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**CONNECTIONS** is a periodic publication of the Unitarian Universalist Fellowship of Southwest Utah (UUFSU).

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# CONNECTIONS

Unitarian Universalist Fellowship of Southwest Utah

## OCTOBER and early NOVEMBER 2023

### UUFSU PROGRAMS



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

**Oct. 1<sup>st</sup> INTERGENERATIONAL RAINBOW CELEBRATION** focusing on celebrating diversity thru use of colors. Program is for all ages.

**Oct. 8<sup>th</sup> SERVICE: *Indian Spirituality*** with Mike Kruse in honor of Indigenous People's Day, Oct. 9th

**Oct. 15 FORUM: *Befriending the Pando*** – (the world's tree with 47,000 branches covering over 106 acres in Fishlake National Forest and is connected by a massive interwoven root system) presented by Lance Ouitt, Exec. Director of Friends of Pando

**Oct. 22<sup>nd</sup> SERVICE: *In the Web of Life*** with Shananna Goldberg, educator and environmental activist

**Oct. 29<sup>th</sup> SOCIAL: *UU Conversation over Easy*** with Coffee and continental breakfast. Topic: What to do about our "footprint" on the earth.

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

### SEVENTH PRINCIPLE OF UNITARIAN UNIVERSALISM

**"Respect for the Interdependent Web of All Existence of which We are a Part"**

## ACTIVITIES in October

**Sunday, Oct. 15<sup>th</sup> (3 – 5:30) NEWCOMERS/NEW MEMBER INFORMATION GATHERING** will be held at the Bourke/Foster residence. All people interested in becoming members or learning about UU history and UUFSU are encouraged to attend. Please contact Ann Foster ([shdwker@gmail.com](mailto:shdwker@gmail.com)). Tapas and beverages will be served.

**Saturday, Oct. 21<sup>st</sup> (5:30 – 9:30) PIZZA at Rigotti's (on Sunset Blvd) followed by Moon and Planet "Party"** at Snow Canyon State Park. Car-pooling from Rigotti's can be arranged for those without a state park pass. Bring a chair and dress warmly for the viewing.

### **CIRCLE SUPPERS – begin in October!**

Circle Suppers are groups of 6 to 10 folks who gather monthly to exchange thoughts, deepen relationships, and share a good meal.

Send your intention to join and what night(s) will work for you to Linda Mihalik at 440 829-5848 or [lindamihalik@gmail.com](mailto:lindamihalik@gmail.com). She is organizing groups by meeting evenings and send you a list of your Circle buddies in early October.

## UPCOMING Activities in November

**Saturday, Nov. 18<sup>th</sup> (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. Donations will go to feed the hungry here and around the world. To register: contact Elaine Christensen ([administrator@uufsu.org](mailto:administrator@uufsu.org)).

**MINDFUL MEDITATION MONDAYS** resume in mid to late November. Watch for more information in an upcoming UUFSU Flash.

## DISCUSSION GROUPS on Zoom

### **OPEN MINDS (OM) Sharing Group (Zoom) – day and time TBD**

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 is restarting in late October or early November and will be sharing thoughts based upon How to be a Stoic by Massimo Pigliucci. If you are interested in learning more about the group, contact Susan Mullins ([susan141@gmail.com](mailto:susan141@gmail.com)).

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

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



**Oct. 1<sup>st</sup> (6:30) An Immense World** by Ed Yong. Facilitator: Lindsey Davis ([ldavis@tbard.net](mailto:ldavis@tbard.net))

**Nov. 5<sup>th</sup> (6:30) Where the Water Goes: Life and Death Along the Colorado River** by David Owen. Facilitator: Chris Bourke ([bourquie@gmail.com](mailto:bourquie@gmail.com))

**Dec. 3<sup>rd</sup> (6:30) The Boy, the Mole, the Fox and the Horse** by Charlie MacKesey. Facilitator: Joyce Spinelli ([joyceronspinelli@gmail.com](mailto:joyceronspinelli@gmail.com))

### **Movie Club (Zoom: Monday, Oct. 9th , 6:30 – 8:30 p.m.)**

**Oct. 9<sup>th</sup> (6:30)** The movie club will discuss *Boy Erased* (2018), a difficult film about religious intolerance and homosexuality.

For those who enjoy watching movies with a topical, controversial or ethical theme, the Movie Club invites all UUs to rent or borrow (from the library) the “movie of the month”, watch it at home, and then zoom on the scheduled night for a half-hour social (if you wish) followed by group discussion about the movie.

The group will continue to meet monthly throughout the fall and winter months, usually on the first or second Monday of the month, but check future *Connections* or reach out to Hans de Haan ([hxdeh@outlook.com](mailto:hxdeh@outlook.com)) for more information.

## **BOARD OF TRUSTEES (BOT)**

The **MONDAY, Oct. 16th Zoom BOT meeting** is open to all. The meeting will begin at 9:30 a.m. Contact Ann Foster at [shdwker@gmail.com](mailto:shdwker@gmail.com), or (435 414-1230, #1) for the agenda and zoom link.

