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**A Member Congregation of the
Unitarian Universalist
Association**
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FIRST UNITARIAN CHURCH

We are a church of reason
and spirit that
Witnesses for progressive faith,
Nurtures our community and
Transforms our world.

Thanksgiving Dinner



EVERYONE IS WELCOME

**Holiday Edition
November and
December 2015
Vol. 21, No. 9**

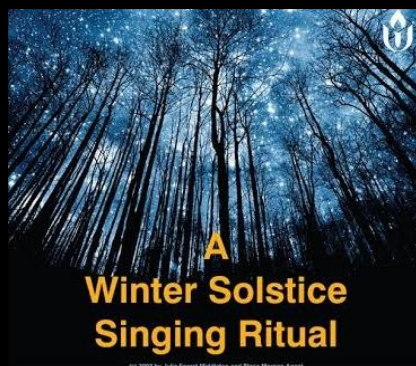
Christmas Eve Vespers Service



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**UPCOMING
CELEBRATION OF LIFE
SERVICES**

November

- 15 *Engaging Compassion*
Speaker: Vanessa Hurst
- 22 *Annual Cornbread Communion*
Speaker: The Rev. Dawn Cooley
- 29 *Transformational Gratitude*
Presenter: Pam Middleton

December

- 6 *Home: Annual Chalica Service*
Speaker: Linette Lowe
- 13 *That Which May Seem Like the End*
Speaker: The Rev. Dawn Cooley
- 20 *Winter Solstice*
Speakers: Solstice Sisters
- 27 *I Hereby Resolve...*
Speaker: Linda Berry

Calendar Highlights

November

- 15 Service Auction
- 21 Embracing Mortality Fair
- 22 Bread Communion
Guest at Your Table
Women's Alliance Pie Sale
- 26 First U Family Thanksgiving
- 27 Church Office Closed

December

- 6 Chalica Begins
Congregational Meeting
- 7 Deadline: Poinsettia Orders
- 13 Deadline: Adopt-a-Child
Deadline: Mitten Tree
- 19-20 Winter Solstice Singing Ritual
- 24 Christmas Eve Vespers Service
- 25 Christmas Day, Office Closed
- 28-31 Church Office Closed

January

- 1 New Year's Day, Office Closed

"The least of my concerns is who is right and who is wrong. What matters is that we have another deep need aside from meaning making. We need each other. We need peace. We need love. "For if we have all of these and have not love, we are but clanging symbols". We have enough cacophony in the world"

- @NilesKaty for #InterfaithRamadan



PEACE

Sometimes, it is hard for me to remember that the concept of “Peace” is totally countercultural. We live in a world where “peace officers” disrupt peaceable assemblies, where all over the globe refugees are fleeing years of conflict because their homes have been destroyed or are unsafe, where transgender women of color are disproportionately targeted in hate crimes, and more.

Internal peace, too, is countercultural – we are told to start our holiday shopping on Thanksgiving in order to get the best deal, we hear about politicians continuing to deny climate change despite the evidence, we are worried about our jobs, our families, our health, our bills. Peace is truly countercultural.

Which is why this year our Christmas Eve Vespers service will focus on this aspect of the holiday season. We will explore how many religious traditions encourage their adherents to practice both peace within ourselves and in our communities. But you don't have to wait until Christmas Eve to begin practicing peace in your life. In fact, please *don't* wait that long, because it may be too late!

As the saying goes, peace starts from within. If you are craving peace during this holiday season, here are some ways you might cultivate it. Maybe try one or two, but don't overdo it, as that will just make you feel even more stressed!

Choose not to shop on Thanksgiving

Come to our *Embracing Mortality Festival* on November 21 (10am-12pm) where you can give yourself peace of mind knowing that if something happens to you, your loved ones will know how to respond.

Spend a day helping someone in need

Breathe

Make a musical playlist makes you smile when you listen to it

Hug people! (But ask first, since this makes some people very stressful)

Pay for the coffee/meal of the person behind you when you are in line for service somewhere

Like many of yours, my life is very hectic, and it often seems like the exact opposite of peaceful. With the addition of our international student this year, we now have three children going in three different directions every day of the week. My spouse has a full-time job for which evenings and weekends are not uncommon, and being a minister means I often have meetings three evenings a week, and sometimes Saturdays. It can be chaotic. And when I neglect my spiritual practices, that is exactly what it feels like. Having a spiritual practice, however, helps provide a balance that can lead to an inner peace. My own practices right now (they vary) are to get enough sleep, exercise regularly, and to color mandalas. When I attend to these, I am a much happier, healthy, balanced person.

May you find ways to stay balanced and whole during this time of year. Peace be with you this holiday season, and always.

Contact Information for Rev. Dawn Cooley

Email:
minister@firstulou.org

Facebook:
www.facebook.com/RevDawnCooley

Phone:
cell/text: 502-295-1199

Office Hours by Appointment

Embracing Mortality Fair see page 22

Holidays are a great time to have "the" conversation with your family. Pick up a Conversation Starter Kit during the Embracing Mortality Fair on November 21.

Here are some more ideas:

Get outside, especially on sunny days

Tense your entire body up very tightly. Then, release the tension and feel peace enter your muscles

Honor traditions that continue to be enjoyable for you and your loved ones and ditch the ones that aren't – just because you've always done it that way doesn't mean you have to *keep* doing it that way.

Decide what is really important to you this holiday season, and let your decisions on what/how to do things follow that as a guideline.

Reach out to an estranged family member, or maybe just send some old friends a quick message to let them know you are thinking of them.

Spend time with people you care about, and who care about you.

Come to our Christmas Eve Vespers service at 5:00 on Thursday, December 24!

Linda Berry, Ministerial Intern

Beloved Congregants:

I cannot begin to tell you what a joy it has been thus far to be among you here in Louisville, serving as your new ministerial intern. Already I have had a chance to do some pastoral care, to officiate a marriage, and to organize and lead a committee.

To begin with, I used to think that there were a lot of meetings in higher education administration! Guess what! There are just as many in ministry. At least I don't see the same faces in all of the meetings. This tells me how engaged so many of you are and how willing to do the work it takes to run a congregation of this size and involvement.

Your structure in the form of ministries rather than committees feeds the soul of this organization and is a reminder that everything you do is holy and for the betterment of this world.

