



October 14, 2009

# ucsonitarian

*The Newsletter of the Unitarian Universalist Church of Tucson  
Sunday Services at 10:00 a.m.*

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## From the Minister's Study

### Great Things Are Taking Place at UUCT:

17 people from UUCT worked with people at other churches at the Food Bank on Sept. 26 and altogether packed 1,408 food boxes having a combined weight of 21 tons of food.

Kudos to all who participated.

I fought the mail and the mail won. Email, that is. I can't keep up and I'm asking for your help.

It's not uncommon for me to receive thirty or more emails a day. Very few are junk mail. My workweek often begins with as many as one hundred accumulated email messages.

I appreciate everyone wanting to keep me informed. There simply aren't enough hours in the day to read and respond to all the email I receive, not if I'm also tending to all the other things a minister does. With staff reductions and staff furloughs, I'm stretched even thinner than usual.

Here's how you can help.

If you haven't gotten a response from me, know that I am not deliberately ignoring you! It's just that your message has probably become buried by hundreds of others. Remember, there are more than 300 of you and only one of me.

If your email to me is about church committee work, please be sure to include the name of the committee in the subject line. This helps me both prioritize and organize. Brevity helps, too.

If you are wanting to communicate with the Empowerment Team, please send your email to Peggy Smith, who holds the Communications Portfolio, at [peggyatwork@hotmail.com](mailto:peggyatwork@hotmail.com).

If what you are considering sending to me is also listed in the newsletter or order of service, know that I will read it there.

Monday is my one and only sacred day off and I do not even look at email. Friday is my sermon-writing and worship preparation day. Saturday is taken up with various meetings and workshops and/or family obligations. Sunday is for worship and family. Mostly, I do not look at email these days, either.

If you have a pastoral emergency, you can always call me either at church or at home.

Thank you for your understanding. Like many things in life, email can be either a blessing or a curse. Please help me make it into a blessing!

Gratefully,  
Diane

## Sunday Services

### Sunday October 18

Pauline Hechler, Vice President in charge of Development at the Community Food Bank, will be our speaker October 18. In addition to addressing hunger issues in Tucson, she will share the Food Bank's philosophy on assisting people toward independence. In other words, they not only give fishes, but also teach people how to fish.

### Sunday, October 25

#### **An Agreement With Life**

*Rev. Diane Dowgiert*

People often ask me how it is we can call ourselves a religion when we don't share common beliefs. My answer: religion, from the latin religio, is that which binds together, and the binding element in religion has always been covenant, not belief. For example, the ancient Hebrews made a covenant with God. Who or what is our covenant with today?

## Rev. Forrest Church Dies

Rev. Forrest Church, acclaimed author of more than two dozen books and longtime minister of the Unitarian Church of All Souls in New York City, died on September 24, 2009 following a three-year battle with esophageal cancer.

Church, described by UUA president Peter Morales as " a brilliant and articulate thinker, a champion of democratic values, and a compelling advocate for liberal religion," spent his final years reflecting on the importance of living each day with love and gratitude. He writes in his 2007 book *Love and Death*, " The goal is to live in such a way that our lives will prove worth dying for...The one thing that can't be taken from us, even by death, is the love we give away before we go."

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## Grocery Rebate Program Idiosyncrasies

Frys: If your card has had a 0 (zero) balance for 90 days, it has been discontinued and a new card is necessary. You may be offered a new card at the store but this will not be connected to the church so please stop at our table in Goddard after services to pick up your new one. This especially may be true for those who have been away for the summer.

Basha's: Remember to link your "Thank You" card to UUCT by asking the cashier to link it to our number (#24421) and an additional 1% will be given on your purchases from September 1 thru April.

Those of you who do not yet participate, please stop at the Grocery Rebate table after services for more information. You will find us inside the door in Goddard. This program costs you nothing extra on your purchases but does help the church.

Again, many thanks to those who are already participating.

*Marj Smith, Coordinator  
Grocery Rebate Program*

## S.O.S. Continues for UUCT Food Bank

The number of people in need of food coming to us is growing, however, funds are diminishing rapidly and we need your help.

People are allowed one food bag per month and must sign for them. The following are what we like to have in each bag and those in bold we are either out of or very low on.

Canned: **Green beans,**  
**baked beans,**  
**other veggies,**  
**milk,**  
**tomato sauce,**  
soup,  
**fruit** and  
tuna or other meat.

Also: **pasta (spaghetti & macaroni),**  
**mashed potatoes,**  
peanut butter and  
Ramen noodles.