## **OWL (Our Whole Lives)**

**Sunday, Oct. 22nd** classes for young people will begin and are held for 10 weeks between 12:30 and 1:30 at Room at the Square. A meeting for parents will be held on Oct. 8<sup>th</sup> at 12:30.

The class will be taught by David Salisbury and Laurie Madsen. David has been a middle and high school teacher and currently teaches educational psychology at Utah Tech University. Laurie has a background in Speech-Language Pathology and currently works as a Wellness Paraprofessional for Washington County School District.

Contact David Salibury at [dfsalisb@gmail.com](mailto:dfsalisb@gmail.com) for more information.



## COMMUNITY SUPPORT/SOCIAL JUSTICE



Each month a Non Profit organization in southern Utah is identified by the Board. The organization for **October** is **Friends of Pando (Dr Creek Road, Richfield, UT 84701)**. please consider making an in-person donation in the **UUFUSU Community Support box** or to donate online at <https://friendsofpando.org>

## ENVIRONMENTAL/CLIMATE AWARENESS & ACTIONS YOU CAN TAKE

*Information provided by Jean Lown, Environmental Team Lead*

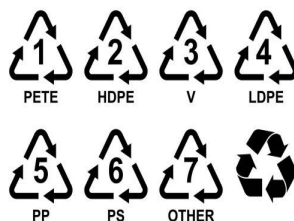
*You're probably recycling plastic wrong. And it's not your fault. By Robert Gebelhoff for The Washington Post. Summarized by Jean Lown.*

"Picture this: You finish a drink from a red Solo cup, and before throwing it out, you check the bottom of the cup to see the iconic recycling symbol. That means it can be tossed in the recycling bin, right?

**Wrong.** Solo cups are made of polystyrene, a plastic that is very difficult to recycle. No one can fault consumers for not knowing that. The real blame lies with the government, which has failed to properly regulate claims that plastics manufacturers put on their products.

The core of the problem is that there is no recycling system in the United States; there are upward of 20,000 of them. As a result, it's nearly impossible to say which items are actually recyclable."

Just because a plastic has a "chasing arrows" symbol doesn't make it recyclable where you live. This "wishcycling" contaminates the waste stream, making the system more costly and less effective." The only plastic items that are consistently recycled are bottles and jugs labeled #1 and #2. We used to ship plastics #3-7 to China but they no longer accept our plastics. Be sure #1 and #2 plastic containers are rinsed before placing in recycling. Throw the rest in the trash. For the rest of the # consider buying in glass containers (i.e. salsa) because glass is easily and widely recycled. Buy products like shampoo in solid soap cake form and laundry detergent in sheets instead of in plastic bottles. Don't buy bottled water! Get a washable metal water bottle!



## MEMBER NEWS

The **2023 UUFSU Electronic Directory** is available online. If you did not receive the email invitation, sent July 8<sup>th</sup>, to the Google Document and wish to access it, please contact Elaine Christensen at [administrator@uufsu.org](mailto:administrator@uufsu.org).

If you are not listed in this electronic version of the UUFSU directory, there is still an opportunity to add your contact information to this document. We will include you in an updated version to be released in the winter. Please contact Elaine Christensen, [administrator@uufsu.org](mailto:administrator@uufsu.org) to receive and complete the Survey no later than October 25<sup>th</sup>. Photos will be taken following the October services and forum.

If you desire a printed format, please print the files from the Google Document,

## UUFSU We Care Support (and Sharing)



If you or another person in the extended Fellowship community needs assistance, please email [UUFSUWeCare@gmail.com](mailto:UUFSUWeCare@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!**

There is no need to purchase or rent an item (i.e. 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!



**Saturday, Oct. 14<sup>th</sup> (10:30 - noon) is the ANNULAR SOLAR ECLIPSE** The annular solar occurs when the Moon passes between Earth and the Sun, with the sun providing a “ring of fire.” It will be many years before you can view an eclipse again here in southwest Utah!

Be sure to wear eye protection for viewing sun; sunglasses are not adequate protection. The safe alternative is to place a pin hole in a piece of paper and use a second piece of paper as the screen; this is a “pinhole projector.” With your back to the sun hold the paper with the hole at a distance from the paper screen with the correct alignment, you will be able to view the sun being eclipsed by the noon.



## Pledges and Donations

Consider a **special donation** to enable UUFSU to have a **home of our own!** Regular donations will increase funding for outside speakers (including visiting ministers), to develop programs for children/youth and to extend growth of the Fellowship community in southwest Utah. Mail your 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](http://uufsu.org) website by clicking on the DONATE button.



Newsletter submissions are due by the 21st of the month for publication in the **CONNECTION** the following month. Please send your cartoons, nonpolitical items and articles to Ann Foster, [shdwker@gmail.com](mailto:shdwker@gmail.com).