Moreover, it is a pleasure to be in a UU church that actually sings! Sitting there in the pulpit or the congregation each Sunday and hearing your beautiful, joyful voices makes me feel like joining in, too. (I've always been told that I'm not allowed to sing anywhere but a Peter, Paul, and Mary concert or a UUA-GA). Enjoyable as your singing is, though, it cannot compare to your compassionate caring for one another. You not only tolerate each other's differences, you embrace them. I have heard congregants of different beliefs conversing with each other about diametrically opposed points of view. The maturity with which these discussions have taken place surprises and encourages me.

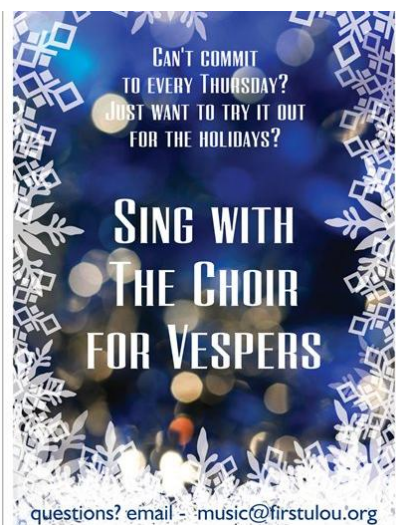
Many of my seminary colleagues have begun to tell me how fortunate they feel I have been in finding this congregation, you, and Rev. Dawn to do my learning of the ministerial role with. They have said, and I agree, that the ways in which you are at once typical (well-educated, predominately Caucasian, generally liberal, and concerned about social issues) and atypical (economically diverse, friendly, generous, and more accepting of a myriad of differences) of a UU church will serve me well in the future.



Linda Berry

You can reach Linda at intern@firstulou.org

Opportunities to Participate in and Enjoy Our Music Ministry



CHOIR FOR ALL AGES REHEARSAL SCHEDULE

The Choir for All Ages rehearsals will take place on **Nov. 15 and 22** from 9:00-9:45. Music will be distributed in early November to anyone who would like to sing with us. If you like to sing, this is a fun, short-term commitment that's easy and accessible! Come join us! We will sing during the Chalica service on Dec. 6

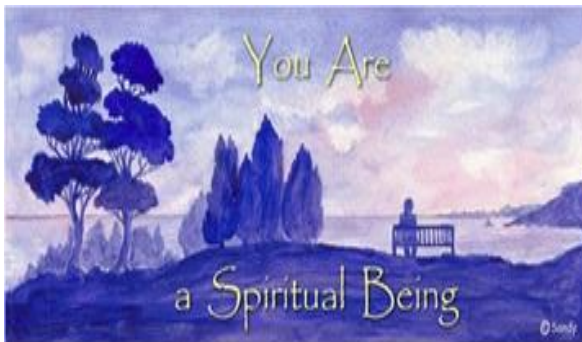
The **Winter Solstice Singing Ritual** will be December 19 and 20 at 7pm. There will be a Sampling of the music in the Winter Solstice Celebration of Life Sunday morning, December 20, as we celebrate the Solstice in our traditional UU Celebration of Life.

Christmas Eve Vespers Service is at 5:00 December 24.



The winter holidays can be a complicated time of year for many of us, older and younger alike. There are many expectations, not all of which will be fulfilled. There is a great deal of pressure to live up to often unspoken standards—economic, familial, religious, and others—that can seem overwhelming. I find the holidays challenging, even though I love our traditions and look forward to them. I often need a lot of reminders and self-talk to try to keep my holidays focused on generosity, compassion, and relationship.

So this year, each week between November 15 and January 3, I'll be posting a **"Holy-days"** link on the church FaceBook page and in the Mid-Week Update email list. I'll share some ways that we can empower ourselves to make the kinds of holidays for ourselves and our families that resonate with our UU values, I'll connect us to relevant resources, and hopefully I'll be able to offer some inspiration to us to help us make these days truly sacred, truly holy. If you come across ideas or have traditions in your family that express our UU values around the holidays, please send them to me! I look forward to sharing our Holy-days together!



November 1 was our annual **Trick-or-Treat for UNICEF**. Our kids collected change and bills during the service to help kids around the world get nutrition, clean water, health care and education. Thank you to all those that contributed. We collected almost \$300.00! See photos on pages 11-12.

November 8 was the **One Room Schoolhouse**: this month the theme was spirituality, so we had the opportunity to experience various aspects of spirituality for ourselves.

OWL

Our Whole Lives



Congratulations 4th-6th Grade OWL class!

Nine of our fabulous Owlies finished up their 4th-6th grade curriculum on November 15th, making them our latest group of children to benefit from our comprehensive, age-appropriate UU sexuality education program. Many thanks to their OWL Facilitators: Lisa Mascio-Thompson, danielle rogers-candee, and Doug Taylor!

November 15 and 22: **Choir for All Ages** rehearsals begin at 9:00 in the choir room. This year the theme for Chalice is "Home," so we'll be preparing to sing Phillip Phillips' song "Home". Please come join us--we hope to have full band backup this year! Yay!



November 22: We will begin our **Guest at Your Table** campaign on this day during the service to support the work of the Unitarian Universalist Service Committee around the world.

November 29: RE classes will be perfecting and rehearsing their parts in the **Chalica** service, so please have your child/youth attend if possible.

November 29: Money in Politics The November 2015 Fifth Sunday Social Justice Presentation: Money in Politics. The speaker will be our member, George Schuhmann. George has been serving on a national committee of the League of Women Voters examining how money is currently distorting our democracy. Learn how this has happened and what can and is being done to restore representation of the people.



See page 24 for an explanation of Chalica.

December 6: **Chalica** service on the theme "Home". Please have your child arrive at **9:40** so that they can rehearse in the sanctuary with their class.

December 13: Regular RE classes.

