



CONNECTIONS

Unitarian Universalist Fellowship of Southwest Utah

November and early December, 2023

IN THIS ISSUE

PROGRAMS

- November

UU PRINCIPLE for November

ACTIVITIES

SINGING OPPORTUNITY

DISCUSSION GROUPS

- OM
- Books
- Movie Club

BOARD OF TRUSTEES

COMMUNITY SUPPORT/ SOCIAL JUSTICE

ENVIRONMENT/CLIMATE

MEMBER NEWS

WeCARE/SUPPORT

BUT WAIT, THERE'S MORE!

UUFSSU PROGRAMS



PROGRAMS ARE HELD ON SUNDAYS AT **ROOM AT THE SQUARE, 175 900 S** in St. George (located in Holiday Square) from 10 to 11:30 .m.

Nov. 5th INTERGENERATIONAL GATHERING: *Why I don't Believe in UFOs* with Joseph Buchman, PhD. Separate programs for kids and adults

Nov. 12th SERVICE: *Honoring Our Veterans* with Michael Schaugaard, PhD, Director of St. George Vet Center

Nov. 19th FORUM: *Good News in Alzheimer's Research* with Tracy Heavyrunner of the Alzheimer's Association in St. George

Nov, 26th SERVICE: *Thanksgiving Music Program* with Glenn Berg

Dec. 3rd INTERGENERATIONAL GATHERING: *Holiday Celebration for the Birds* Stories, treats and making bird friendly ornaments (for feeding the birds)

FIFTH PRINCIPLE OF UNITARIAN UNIVERSALISM: "The right of conscience and the use of the democratic process within our congregations and in society at large."



CONNECTIONS is a periodic publication of the Unitarian Universalist Fellowship of Southwest Utah (UUFSSU).
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<https://uufssu.org>

ACTIVITIES in NOVEMBER

Thursday, Nov. 9th (4 – 4:30) TOUR of Encircle House (LGBTQ+ support center), followed by optional early dinner at Twisted Noodle. Group size may be limited; RSVP to Teri Koenig (koenigte@gmail.com or **435 669-0791**).

Sunday, Nov. 12th (3 – 5) OR Thursday, Nov. 16th (7:30 – 9:30) PLAY at Kayenta Arts Theater with dinner at Xetava. Play is What the Constitution Means to Me (*"Playwright Heidi Schreck's boundary-breaking play breathes new life into our Constitution and imagines how it will shape the next generation of Americans. Fifteen-year-old Heidi earned her college tuition by winning Constitutional debate competitions across the United States. In this hilarious, hopeful and achingly human new play, she resurrects her teenage self in order to trace the profound relationship between four generations of women and the founding document that shaped their lives."*) To join a group for an interesting social event, contact Joyce Spinelli (joyceronspinelli@gmail.com or **435-668-3509**).

Note: In preparation for seeing the play, read Lisa Rutherford's article, "The Constitution and Women's Rights" in the October INDEPENDENT, page 8.

Saturday, Nov. 18th (10 to 12) CROP WALK in Larkspur Park (corner of Fort Pierce Drive and Larkspur Road in St. George) This is an Interfaith activity so is a good time to demonstrate the caring support of UUFSU as well as going for a walk with others. If you have a yellow UU "Standing on the Side of Love", this is a good time to wear it! Donations will go to feed the hungry here and around the world. To register; contact Elaine Christensen (administrator@uufsu.org). Water and healthy snacks will be provided.

Note: To order a shirt, go to <https://uuabookstore.org>; look under apparel. Different sizes and cuts available...also in black with UUA logo as well as other colors.



There will be multiple opportunities to wear the shirts as we:

SHARE OUR UU VALUES!



Monday, Nov. 27th (4 – 5:30) MINDFUL MEDITATION GROUP starts again.

Last spring there was a small group who met weekly for sitting and walking meditation. If you are interested in learning about or joining the regular group (or as often as you can), contact Ann Foster (shdwker@gmail.com)

SINGING OPPORTUNITY

Glenn Berg is interested in talking to people who enjoy singing. He is willing to lead a group (quartet, etc.) in practicing and sharing music during some Sunday services. Please contact him at berg.glenn@gmail.com or see him on a Sunday that he plays the piano keyboard.