If you can help in any way there will be a food bank box in Holland foyer available Tuesday thru Friday, 9am to 1pm, and another in the back of Goddard on Sunday. Please no outdated foods or previously opened items.

Thanks for caring and sharing as we don't want it to be necessary to turn people away.

*Marj Smith  
UUCT Food Bank Manager*



## Using Safe Reusable Bottles Can Keep You Healthy and Save Our Planet!

You've heard it before and know that you should recycle, but do you know why plastic is bad for the environment and how it's a danger to your health? Even in the beginning, the process of making plastic water bottles is disastrous. The chemicals used to make the plastic pollute streams, lakes, rivers, and even the air. The cost to make the bottles raises energy prices for the consumer and the cost to clean the water to make it safe to drink again comes straight from your pocket. Plastic bottles can take up to 1,000 years to completely decompose. In the meantime, those that aren't recycled are filling our landfills and becoming a danger to animals. Not to mention an eyesore for everyone else.

What's worse is that consuming beverages from plastic bottles is dangerous to your health as well. Plastic contains a chemical referred to as BPA. This chemical has been known to cause birth defects, breast cancer and prostate cancer. BPA has also been linked to advancing the stages of Alzheimer's disease. It can also be lethal to diabetics because it can make you body block the insulin it needs.

When you are researching safe reusable bottles, you will find that your best bet is stainless steel. The stainless steel has numerous advantages. It doesn't allow harsh chemicals to leach into your beverage, they are easy to clean, dishwasher safe, and odor doesn't easily cling to the metal. The steel provides some insulation as well. Your cold drinks will stay cold for longer periods of time.

Purchasing a "green" bottle will save you money, help save our planet, and could possibly save your life! Best of all, you can order "green" bottles at UUCT each Sunday in November. We will be selling 12 oz bottles for \$14, 20 oz for \$15 and 24 oz for \$16. You will want one for yourself and lots to give as Christmas gifts!

## Membership/Community Life Bulletin Board:

Submitted by Mary Wiese, Membership and Community Life Administrator

### The Pathway to Membership

I am often asked what the requirements of membership are for our church. One of the requirements is to attend a Newcomers Orientation which we host after Sunday services several times a year. (Details for the next one are listed below.) Another requirement is for newcomers to be intentional about becoming acquainted with the members and the programs of the church. An easy and fun starting point is to attend a Newcomer Potluck. The next one is scheduled for Sunday, November 8.

I would like to share an excerpt from Reverend Diane about the requirements of membership as they are stated in our Pathway to Membership Brochure:

“Membership in a Unitarian Universalist congregation is a freely made choice to become part of a covenanted body of people... The choice to become a member is one made with due consideration after becoming acquainted with the congregation and with Unitarian Universalist ideals and values. Signing the membership book and completing a pledge form signify the commitments of membership.”

*A commitment to walk together with others in the ways of our commonly held principles*

*A commitment to grow spiritually*

*A pledge of financial support*

*A commitment of active participation*

Active participation includes the following, recognizing that involvement in each area occurs over time, not necessarily all at once:

- Presence in Sunday worship
- Engaging in learning opportunities
- Engaging in social justice activities

Participation in groups and/or committees that help the church to carry out its mission and vision

For more information about ways to become involved with the church, please pick up a copy of our Ministries of the Church Brochure available in the church office or on the website.

### **Newcomers News:**

- *Newcomers Orientation* – The next Newcomers Orientation of the year will be held on Sunday, November 15, after service. A free lunch and childcare will be provided. Participation in an orientation is a requirement for membership. Please contact Mary Wiese to RSVP or if you have questions: mwiese@uuctucson.org.
- *New Member Class* – After you have completed the Pathway to Membership, you are welcomed, and encouraged, to become a member. There will be a New Member class held in the Ministers office on the first Wednesday of the month beginning October 7, at 6:30 p.m. or second Sunday of the month, after service beginning October 11. Please contact Mary Wiese to RSVP: mwiese@uuctucson.org.
- *Newcomers Potluck* - The next Newcomer Potluck will be held on Sunday, November 8. Please contact Julia Mehrer for more details: perujourney@gainbroadband.com.

## Harmony and Healthcare?

I've been thinking a lot about dissonance lately, because I'm following the healthcare debates in Washington. On the one hand, I feel the need to disparage the Democrats, who despite a Super Majority, can't seem to circle the wagons and create the kind of change that most Americans want and which statistics suggest would help our country immensely. On the other hand, I'm proud that even within a single party, a diversity of viewpoints that appear to align with various voter constituencies exists. I sometimes think that the discord among the congressional Democrats might actually indicate a certain kind of health, if ironically, it appears at times to be unhealthy for the fate of a healthcare overhaul. If every Republican votes unanimously, that might suggest something other than political efficacy.