December 20: **Winter Break** No regular Children's/Youth RE classes



December 22: 6:00 pm **Vespers rehearsal** including Chalice Lighters and Acolytes

December 24: **Christmas Eve Vespers Service** 5:00pm

December 27: **Winter Break**—no RE

January 3: **Winter Break**—no Children's/Youth RE classes

Religious Exploration

Children and Youth Classes

Nursery: Childcare and Programming led by Elena Meeks and NaQueesha Puckett

Preschool: *Chalice Children* led by Bev Daly and Susie Onwood

K-2nd Grade: *World of Wonder* led by Christina Roberts and Rae Cobbs

3rd – 6th Grade: *Hogwarts* led by Pam Middleton, Jill Sampson, April Kraft, and Jim Fry

Middle & High School: *Ted Talks* by youth, led by danielle rogers-candee and Jen Slazas

One Room Schoolhouse Second Sunday of the month. All ages meet with Director of Religious Exploration, Linette Lowe, and her assistants, in the Open Classroom, room 205. The topic of the month goes with the monthly mission themes. We studied *Spirituality* in November and will study *Communion* in December.

Children's Celebration for children Preschool through upper elementary occur during the sermon portion of the Celebration of Life except during **Multigenerational Celebrations of Life** which include all children, youth, and adults.

Religious Exploration

Fall Adult Exploration

Sacred Journal *First Sundays* Explore your creative side with Jill and friends as the journey to create pages in a Sacred Journal continues. Monthly ministry themes provide the focus for each session. Facilitator: Jill Sampson Meets in Room 205.

Living the Welcoming Congregation *First and Third Sundays* Rev. Dawn will lead us in eight sessions that deepen our understanding of sexual orientation, gender identity and expression. Leader: Rev. Dawn Cooley Meets in room 103, aka, the Library.

Embracing Mortality Series Seminar *Second Sunday in December* John Peabody, retired lawyer who worked as a prosecutor for 10 years in Guardianship Court, will share how power of attorney works, health surrogates, just how decisions are made, wills and other items related. Seminar with Q & A. (See page 22 for more details.) The seminar will meet December 13 in room 103, the First U Library

Unitarian Universalism and You (UU & You) *Second and Fourth Sundays* We will explore Unitarian principles through current events, philosophical readings, as well as theological and spiritual thought. Leader: James Jeffries Meets in room 103, aka, the Library. UU and You will be held in the Parlor on December 13, 2015

UU Parenting *Fourth Sundays* Everyone is invited to discuss the challenges and joys of parenting as a UU today. Facilitators: Lisa Mascio-Thompson & Stacy Hagman Meets in Room 205.

Coffee and Social Justice *Weekly* A conversation group lead by the participants with a focus on current social justice issues and living our Seven Principles in the world. Meets in the Social Hall.

Adult RE January - May:

Rev. Dawn will be opening a conversation on multiculturalism and white privilege this spring.

Devi Pierce will be offering a class focusing on generosity.

The UU Parenting Group will be meeting twice monthly on second and fourth Sundays.

We will participate in the UU Common Read, *Just Mercy*.

Additional opportunities to deepen your faith will be available weekly!



Have an idea for Adult RE?

See a need that you'd like to help fill? Contact Kathy Thackeray or Linette!

Children/Youth RE January – May:

The children and youth will continue in their classes after the Winter Break, resuming with *One Room Schoolhouse* on January 10. There is no Children's RE on January 3.

Our Whole Lives Sexuality Education (OWL):

10th-12th grade OWL will begin in January, meeting jointly with Thomas Jefferson UU.
Details forthcoming.

Other Religious Exploration Sponsored Programs

Navigators Inclusive Scouting for children & youth meets on the Second Floor on the first and third Sundays. Contact chapter86@navigatorsusa.org for more information.

UU Book Club meets the second Monday of the month in the Parlor, room 101, at 6:00 pm. See page 17 for more information.

For further information about Religious Exploration:

Visit the First Unitarian website at firstulou.org, Contact Linette Lowe, Director of Religious Exploration at dre@firstulou.org. You can also contact Kathy Thackeray, Chair of the First U Religious Exploration Ministry at religiouseducationministry@firstulou.org or see us at church, as Kathy and Linette are usually present on Sundays.

Trick-or-Treat for UNICEF



First U! Your generosity at our annual Trick-or-Treat for UNICEF this year was AMAZING! We raised \$348 to help children around the world get adequate nutrition, medication, clean water, and education. That's 348 days of food for a malnourished child, a year's worth of clean water for 21 children, or measles vaccines for more than 1,000 kids. And that's \$128 MORE than we raised last year!



Photos by Del Ramey

Trick-or-Treat for UNICEF



Christmas Eve Vespers Service



GETTING READY FOR VESPERS

From the greeting when you arrive on Sunday morning, the creation of nametags, or cards to shut-ins on holidays, the Connections Ministry is actively involved with the church family in many ways. The Connections Ministry is handling the reception after the Christmas Eve Vespers Service. They will also send out goodie boxes that go to shut-ins. Your donations are greatly needed and appreciated. Find out more on page 20.

GREETERS WANTED

Can you smile? Great! You've passed the first test.

Can you also say, "Good morning"? Wow! You are qualified to be a Greeter, and we need you!

Greeters work in shifts of an hour or so on Sunday mornings, usually one Sunday a month. They welcome people into the church and get to meet both newcomers and oldcomers. It is easy, and it's fun!

If you think you might be a regular or a substitute greeter, just call or email Maureen Taylor with your contact information. Here is the contact info for Maureen: maureenptaylor69@att.net or call 502-618-3080.

Thanks for considering this service to First U!

ZOOM INTO FIRSTU

Want to stay home on Sunday and still "attend" the First Unitarian service? Through Zoom, we now livestream our services. Members and friends can sign into Zoom and access the service in real time. If you want to do this, here is the process:

1. Go to the website www.firstulou.org.
2. Click on the "Where Are We" tab
3. Click on "Livestreaming our Sunday Service"
4. Follow the directions
5. Enjoy the service!



The Resource Ministry at First Unitarian Church is responsible for working with church staff, team leaders and congregants to help keep building operations and maintenance running smoothly, and to oversee the aesthetics of the building and grounds. The Resource Ministry leader is Mary Ballard.