DISCUSSION GROUPS on Zoom

OPEN MINDS (OM) Sharing Group (Zoom: Thursdays, 1:30 - 3)

Open Minds is an ongoing nonfiction. book group dedicated to the investigation of how to live our most flourishing lives by understanding ourselves and the world we inhabit. The group has started and is sharing thoughts based upon How to be a Stoic by Massimo Pigliucci. It is not too late to join! If you are interested in learning more about the group, contact Susan Mullins (susan141@gmail.com).

Book Discussion Group (Zoom: first Sundays, 6:30 – 8:30 p.m.)

The Monthly Book Group, open to ALL and meets on the first **Sundays** by Zoom during September through May. Zoom link is provided by the facilitator.

Nov. 5th (6:30) Where the Water Goes: Life and Death Along the Colorado River by David Owen. Facilitator: Chris Bourke (bourquie@gmail.com)

Dec. 3rd (6:30) The Boy, the Mole, the Fox and the Horse by Charlie MacKesy. Facilitator: Joyce Spinelli (joyceronspinelli@gmail.com)

Jan. 7th (time & location TBD) *In-person gathering* will be held; bring book suggestions for future discussions. A brief summary of An Immense World by Ed Yong (October book selection) will also be shared by Lindsey Davis.

Movie Club (Zoom: Monday, Nov. 6th , 6:30 – 8:30 p.m.)

Nov. 6th (6:30) The selection for this discussion is a first in the “Best Foreign Movie” genre - *Antonia’s Line* (1995). This is an amusing story about a Dutch matron who establishes and, for several generations, oversees a close-knit, matriarchal community where feminism and liberalism thrive. There is a sense of the Joy of Life to derive from watching this film. It celebrates the diversity, struggles and resolution of all the typical challenges and conflicts that faces any small community in the USA too.

Participants need to view the movie prior to the discussion. It is available to rent from Amazon and YouTube, and to borrow from the library. The group is open to ALL; contact Hans de Haan (hxdeh@outlook.com) for more information.



BOARD OF TRUSTEES (BOT)

The **MONDAY, Nov. 21st Zoom BOT meeting** is open to all UUFSU members. The meeting will begin at 6 p.m. Contact Ann Foster at shdwker@gmail.com, or (435-414-1230, #1) for the agenda and zoom link.

At the October Board meeting, financial concerns were discussed. Lisa Rutherford provides the following clarification on the *necessity of pledges versus donations*. Please consider making a pledge even if you are not a member.

Pledges are UUFSU's life blood

Many who participate in our UU fellowship don't understand the difference between a pledge and a donation or the importance of pledging.

A pledge is a "promise" to pay at some time during the budget year to support our fellowship. Of course, regular donations are incredibly important to maintain the financial stability of our organization. However, pledges allow us to plan for the future. With donations we are just hoping that they materialize while pledges make us feel comfortable that the money will be coming to us during the pledge year – currently July 2023 to June 2024 – at some point.

Our UUFSU Bylaws require that a voting member "Make an annual financial pledge and contribution of record, or in-kind service as approved by the Finance Committee."

Pledges do not need to be large amounts but \$100 or larger is easier for our treasurer to track properly. Pledges can be made for "regular expenses" or "endowment." The endowment pledge would be saved for a future home for our fellowship – a home we could truly call our own.

Pledges are literally the "life blood" of UUFSU. As our membership grows – and it is! – members who pledge will be making a huge difference to the future of this fellowship that means so much to all of us.

There's still time to make a pledge during this budget year. Just contact our UUFSU Treasurer Lisa Rutherford at treasurer@uufsu.org to get a form and get questions answered.



COMMUNITY SUPPORT/SOCIAL JUSTICE



Each month a Non Profit organization in southern Utah is identified by the Board. The organization for **November** is **Alzheimer's Association, (1173 S 250 W, Suite 302 in St. George, 84770)**; please consider making an in-person donation in the **UUFSU Community Support box**, by mail or to donate online at <https://alz.org>utah>

ENVIRONMENTAL/CLIMATE AWARENESS & ACTIONS YOU CAN TAKE

Information provided by Jean Lown, Environmental Team Lead

Americans waste a colossal amount of perfectly good food. This is bad because resources and money are being wasted while contributing to climate change due to methane generated by food in landfills.

