Witness Process, named as such because we bear witness to social inequity."

Our faith calls us to action. None of us know everything there is to know about any one of these issues, much less all of them. The question is not "do you know all there is to know?," but which of these issues do you feel is most urgent and productive for our congregations to study and act upon in the coming years? Come and cast your vote on January 10.

Warmly,

Rev. Heather Starr (heathermstarr@yahoo.com / 541-390-6052)