The teams that help carry out this charge are:

House and Grounds – led by Joe Kremer and Roger Ohlman

Churchyard Friends – led by Kathy Gapsis

Aesthetics – led by Kathy Thackeray and Bev Daly

Kitchen Wizards – Kathy Thackeray, Claudia Runge, Lois Allen, and Jill Sampson

House and Grounds –The House and Grounds team holds a work party at church one Saturday per month. They work on projects inside our church building and on the grounds. Some examples of recent or ongoing projects include: changing fluorescent bulbs or ballasts, painting ID's on parking spaces, re-working the restrooms, replacing and repairing gutters, changing HVAC filters, cleaning the grease trap in the kitchen, cutting the grass, cleaning the solar panels, cleaning the refrigerator coils, checking thermostats monthly, repairing Sanctuary chairs, installing emergency lighting and signs, securing emergency exit from courtyard, outsourcing stone wall repair, replacing mortar in courtyard wall, installing historical marker and “No Trespassing” signs, installing shade film in office, repairing York Street railing and door, painting various rooms and hallways. New parking lot signage was recently installed. Contact Joe Kremer or Roger Ohlman for more details or to volunteer.

Kitchen Wizards - The Kitchen Wizards meet regularly to clean the kitchen, toss leftover food from the refrigerator, and keep the church kitchen organized and ready for use. There is a checklist available in the kitchen for all to follow during and after any kitchen use.

Churchyard Friends - The Churchyard Friends have overseen many projects on the church grounds. Volunteers maintain and beautify the church grounds during ongoing work parties to plant, weed, water, and replace landscaping as needed. Many plants and materials have been donated by generous church members and friends. The next big push will be leaf raking, especially along York Street. Contact Kathy Gapsis for more details or to volunteer.

Aesthetics Team - The Aesthetics team maintains ongoing projects to beautify our indoor space, both on Sundays in the sanctuary, and with various projects throughout the building. They have spent many hours cleaning, rearranging, and planning. They are currently working on updating, re-positioning, and making additions to the exhibited paintings and photographs on the church's first floor. When completed, they plan to offer a general tour of art objects on the first floor. The Aesthetics Team would like to remind the congregations that there is a policy concerning giving art objects to the church. If you wish to give an art object, please understand that it is not guaranteed that it will be exhibited on retained in perpetuity. If you're interested in knowing more about this policy, you can see a copy of it in the Policy binder, located in the black bookcase in the volunteer area. You may also ask Bev Daly or Kathy Thackeray, Aesthetic Team co-chairs, about this policy for further clarification.

All of the Resource Ministry teams have plenty of projects to keep them busy, and more volunteers are always needed! If you are interested in helping with any of them, please contact Mary Ballard at 502-594-9347, or ballardmb2@bellsouth.net

FALL STEWARDSHIP UPDATE

The Fall Stewardship campaign has raised slightly over \$13,700 thanks to the generosity of our congregants. If you meant to pledge but have not yet, we are accepting pledges through November 15th. If you have never pledged, please consider doing so. We have members who pledge a few dollars a month to members who pledge over a thousand dollars a month. Every amount helps!!! To pledge, either fill out a pledge form and return to Stewardship or contact Devi at devipiercemd@gmail.com and to contribute. Thank you for your generosity throughout the year and especially during the Fall Pledge Campaign! If you missed your chance to pledge, we do accept pledges anytime during the year - just contact Devi for more information.

SUMMER FUNDRAISER OPPORTUNITY

Good news! We have a fundraiser planned for July 2016. We have been invited by our friends at TJ to help in their drinks booth at the Forecastle Festival. There are no costs to the church. We just have to supply workers for the shifts, and the more we work the more we make! Plus, anyone who works gets a free pass to the festival for that day! This could raise \$4000 to \$6000 for the church. If you are interested in working a shift please let Kathy Gapsis or Devi Pierce know and we will add you to our list. Friends are welcome to help! This is a great way to get involved, make friends with members of TJ, and make money!

December 6 at 12:30

Dear First U members and friends:

There will be a congregational meeting on December 6 at 12:30 to address the operating budget at First Unitarian Church. This will be an important meeting that will address the shortfall in the budget, so please attend if you can. A kind reminder: only members may vote on any resolutions or issues brought forward at congregational meetings. If you cannot attend this meeting, you may ask another member to serve as a proxy voter for you. To do this, you must ask me for a proxy form and I will get it to you. We must receive SIGNED proxy forms within 24 hours before the meeting. If we don't get your form within 24 hours before the meeting, your proxy cannot vote for you.

A light lunch and childcare will be provided. There will be an informational meeting on November 22nd at 9:45 a.m. to discuss our budget situation. All are welcome to attend.

Thank you,

Jill Sherman, President,
First Unitarian Church Board of Trustees

PRE-CONGREGATIONAL MEETING: INFORMATIONAL BUDGET MEETING

November 22 at 9:45 am

There will be an informational meeting in the Social Hall We will discuss our budget situation prior to the Congregational Meeting on December 6.
All are welcome to attend.

Greetings from your Board of Trustees!

We hope you are looking forward to the holiday season as much as we are. Things are about to get busy! There have already recently been some new developments here at First U: The Spiritual Israel congregation meeting in our choir room on Sundays, our new rental agreement over the parking lot with Presentation Academy, a new custodian to help Earl, and for us, a new Board member! Thank you to everyone who helps us to carry out our mission day in and day out, week to week.



Group Updates

Brownbaggers

BROWNBAGGERS SEE THE LIGHT

December 8



What's the Buzz?? Brownbaggers found out on November 10. The guest speaker was August Kline, noted Beekeeper from Southern Indiana. He talked about our honey producing friends. Sweet!!!

Come join us Tuesday, December 8 at 11:45 or so for lunch and to hear Sam Avery and Roger Olhman tell us about how solar panels have reduced electric bills in their homes. If you have some suggestions or would like to volunteer your services for future meetings, please contact Gary Drehmel at gdrehmel@aol.com. Thanks.

Group Update

Black Lives Matter

BLACK LIVES MATTER UPDATE



The Black Lives Matter banner is very visible on the front of our church building, and proclaims First U's alliance with this movement. Weekly half hour vigils, sponsored by the Women's Alliance, will be continuing each Sunday as long as interest in public witness continues - signs are provided. On the first Sundays, the vigils begin at 12:30 after lunch along 4th St. All other Sundays, the vigils begin at noon after the Celebration of Life. Information about Black Lives Matter is available at www.firstulou.org/BLM. These actions, and more, are part of First U's response to the UUA's call at 2015 GA for immediate witness and support for racial justice.