Stop throwing away good food!

Food Expiration Dates? What a Waste

By Josh Zumbrun in *The Wall Street Journal*, Sept. 8, 2023 explains the history behind food packaging dates and why they are so misleading.

'Contrary to a common perception, "those dates are not about safety, that's not why they're there, that's not what they're doing" says Martin Wiedmann, a professor of food safety and food science at Cornell University. "For many foods, we could completely do away with it."

According to Zumbrun, "The dates originated as a coded system for manufacturers to communicate to retailers when to rotate stock."

"The U.S. Department of Agriculture has estimated that 31% of the available food supply [goes uneaten](#): Retailers discard 43 billion pounds of food annually, consumers a further 90 billion. That's 387 billion calories of lost food, which the USDA says works out to 1,249 calories per American a day."

It's hard to determine exactly how much of that waste owes to labels, but probably more than most people think. **ReFED**, a nonprofit that works to reduce food waste, has used data from kitchen diaries to estimate annual U.S. food waste because of labeling concerns as nearly 7 billion pounds. There is reason to think this is an undercount. In [a grotesquely amusing study](#), households that kept such diaries reported tossing 8.7 pounds of food a week, usually saying it was inedible or spoiled. Then researchers literally dug through their trash, and determined that 68% of the food was probably edible. Consumers might not even realize that they're junking perfectly good food not because it's bad, but because they are putting too much faith in expiration dates."



MEMBER NEWS

WELCOME

To our newest Members:

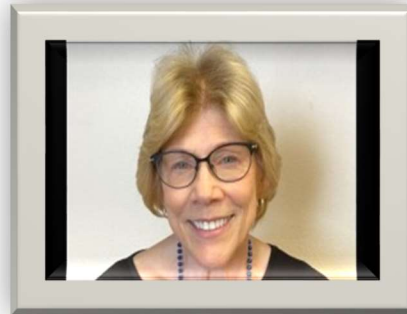
Glenn Berg

Linda Mihalik

Pam Gardiol

Susan Ann Stauffer

Tammy Wood



Donna Howell is moving to Madison, WI. Her new address is 137 East Wilson Street, Madison, WI 53703. Her mobile phone number (970-810-4463) and email (donna@frontierleadership.com) will remain the same. Donna served as the Treasurer on the Board of Trustees, set up the financial system and provided leadership training based upon her many years of experience as an educational leader. Her energy, insights and efforts on the Board are greatly appreciated as the Fellowship continues to grow!!

The **2023 UUFSSU Electronic Directory** is available online. If you did not receive the email invitation, sent July 8th, to the Google Document and wish to access it or wish to be included, please contact Elaine Christensen at administrator@uufsu.org.



UUFSSU We Care Support (and Sharing)

If you or another person in the extended Fellowship community needs assistance, please email UUFSSUWeCare@gmail.com or call (435) 414-1230 (#3), indicating the need(s) such as meals, transportation, other assistance. *Please do not be shy* about requesting help... **we care and want to help each other!**



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There is no need to purchase or rent an item (ie tent, ladder, tools, walker, crutches, wheel barrel, stroller, high chair, toys etc.), that you might be able to **borrow** from someone in our Fellowship community, just email or call and indicate the item you wish to borrow.



BUT WAIT, THERE'S MORE!

Proud to be at Pride Festival on Sept. 30th



Teri Koenig and Tammy Wood taking a turn at the UUFSSU event table



Shaunna Goldberg's October 22nd presentation, "In the Web of Life" with video references will be posted on website (uufsu.org) under Past Programs

Pledges and Donations

Pledges are requested (see Treasurer's information under BOT section, page 4.

Also consider an additional **special donation** to enable UUFSU to have a **home of our own!** Donations for a future home can be designated for the Endowment fund.



Mail your pledge or donation to UUFSU, P.O. Box 3142, St. George, Utah 84771 or you can also donate on the website through PayPal, by credit or debit card.

Virtual Donations can now be made thru the uufsu.org website by clicking on the DONATE button.

