

# The Torch

OCTOBER 10, 2016

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## Upcoming Services

October 9th (Services at 9 and 11:00 am)  
"And Then What Happened?" - Rev. Robert Fulghum

October 16th ( Services at 9 and 11:00 am)  
"Being White in Racist America" - Rev. Tom Goldsmith

October 23rd (Services at 9 and 11:00 am)  
"The First Step: A Spiritual Exercise" - Rev. Tom Goldsmith

**Save the Date!** Jazz Vespers begins Oct. 30th.  
More details coming soon.

## Minister's Column (Rev. Robert Fulghum)

All the stories and essays in the book, *All I Really Need To Know I Learned in Kindergarten*, were originally published in the newsletter of a small Unitarian church – as a minister's column called *From the Friarplace*. The church was the Edmonds Unitarian Fellowship in Edmonds, Washington. The Minister was me. And here I am, back where I started. Writing the minister's column for *The Torch* while Tom Goldsmith is away. FYI - I've continued writing a weekly column on my own published on the web at [robertleefulghum.com](http://robertleefulghum.com) linked to a Facebook page that carries photos connected to the web-journal. Take a look.

Why do I continue writing? To be useful. Often, without realizing it, we fill important places in each other's lives. It's that way with the guy at the corner grocery, the mechanic at the local garage, the family doctor, teachers, coworkers, and neighbors. Good people who are always "there," who can be relied upon in small, ordinary ways. People who, by example, teach us, bless us,

encourage us, support us, uplift us in the daily-ness of life.

I want to be one of those.

You may also be one of those. There are those who depend on you, watch you, learn from you, are inspired by you, and count on you being in their world. You may never have proof of your importance to them, but you are more important than you may think. There are those who couldn't do without you. The rub is that you don't always know who. We seldom make this mutual influence clear to each other. But being aware of the possibility that you are useful in this world is the doorway into assuring that will come to be true.

My way is to keep writing and sharing that. What's yours?

## In the Life (Rev. Matthew Cockrum)

National LGBT Coming Out Day  
Rosh Hashanah & Yom Kippur  
Saint Damien Canonization Day  
Indigenous People's Day & Columbus Day

That's a whole lotta holiday in a little bit of time. These are some of the observances - civil and religious - that show up on my calendar for the coming weeks.

Each of these observances has both historic and contemporary significance for me in my personal life and in my continued growth and development.

- As a queer cisgender man, National Coming Out Day - a holiday created as part of an effort to fight stigma and advocate for AIDS research and funding - has been a part of my life and

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All Torch articles are also published as separate news items in the "Latest News" section on the front page of our website.

consciousness since I first came out almost 25 years ago.

- Rosh HANSHANAH and YOM KIPPUR have increasingly become part of my personal consciousness since I discovered my maternal Jewish roots, buried and hidden by her family in an effort to pass as respectable White middle-class people in the 1950's.
- Saint Damien - Father Damien of Molokai was one of the first "saints" I met in my mostly un-churched upbringing. A Catholic priest who served a mission in Hawaii's "leper colonies" (still in existence, though much diminished) and contracted the disease, now known as Hansen's Disease. His image and story continues to serve as an inspiration and challenge to whole-hearted giving.
- Indigenous People's Day & Columbus Day - Is one of the ongoing cusps of my life. It is an example of consciousness raising and another challenge to take responsibility for histories of genocide and White privilege, working through White shame and fragility and moving toward right relationship.

There's a saying in yoga that "the pose starts the moment you want to get out of it." This is not to say that suffering is necessarily redemptive or that we're to injure or torture ourselves. Rather, it's a reminder of the tricks our minds play and how quickly we seek to avoid discomfort and challenge. For those of us who have a tendency to push ourselves too hard, it can also serve as a reminder that we must balance mind/body/spirit, rather than overrule any one aspect of that necessary whole.

This month's "Seeking the Sources" session (October 31, 6:45-8:45 p.m. in the Little Chapel) we'll be exploring the first source of Unitarian Universalism, **"Direct experience of that transcending mystery and wonder, affirmed in all cultures, which moves us to a renewal of the spirit and an openness to the forces that create and uphold life."** What observances - daily, annually - help you to tap into the wisdom of your experience of mystery and wonder? What moves you to renewal and openness?