UU BOOK CLUB Holiday Celebration December 14

Thanks to all who participated in November's discussion of *Devil in a Blue Dress* by Walter Mosley and special thanks to Nancy MacPherson for wonderful discussion leadership. Here is the link to the 100 Must-Read African American Books which was mentioned at our meeting.
<http://www.listchallenges.com/100-must-read-african-american-books>

On December 14th, we'll have our annual Holiday Gathering. We will share holiday short stories, poems, quotes or other creative pieces. Please bring food and drink to share. On January 11, 2016 the book will be *At the Dark End of the Street* by Danielle L. McGuire. The discussion will be led Nancy MacPherson.

WINTER SOLSTICE and YULE

The CUUPs (Covenant of UU Pagans) group will continue with classes on the first and third Wednesdays in November and December. November classes will look at the practices of the Druid path.

YULE PARTY DECEMBER 16th

Our December Yule party will be held on December 16th. Join us as we share snacks and sing "Yule" carols. (You will recognize the tunes but the lyrics have been modified for Yule)

CUUPs will attend the **Winter Solstice Singing Ritual Service** music presentation as the beauty of the Yule season reveals itself through song. You are encouraged to attend one of the services at First U on Saturday, December 19th or Sunday, December 20th from 7 pm to 8:30 pm. (see page 25)

WHAT IS YULE?

Our ancient ancestors knew that during this Yule season the Winter Solstice was the longest night of the year. When this night was over, the Sun would once again begin it's journey back towards longer days.

On this one day, Winter Solstice, our ancestors took the time to reflect inward, rest up and ready themselves to move forward as the days got longer and the return of the Sun became evident. For Earth based religions, this is a festival of fire and light so use lots of candles, light a fire in the fireplace and fill your home with bright colors to usher in the return of the Sun.





The Reduce, Reuse, Recycle Corner

If you can't reduce or reuse, recycle wisely

"Oh, Christmas Tree, Oh, Christmas tree, how lovely are your branches..."

Except after Christmas, if you had a live tree, the branches may be drooping, shedding needles, and leaking sap. To top it off, it has become a fire hazard. What do you do with your old tree?

In some areas of Louisville, you can just put your tree out on the curb and it will be collected and recycled. You can take the tree to a District Recycling Center and have it ground up into mulch for around your azaleas. The zoo may do this as well. Watch for dates and hours just after Christmas. (Warning: Wear old clothing and wrap your tree in an old blanket for transport. Old tree branches are messy and prickly.)

If you live on a farm and have a pond, some people put an old tree in the pond to serve as a fish habitat. (Of course, this only works a few times.) Left in the back yard, it becomes a winter bird sanctuary. Like doing crafts? You could slice pieces of the trunk to make flat discs. Glue on a family photo and you've got a memento you could put on next year's tree. For that matter, you could create a lifetime supply while you're at it.

Reduce: Buying a tree from a local tree farm cuts back on transportation needed. They will be planting replacement trees for each one cut down.

Reuse: Consider buying a pine tree with a root ball that can be planted.

Recycle: Have your old tree turned into mulch.

Warning: NEVER BURN YOUR OLD TREE IN YOUR FIREPLACE OR WOOD STOVE! The sap in the tree can flare up and cause chimney fires due to creosote buildup.

What is best? Real trees? Artificial Trees? Or Potted Trees for Future Planting?

If you ask a group of people, you'll get various answers and they all have valid points. It often comes down to personal preference. If pine fragrances is the most important factor to you, a real tree is your choice. Those with allergies or that want to keep a tree up all season will definitely prefer an artificial tree. If you love the fresh tree, but the idea of cutting down a tree to use for a week bothers you, then a potted one for future re-planting might work best.

Live Cut Tree

Pros: fragrance, takes in carbon dioxide, fun to select, can be turned into mulch

Cons: Only used a short time, new expense each year, can trigger allergies, transport to/from home, sheds needles, fire hazard, removes a tree from the environment that isn't replaced, tree farms replace trees but most use chemicals

Artificial Tree

Pros: One time cost, generally allergy free, flame retardant, can be used all season, not messy, no need to transport, environmental impact lessened since reused

Cons: no fragrance, made from non-renewable petroleum and PVC, storage after use, not biodegradable when disposed of

Potted Tree

Pros: A real tree, can create a living fence

Cons: generally more expensive, smaller, can only use a short time, must keep watered, must have spot available to plant (Be sure to dig the hole before the ground freezes)

Holiday Assistance for Coleridge-Taylor Families

During the upcoming holiday season, we are again making an effort to reach out to our neighbors at Coleridge-Taylor Montessori Elementary School, located at 1115 W. Chestnut Street. Coleridge-Taylor's student population is a mix of children from all parts of the Louisville metro area. The enrollment is approximately 600 students who are in preschool through grade five. Of the 600 plus students, about 58%, or 350 children, are eligible for free or reduced lunch prices due to family income. Coleridge-Taylor is located in zip code 40203, which has been named the 13th poorest zip code in the United States, based on average per capita income of \$14,941.

These statistics give a glimpse of the real lives of some of the students at Coleridge-Taylor. The reasons vary, but whatever the reason, the effect is the same for children who aren't sure if they'll have food at home, if they'll have the clothing they need, or if there will be a holiday celebration in their home. We all know that children who are cared for and have what they need are much more likely to be successful in school and in life.

Your generosity can not only help make that happen, but can also brighten the lives and boost the morale of many of these families who struggle. Contact Mary via email (ballardmb2@bellsouth.net) or by phone (594-9347 or 897-7004). Mary is working with staff at Coleridge-Taylor to identify the families most in need, and by November 22 will have information to give you on sizes, toy requests, etc. Gifts may be returned to church by Sunday, December 13 for delivery to Coleridge-Taylor.

Thank you for your consideration!



If you would like to play Santa and “adopt” a family or child by providing a toy and clothing gift for the holiday season, please see Mary Ballard after church on Sundays. She will have information to give you on sizes, toy requests, etc. beginning on November 22.

**Deadline to return gifts:
December 13**

CALLING ALL KNITTERS!

With the advent of chilly weather, the CLCM Clothes Closet has been receiving a lot of requests for warm hats. Since we have several folks here at 1st U who like to knit, and others who have yarn they are ready to part with, it seems like a good time to put the two together and make some warm headgear.

