

# CONNECTIONS

Unitarian Universalist Fellowship of Southwest Utah

**May 2022**

*Mark your calendars now!*

## UUFSSU PROGRAMS THIS MONTH

The Sunday service and forum will start at 1000 a.m. at Room at the Square (175 W 900 S in St. George, Utah). Arrive by 9:45 a.m. for time to socialize and elbow bump (rather than other forms of contact greeting). Additional time to socialize will follow the service. **KN95 masks available.**



**May 8th Hybrid\* Service (10:00 a.m.) Mothers' Day is a Day for Peace Celebration** with recognition given to UU women who were involved in the early Peace Movements.

**May 15th Hybrid Forum (10:00 a.m.) Enjoy Historical Baroque Music** – presented and performed by **renowned cellist Ka-wai-Yu**, assistant professor of music at DSU (soon to be Utah Tech University).

*Coffee, cookies and conversation to follow this forum.*

Note: This is the final session at Room at the Square. Bimonthly Forums will be held on Zoom during June, July and August.

In-person programs will begin in September at a new location (TBD)

**May 22<sup>nd</sup> Outdoor Service (9:00 a.m) at Fire Lake** (see pg, 2)

\*Go to calendar on [uufssu.org](http://uufssu.org) for the Zoom link



## RECENT PAST PROGRAMS

*There is a delay in posting the past programs as they are being edited and converted to YouTube format prior to posting.*

**Apr. 10th TEACHING 'OUR WHOLE LIVES'** (UUs AND SEXUALITY EDUCATION) with David Salisbury and Nancy Ross who shared their experience teaching this UU developed program to 7– 9th graders

## ACTIVITIES

### Upcoming Outdoor Activities

#### Hiking

**May 13th, Friday (9:00 a.m.) HIKE to Yellow Knolls;** meet about 50 yards back from the main entrance to Dillard's, in their parking lot. From there we will carpool, if desired, about 5 miles north on the Cottonwood Road (Road # 031) to the marked Yellow Knolls trailhead, on the right. The hike is 3-1/2 miles round trip and is described as easy to moderate. Views of beautiful, colored rock cliffs...peaceful. Bring a hat, water, sunscreen, snack and poles (optional). *Dogs welcome.*

UUFSU hikes will be held on the **second Friday of each month** during the summer months.

#### BIKING

Please inform **Gordon Warren** if you ride on two wheels. Gordon can be reached at **gjwarren645@yahoo.com** and **435-627-0807**. Provide your phone number and email when you contact him.

### Upcoming Social Activities

**May 9th (6:00 p.m.) Gathering for BYO picnic followed by 7:30 p.m. free Concert in the Park** at Vernon Worthen Park, meet on the west side of the music pavilion.

**May 22nd (9:00 a.m.) Outdoor Service at Fire Lake** at Ivins Reservoir. Bring your lawn chair, sun hat, sunscreen, a beverage and snacks to share (optional).



**BOOK EXCHANGE and Pitch-in Social on June 17<sup>th</sup>** at David Salisbury's home. Save your books to exchange and plan to bring either tapas or wine. Mark your calendar now! Details to follow in the June CONNECTION.



## BOARD OF TRUSTEES (BOT) UPDATE

### BOARD MEETING



Meetings are open to all UUFSU members; the next meeting is May 19 at 10 a.m. Check for the Zoom link, indicated on the Calendar which can be found on [UUFSU.org](http://UUFSU.org).

**UUFSU BRIGHT FUTURE PLEDGE DRIVE** for Fiscal Year: July 1, 2022 – June 30, 2023

If you did not receive an information packet, you can retrieve the pledge letter, tax information and form [HERE](#). Pledge forms are to be returned to P.O. Box 3142, St. George, UT 84771.

**BE PART OF UUFSU's BRIGHT FUTURE - this summer**

Join the **Location search** team – contact **Chris Bourke**, 435-414-1230 (#1) to join the team!!!