In tonal music—the kind that all but a few composers of art music create—dissonance serves to create tension that resolves back into consonance. And without dissonance, on some level, the music remains static . . . like a drone. A drone can be relaxing, and meditative. However, it doesn't move, musically speaking. I don't know if music has anything to teach us about politics, but I believe that the most affective part of music, the part that packs the most emotional pull, occurs when the tension of dissonance eases back into a final consonance.

I don't know if a musical metaphor fits nicely with Congress these days, but I'm hoping for a healthy resolution to what might just be necessary dissonance.

Peace and Cookies,  
Brian

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### CHANGE IN EXPLORING SPIRITUALITY SCHEDULE

The content of Exploring Spirituality has changed for the upcoming year. The group has decided to return to its regular schedule of weekly topics instead of continuing with the Big History videos which did not allow enough time for discussion. **The Big History series will be re-scheduled after the first of the year in its own time slot.**

Topics for Exploring Spirituality for the rest of October will be:

**Oct. 18: DO ATHEISTS/HUMANISTS CONSTITUTE A RELIGION -- AND IF SO, IS IT AN INTOLERANT RELIGION?** A discussion about whether those in the humanist tradition are exempt from the pitfalls of the conventional religions.

**Oct. 25: THE PALEOLITHIC PERIOD -- THE MYTHOLOGY OF THE HUNTERS 20,000-8,000 BCE.** Introduction by Dr. Ed Savard. Our ancient ancestors were great artists -- and deeply spiritual and insightful humans.

As a reminder, Exploring Spirituality as a Unitarian Universalist is a discussion group that meets every Sunday morning from 8:30 to 9:30 am in the Servetus Room before the service. This is a drop-in group, and everyone is welcome.

The group encourages participants to explore with others their ideas and beliefs about spiritual topics in a safe environment, structured to allow them an opportunity to express their thoughts freely and responsibly, following a modified “Conversation Café” format, explained at the beginning of each session. Join us for some stimulating discussions.

## Queer on Their Feet is back!!

If you were there last November, you KNOW how funny they are. And, if you missed it?... Well come on out to the Unitarian Universalist Church of Tucson, on Friday November 20th, at 8pm and see the country's only stand up comedy AND improv troupe. You've probably seen Jennie McNulty, Diana Yanez and Daniel Leary on television but now is your chance to come see them live with each comic doing their stand up routines and then, together, they take the stage for some outrageous improvisation that YOU the audience help create. Their comedy is bright, clean fun for any audience gay or straight. Funny is funny and this troupe is FUNNY. Come check them out. \$15 general admission . Advance tickets online through Brown Paper Tickets. [www.BrownPaperTickets.com](http://www.BrownPaperTickets.com) 877-278-4842. Tickets will also be available at the door the night of the show.

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### The first call for Chalice Lighters donations for 2009-10 has gone out.

This grant will fund a growth project at the First UU Church of San Diego. The Live Oak UU Congregation of Goleta received \$15,000 from the last Chalice Lighters call. Check the PSWD website ([www.pswduua.org](http://www.pswduua.org)) to learn how you can become part of this important District growth initiative.

A new bereavement support group for GLBT people dealing with loss is now meeting at UU Church of Tucson in the library on the first and third Thursdays of every month, 4:30 to 6pm, facilitated by Steve Ross, bereavement coordinator for Valor Hospice (615-3996), and Karla Brockie, student minister at UUCNWT and chaplain at TMC Hospice (269-9573). Drop-ins are welcome. Spread the word!

*Karla Brockie, Candidate for the Unitarian Universalist Ministry  
cell 520-269-9573*

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### ARTIST OF THE MONTH GALLERY

Enjoy now the unusual art medium of wax in "Hot Wax - Cool Art," the Gallery's October exhibit and get a head start on holiday gift buying with the purchase of a one-of-a-kind work of art. Look forward to November's exhibit of the UU's own QUUilters, whose jewel-like creations serve as another cornucopia of unique gift possibilities. Each sale of art from the Gallery benefits the Church and the artist. In addition, each sale can provide satisfaction to the giver and delight to the receiver.

*Abby Root, for the Gallery Committee*

The deadline for the next Tucsonitarian and Transforming Times is October 20 by 5 p.m. The topic for the Transforming Times is Religious Authority.



## Unitarian Universalist Church of Tucson

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