Our goal is to knit 2 dozen caps by Christmas. If you think you can help, please let me know. I can provide patterns for knitters and direct your excess yarn to the right person. Thanks, Lois Allen

CHOIR FOR ALL AGES REHEARSAL SCHEDULE

The Choir for All Ages rehearsals will take place on **Nov. 15 and 22** from 9:00-9:45. Music will be distributed in early November to anyone who would like to sing with us. If you like to sing, this is a fun, short-term commitment that's easy and accessible! Come join us! We will sing during the Chalica service on Dec. 6.

Socks and Mittens for the Homeless

The Religious Exploration Ministry is providing a tree which all can decorate with Socks and Mittens for the Homeless. The Socks and Mittens will go to an organization that provides help for the Homeless in our area. Please place your contribution of Socks and Mittens on the Sock and Mitten Tree in the Sanctuary.

Socks and Mittens of all sizes are needed. The Sock and Mitten Tree will be set up in the Sanctuary just before November 22nd and will be there till December 13th.

Thank you in advance for your contribution. Any questions please contact Lisa Mascio-Thompson or Linette Lowe.



CHRISTMAS TREE NEEDED!

The Aesthetics Team is in need of a large (5' or taller) artificial tree for the Social Hall decorations for the Holidays.

If you are thinking of having a smaller tree this year we can be there to take that large tree off your hands! Just let Kathy Thackeray know. email address is kathythackeray@gmail.com or call 502-648-5697

VESPERS RECEPTION

What do YOU like to munch on after Vespers, while you're standing around discussing how inspirational the service was? Goopy brownies? Meringue cookies? A fabulous dip with veggies? Extra special cheese, fruit and artisan crackers? Some spicy popcorn mix?

Why not guarantee you can enjoy your favorite by bringing it? (That's how all the food gets here, you know. You thought it came from Santa's elves? Not unless their names are Lois, Tiffany, Nancy, Jill, Kathy, Brian, Kathy, Kathy) Please bring enough of your favorites to share with about two dozen others and have them at First U by 4:30 on Christmas Eve. You'll be glad you did!

P.S.--Some of these special goodies will go to our homebound members, too, so please bring plenty to carry on First Unitarian's Holiday Tradition. Want to be really helpful? Let me know in advance what you plan to bring!

Maureen Taylor



PLEASE HELP!

FOOD COLLECTIONS

November is the month for Thanksgiving and hospitality. This month we ask especially for food donations to help create a Thanksgiving meal for our neighbors who are hungry: canned vegetables, stuffing and gravy mix, canned fruit. Calvary provides the turkeys. Please bring your food donations every Sunday this month so that the CLCM food pantry will be a "horn of plenty."

Mark the date for this Family-friendly day and time!

5:00-7:00 Silent Auction

6:00-8:00 Live Auction

A light supper and childcare will be provided.

Of course, in order to have a successful auction, we need YOUR DONATIONS! We welcome donations of any and all events; services; gift cards; homemade foods; new (or like new) household items, art, books, etc.; and anything else you can give that someone else will bid on.

**YOU CAN HELP BY DONATING, BY BIDDING,
and by ASKING BUSINESSES FOR GIFT CERTIFICATES!**

Can you...Drive someone to the airport? Entertain at a party? Cook a meal? Babysit?
Repair a lamp? Paint a portrait? Teach a skill? Prepare a will? Donate theatre tickets?

Let someone use your cottage or timeshare? Rake leaves?

Get a gift certificate from a restaurant, hotel, or other business?

You can bring your items to be donated to church on Sundays or leave them in the parlor on the table. (Mark "for service auction") Donations must be received by 12:00 pm Friday, November 13. (Please do not bring them on Saturday the 14th as there's a wedding at the church.)

If you've been to the Service Auction – We don't have to tell you what a great event it is. Excitement, fun, conviviality, suspense, all combined in one enjoyable evening.

If you've never attended the Service Auction – Come and give it a try! The Auction is a lot of fun – and it generates thousands of dollars annually for our General Fund.

Fill out a form at church, or contact Tiffany Taylor (tiffany.taylor@twc.com 812-987-7965) for more information or to make your contribution.

List of items: A preliminary list will be available by email and on facebook a few days before the auction.

Absentee Bidding: You can look over the list of items and let Tiffany know what you're interested in; we'll have folks standing by to bid on behalf of absentees.

See you there!

ONLINE PARTNER TO THE SERVICE AUCTION

Can't make it to the Service Auction on Sunday? You can still participate and get some great gifts (for yourself or for others) at the First U online discount gift page.

Check out gift cards and area attraction tickets for less than face value - all to support our church community.

<http://kgapsis.wix.firstuonlinediscount>
Share with your family and friends!

November 21 from 10 am-12 pm

Hard questions + thoughtful decisions = peace of mind

Who would you choose to make medical decisions on your behalf if you're not able to do it yourself? You might be thinking you're too young to worry about it. Or maybe you're like so many people and talking about death and dying just makes you uncomfortable.

Why do we even have to talk about it?

If something happens to you, do your loved ones know how to respond? Do they know that you will put up with some pain to be able to enjoy your hobbies? Or that pain control is the most important thing, above all else? Do they, or you, know what to ask medical professionals before attempting surgery?

We need to talk about it because the best time to have the conversation is before you are forced to make decisions because of illness or age-related changes in your life. **And on November 21, from 10am - 12pm, we are going to help get that conversation started.**

On that day, social workers, chaplains and lawyers from Hosparus and from within our own congregation will help you fill out living wills, advance directives, power of attorney forms, and even the form you need to have if you would like to donate your body to the U of L medical school. Conversation Starter packets will also be available, to help you take the conversation home to your family.

Childcare will be provided, as well as coffee and donuts.

Embracing Mortality:

Religious Exploration Seminar

As part of our Series: *Embracing Mortality*, John Peabody will offer a Seminar on Sunday, December 13, 2015 during RE Hour, 9:45 till 10:45 am in room 103 (First U Library).

Guardianship (Mental Competency) and Related Matters Seminar

Does a power of attorney have the statutory right to place someone in a nursing home? Does a person who has been written in a living will as the health care surrogate have the statutory rights to make non life threatening medical decisions for another person? Is a will that is written (not typed) valid in Kentucky? Can a person go to probate court and have a surrogate appointed to handle their financial affairs?