**Forum ideas** – share ideas for speakers or topics - contact **Joyce Spinelli**, 435-414-1230 (#2)

**Social event ideas** – always welcome, cookout at your place? Concert in park? Movie night?

Road trip to Pine Valley? ETC?? - contact **Ann Foster**, 435-414-1230 (#1)



## DISCUSSION GROUPS

### Movie Group

The Movie Discussion Group welcomes others to join the monthly discussion of pre-viewed (viewed before the session) movies. The group meets on the fourth Monday (6:30 p.m. to socialize with discussion starting at 7:00 p.m.) on Zoom: Hans and Sandra send out discussion teasers prior to each session. For more information or to join the group, send an email to Hans deHaan, [hxdeh@outlook.com](mailto:hxdeh@outlook.com).

### Book Group

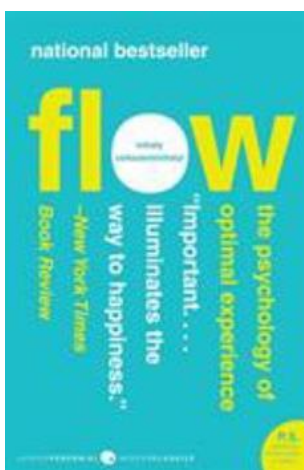
*Our book discussions are held on Zoom; join by 6:45 for socializing.*

- **May 1<sup>st</sup> *Cloud Cuckoo Land* by Anthony Doerr**
- **Book group will resume September 4th**
- **Send your book suggestions to Chuck Warren for September, 2022 to May, 2023**

Group facilitator is **Chuck Warren**, [bcw222@gmail.com](mailto:bcw222@gmail.com). All are welcome!!!

**Note: Books are selected by group members who are willing to lead the discussion.**

### Flow Group Forming



All interested UUs and friends are encouraged to join the discussion/experiential group based upon ***Flow, The Psychology of Optimal Experience*** by Mihaly Csikszentmihalyi. This is a classic book in the field, often considered the “Handbook on Happiness” – part science and part philosophy.

The group will gather **on Zoom starting in mid-August or early September on Wednesdays (4 – 5:30)** for several weeks, the length of the weeks will be determined by the group. You are welcome to join the group even if you cannot attend every week.

If you are interested in joining or just learning more about the group, contact Bev Littlejohn, [bev461@gmail.com](mailto:bev461@gmail.com)



## WE SHARE CONCERNS and INFORMATION

*Jean Lown, Environmental Team Lead suggests the following:*

### Less Stuff, More Joy! “Take the Jump”

#### Key Lifestyle Changes Can Help Avert the Climate Crisis

In February the Intergovernmental Panel on Climate Change (IPCC) issued its “bleakest warning yet,” saying the climate crisis was accelerating rapidly with only a narrow chance left of avoiding its worst ravages. But don’t give up hope. Governments and individuals making small changes can have a huge impact in reducing carbon emissions. These six steps could cut global emissions by between 25% and 27%: 1. Eat a largely plant-based diet, with healthy portions and no waste 2. Buy no more than three new items of clothing per year 3. Keep electrical products for at least seven years 4. Take no more than one short haul flight every three years and one long haul flight every eight years 5. Get rid of personal motor vehicles if you can – and if not keep hold of your existing vehicle for longer (or go electric) 6. Make at least one life shift to nudge the system, like moving to a green energy, insulating your home or changing pension supplier ‘Taking The JUMP’ is to try the shifts mentioned above for 1, 3 or 6 months. Even if you can’t keep to it 100%, you can still ‘take The JUMP’ and just do what you can. We’ll offer tips, encouragement and people you can speak to help along the way.



#### **NO NEED TO BUY MORE STUFF**

#### **Short term/temporary need for something? WeShare STUFF!**

There is no need to purchase or rent an item (i.e. ladder, tools, walker, etc.), that you might be able to borrow from someone in our Fellowship community! Contact WeCare, [UUFSSUWeCare@gmail.com](mailto:UUFSSUWeCare@gmail.com) or call **(435) 414-1230 (#3)** to help you locate that “thing”!