John Peabody, a member First Unitarian Church, is a retired lawyer who worked as a prosecutor for ten years in Guardianship Court. Guardianship Court deals with adult mental competency. He is doing a free seminar on these and related matters. The answers to those questions and more are in his pamphlet that will be handed out. Being retired, he will not accept any legal work referrals that might accrue from the seminar.

SOCIAL JUSTICE MEETING November 22

There will be a "Local Louisville Social Justice Issues Discussion" as a part of the CLOUT Justice Ministry. The meeting will in the Social Hall as the "Coffee and Social Justice" discussion.

FIFTH SUNDAY RE: MONEY in POLITICS November 29

The November 2015 Fifth Sunday Social Justice Presentation: *Money in Politics*. The speaker will be our member, George Schuhmann. George has been serving on a national committee of the League of Women Voters examining how money is currently distorting our democracy. Learn how this has happened and what can and is being done to restore representation of the people.

See page 15 for information about an additional RE meeting, about the budget, November 22.

**ANNUAL PRE-THANKSGIVING PIE SALE****\$10****November 22**

The Women's Alliance Holiday Pie Sale returns again this year, with delicious, homemade pies just in time for Thanksgiving.

We will have a warm space with plenty of food for any and all of you, your friends and family, and any who don't want to be alone on Thanksgiving. All you need to bring is a dish and some time to pitch in and make it happen. This is a low-key and friendly event.

Please RSVP if you can, to Trish Ramey by email to tramey@alum.bu.edu or call her at 774-270-0006 and let her know you're coming and what you can bring. The Rameys will provide the turkey, cornbread stuffing, and a pie or two.

Everyone else will help with the other dishes, more pies (we hope) and the cleanup.

Many hands make light work and many cooks make a feast! Bring a dish and enjoy a meal with friends. More details will be shared closer to Thanksgiving. Everyone welcome!

Thursday, November 26
2:00 pm in the Social Hall



Join Us December 6

Here at First U we have been celebrating Chalica on the first Sunday in December for a number of years. But just what is Chalica, anyway? Chalica began in 2005 with conversations Daylene Marshall had with other young adults when she was a student at the Vancouver School of Theology in Vancouver, British Columbia. They wanted a UU holiday that stressed our values and could help counter the commercialization of the season.



Marshall developed a seven-day celebration of our UU principles, beginning the first Monday in December. Each day, families light a chalice for that day's principle and do a good deed related to that principle.

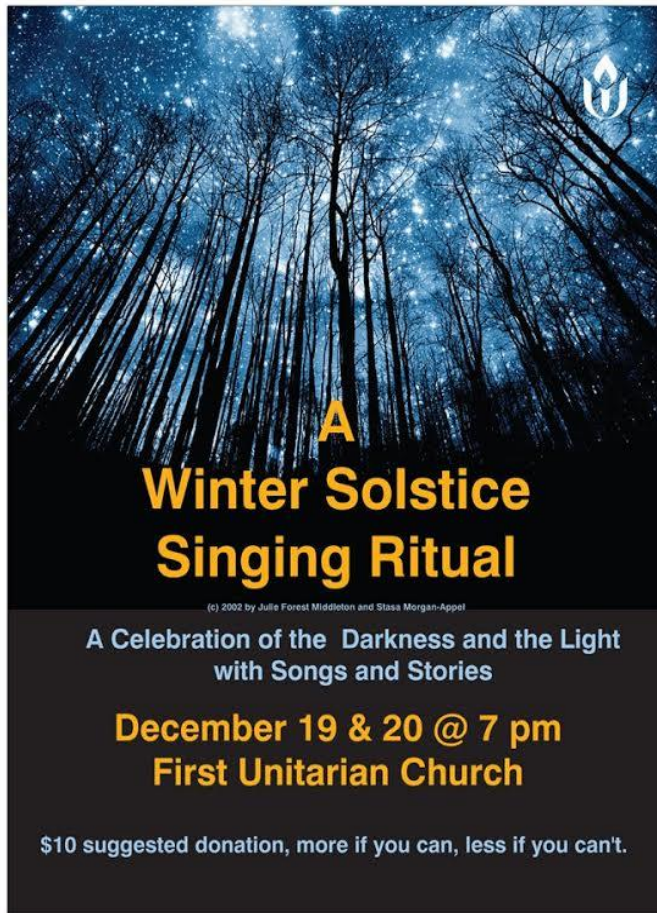
So, for example, Monday's principle would be "The inherent worth and dignity of every person" or "Each person is important." We would light a chalice for that principle, talk about what living that principle might look like, and then decide what action we would like to take to exemplify that each person is important. Perhaps we could apologize for a wrong we have done someone or write a note thanking someone for something they have done. Small, personal acts that appeal to family members make the holiday meaningful.

This year our Chalica Celebration of Life on December 6 kicks off our week of Chalica by celebrating we live our principles together in our church Home. More information and ideas for celebrating Chalica with your family will be available on December 6 as well as on the church website. You can also check out the Chalica Facebook page to see how others are celebrating at <https://www.facebook.com/UU.Chalica>. Happy Chalica, Everyone!



From Chalica 2014





POINSETTIA ORDERS FOR CHRISTMAS EVE VESPERS

November 22-December 7

\$12.00

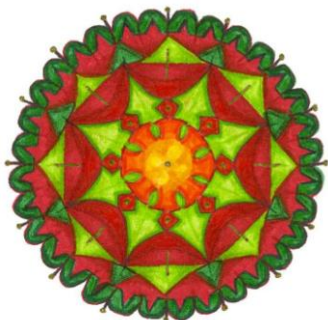
It is the First Unitarian Tradition to decorate the Sanctuary with Poinsettias for the Christmas Eve Vespers Worship Service.

The Aesthetics Team does this with your help. We ask you to purchase a poinsettia(s) to honor someone, some event, or give thanks to someone or some group. Your words will be printed in the Christmas Eve Vespers Order of Service. After the service, you may take your poinsettias home with you.

Orders may be placed at First U from November 22 until December 7th. This can be done in person by completing and placing the form (next to the box) and your check or cash into this poinsettia box on the counter of the volunteer area. Make the check out to First Unitarian Church. Or you can see a member of the Aesthetics Team in the Social Hall after the Celebration of Life on November 22nd, 29th, and December 6th, or you may mail your order and exact wording you would like in the Vespers Order of Service with a check (made out to First Unitarian Church) for \$12 for each poinsettia, Mail it to Barbara Creasy, Office Administrator, First Unitarian Church, 809 S. Fourth St. Louisville, KY 40203. Thank you!

OUR WEBSITE

Check out the face lift on the First U website. You'll find a fresh new look. The best part is now that it will work well on all your mobile devices, tablets, and still work on your desktop at home. Take a minute to look at it and then share the new site on your social networks. Thank your webmaster John Cooley for all his hard work on this! www.firstulou.org Interested in getting content on the site or find a typo? Send an email to content@firstulou.org to let us know. at rohlman@twc.com to indicate your interest.



HOLIDAY CARD By Kris Philipp

Kris has designed a new set of cards just for the season. She writes, "For this holiday season, I have created 2 mandalas reminding you of poinsettias and holly leaves, with flaming chalices embedded in the designs. This one shown is a matter of 'which do you see first? the chalice or the flora?'" They are sold in packs of 8 (4 of each design, + envelopes).

HIKING CLUB

The November hike will be Sunday, 11/29, starting at 3pm at Jefferson Memorial Forest. This is not a level hike, but we can go slow and at an easy pace. No experience is needed, and you, your family and friends are invited to join in. Our September hike at the Louisville Nature Center, and October hike at the Falls of the Ohio, were enjoyed by all. Come enjoy the great outdoors in the company of our congenial crew. Contact Roger at rohlman@twc.com.



YOU ARE INVITED CANDLE-LIT CHRISTMAS TREE PARTY

Uwe and Kathy Eickmann announce the very last candle-lit Christmas tree party! Everyone at church is invited. Dates are Saturday, December 12 AND Sunday, December 13 from 4 p.m. to 7 p.m. (choose the date most convenient for you--we hope parking will be easier with two parties) at our home, 1742 Millerwood Dr. in New Albany. We would very much appreciate knowing if you can come and which day, so RSVP is requested to katuwe@aol.com or [812-944-9784](tel:812-944-9784)

HARRY PICKENS IN FREE CONCERT

**Sunday,
December 13 at
7:15 pm**



St. Paul United Methodist Church
2000 Douglas Boulevard
Louisville, KY 40205

All are welcome to what promises to be an evening of inspirational and creative music.

When We Meet

Calendar of Group Meetings

Office Hours 10:00-2:00 Monday-Friday

See the complete calendar on the webpage for the latest information.

www.firstulou.org/calendar

Sundays

Weekly 9:10 Music Rehearsal
 Weekly 9:45 Religious Exploration
 Weekly 11:00 Celebration of Life
 1st Sun. 12:15 First Sunday Lunch
 1st Sun. 12:45 RE Meeting

Mondays

Weekly 5:00 The Kukes
 2nd Mon. 6:00 Book Club, parlor
 3rd Mon. 7:00 Pagan Pride, library

Tuesdays

1st Tues. 7:00 Personnel Committee
 2nd Tues. 11:30 Brownbaggers
 2nd Tues. 5:30 Finance Committee, library
 3rd Tues. 6:00 Board Meeting, library

Other Churches/Groups Using Our Building

11:00 Every Sunday (choir room)
 Spiritual Israel Church and Its' Army
 4:30 First Sundays (sanctuary)
 Christ Sophia Inclusive
 Catholic Community
 Association of Roman Catholic
 Women Priests

Wednesdays

Weekly: 10:30 Staff Meetings, library
 1st/3rd Wed 7:00 CUUPs Class
 2nd Wed. 6:30 Worship Ministry, library

Thursdays

Weekly: 7:00 Choir Practice, choir room
 4th Thur. 5:30 Ministry Council, library

Saturdays

2nd Sat. 8:00 House and Grounds
 Weekly 2:00 (Rental) Travelers: AA Group

FREE PARKING: The parking lot off 4th Street next to the church is free all day Sunday. The lot off York Street, across from the Library, is free until 1:30 pm.

FIRST SUNDAY LUNCHEON: There is a Luncheon for all infants, children, youth, and adults on the first Sunday of each month after the Celebration of Life. Note: there are two highchairs available for infants, and five toddler chairs that allow the child to be at table level. First Sunday Extended Childcare is provided for infants, toddlers and children through 5th grade upstairs in rooms 212/213 from 12:45 till 3:00.

HEALTHY COMMUNICATIONS TEAM: Second Sunday of each month Here's a place to share your thoughts! Whenever you have feedback that you are not sure what to do with, whether positive or negative, visit the HCT table on the second Sunday of each month. They will be in the Social Hall at a table near the stairway.

BLACK LIVES MATTER VIGIL Our weekly vigils provide an opportunity for church members and friends to speak up, identify as allies, and invite a conversation about race. Join us after the service, exit through the front door at Heywood House. Signs are provided. We meet after lunch on First Sundays, and after the Celebration of Life the other weeks.



We Are a Welcoming Congregation!

We embrace all persons equally, no matter their sexual or affectional orientation, gender identity or expression, age, race, ethnicity, neurodiversity, social or economic class, education level, family structure or abilities. If you need special accommodations, please let us know so that we can try to make appropriate arrangements. We welcome all to participate fully and openly in our congregational life.

First Unitarian Church of Louisville

~ A Member of the Unitarian Universalist Association of Congregations ~
809 South Fourth Street • Louisville, Kentucky 40203 • (502) 585-5110

OUR MINISTRY STAFF

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NaQueesha Puckett
Childcare staff

Elena Meeks
Childcare staff

Quinton Moore
Janitor

QUICK LINKS

First U Website
Calendar, Updates, Program information
www.firstulou.org

Stewardship Online Pledge Form
<http://goo.gl/forms/IuOXELGWWWh>

Kroger Community Rewards Program
To sign up or to register online, go to:
<https://www.kroger.com/communityrewards>
Or call 800-576-4377, select option 3

Sabbatical Video
<http://www.firstulou.org/videos>

Jill Sherman
President, Board of Trustees

The Rev. Richard Beal
Minister Emeritus

The Rev. Bob Reed
Minister Emeritus

Anne Miller
RE Director Emeritus

STEEPLETALK

Published quarterly by First Unitarian Church of Louisville.
Editor: Barbara Creasy office@firstulou.org
Next Deadline: December 8 (for the Winter newsletter)
featuring January-March events.