#### **PLACES TO DONATE UNUSED STUFF in St. George**

Switchpoint - 935 N 1300 W

Catholic Services – 157 N 200 W

Habitat ReStore – 835 S Bluff .



Hope Chest – 656 N Dixie Dr

Salvation Army – 803 S Bluff

PAWs – 960 N 3050 E



**Michael Kruse**, *UUFSU Member, Poet and Registered Environmental Scientist* shares his comprehensive information to be considered when considering an EV (Electric Vehicle), [HERE](#)

**Now's the time to buy an EV!**

They're clean and green as can be  
They cool the earth for you and me  
Now's the time to buy an EV.

Now's the time to buy an EV  
Quick and quiet you will see  
They don't pollute like ICES  
Now's the time to buy an EV.

Now's the time to buy an EV  
You'll charge at home golly gee  
Pass up the Chevron and BP  
Now's the time to buy an EV.

Now's the time to buy an EV  
A tax credit for them and thee  
Cheaper to run; almost free  
Now's the time to buy an EV.

Now's the time to buy an EV  
Clean the air, rivers and the sea  
More birds, beasts and bumblebee  
Now's the time to buy an EV.



Mike Kruse

4-22-22



## WeCare SUPPORT Available

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.

## UUFSU SPOTLIGHT on Shannon Anderson



Shannon Andersen grew up in a “mixed’ religious home in Salt Lake City, Utah. Her mother was a Mormon and her father a Unitarian. She sporadically attended First Unitarian Church in Salt Lake, where she admired the social justice orientation of the senior minister, Rev. Tom Goldsmith.

Professionally, she used her Master of Education and Master of Social Work as an educator and social worker in Title 1 schools of inner city SLC. She also had a private practice in psychotherapy.

Shannon, her husband Jim, and two dogs moved to St. George in 2012 after retiring. Upon moving to St. George, she joined AAUW, Assistance League, and Erin Kimball Foundation as a way to give back.

At the same time, she became involved in UUFSU and recently served as a Member-at-Large on the Board of Trustees (BOT) for a full 3 year term, on the Program Committee and as the head of the Social Justice Committee.

Shannon and Jim, married 43 years, have two children. Their son Jim lives in Salt Lake with his black standard poodle Norm, their favorite grand-dog. They also recently celebrated the birth of their granddaughter, Canyon Rose, who lives with her physician mother, Claire, in San Diego. Transitioning to grandparenthood led to other transitions into their lives; they recently sold their summer home in Salt Lake City and are buying one in southern California. Fortunately, for all of her friends in southern Utah, they will still be living here part-time.

Her energy, ideas and efforts greatly benefitted the Fellowship! We wish her continued joy as she becomes a dotting southern California Grandmother.



**BUT WAIT! THERE'S MORE!**

## **St. George Future**

**YOU can provide feedback to St. George on the**

**2040 St. George General Plan:**

Click [HERE](#)

## **Pledges & Donations**

Annual pledges are being requested now for the Fiscal Year: July 1, 2022 – June 30, 2021; send your pledge or donation to UUFSU, P.O. Box 3142, St. George, Utah 84771. Please **consider increasing your pledge** to enable UUFSU to potentially have a home of our own, to increase funding for additional outside speakers (including visiting ministers), to develop programs for children/youth and to extend growth of the Fellowship community in southwest Utah.

If you did not already submit your pledge form, it is not too late! Retrieve a copy of the form on page 3 under [UUFSU BRIGHT FUTURE PLEDGE DRIVE](#) for Fiscal Year: July 1, 2022 – June 30, 2023.

**Newsletter submissions are due by the 15<sup>th</sup> of the month for publication on the 1<sup>st</sup> of the following month. Please send your cartoons, recommendations (nonpolitical) and articles to Ann Foster, [shdwker@gmail.com](mailto:shdwker@gmail.com).**