Whatever your practices, I invite you to continue to seek openness in service of creation and renewal.

Here's to The Work, friends.

Peace, Faith & Passion,  
Matthew

*FYI - Matthew will be away at a minister's gathering in Colorado Springs October 17-20.*

#### Night with Soul Report

Thanks to all who helped in creating and attending the fantastic "Night with Soul" event with Rev. Robert Fulghum and music from The Disposable Thumbs on 9/30. (Insert photos) Kim Grob Lee and Kristen Quinn and their host of volunteers transformed Eliot Hall and provided tasty jambalaya and desserts. Altogether you helped raise almost enough money to cover one of the four chaperones we intend to send on the New Orleans service trip with our high school youth this summer. Thanks so much! Keep an eye on the bulletin boards in Eliot Hall for updates and more opportunities to support this important part of First Church youth ministries!

#### Youth Ministries Reports

- Our Whole Lives - 8th & 9th Grades - Off to a running start with an introduction to an expanded notion of sexuality, our 8th and 9th graders and their teachers are moving into deeper conversations about values as they pertain to healthy relationships and examining accurate scientific information about human anatomy and physiology. [Remember 10:45-12:15 in Junior High Room \(#?\)](#)
- World Religions - 6th & 7th Grades - have begun their exploration of world religions with Unitarian Universalism! They'll be in the Parlor for their regular session (11-12:15) on 10/09 and will be heading on a field trip for Hinduism on 10/16. Parents, keep an eye on the 6th-7th grade Facebook page for reminders or check with your teachers, Sara Jordan, Usha Spaulding, Ian Mitchell and Jenn Gibbs. [Remember 11-12:15 in Parlor \(Room#?\)](#)
- High School - 10th-12th Grades - Are eagerly engaging in debates, discussions, reflections and learning. They've also begun planning a regional youth conference "Con" for Martin Luther King weekend along with

youth from our UU congregations in South Valley and Ogden. A social with area youth is in the works for early November. Keep an eye on the high school Facebook page and RE Newsletter for updates. Remember new times - 10:45-12:45 in the Haven (Room #?)

10/30 Sermon Title - Living with Loss, Dancing with Death - Rev. Matthew Cockrum, speaking

UU Orientation & Info Session - 10/24 - 6:30-8:30 p.m. in Eliot Hall. New or new-ish to Unitarian Universalism or First Unitarian Church? Curious about how to get connected with this community of service, learning and justice? Join staff and lay leaders in an intimate evening of questions and exploration. RSVP online at <http://www.slccu.org/programs/religious-education/item/102-uu-orientation-registration>, or to [clminister@slccu](mailto:clminister@slccu) or Rev. Matthew Cockrum at 801.582.8687 ext. 205. Child care available upon request and light refreshments served.

Seeking the Sources - 10/31 - 6:45-9:45 p.m. in the Little Chapel - join Rev. Matthew Cockrum and other seekers in this drop-in session, focused on the sources and principles of Unitarian Universalism. Wear comfortable clothing and bring a yoga mat or meditation cushion if you have one. Movement, meditation and mindful exploration for all!

### **Religious Education News (Julie Miller, Director of Religious Education)**

Becoming a Volunteer for Religious Education

Why Should I Volunteer?

Volunteers are an essential part of Religious Education (RE) at First Unitarian Church. As a volunteer, you help us create a community that spans generations. Your presence as either a classroom teacher or teacher's assistant enables the lead teacher to work more effectively with children and youth on a one-on-one basis, which then enhances the classroom as a safe and flexible environment. In short, our programs won't run without you!

What Would I Do as a Volunteer?

Most volunteers assist in teaching our children and youth. At times, we may just ask for help on special events or with a social justice service project.

How Do I Become a Volunteer?

We appreciate many helping hands, but we ask that you be present at First Unitarian Church for six months prior to working in a classroom so that you have time to 'feel right at home' before taking on a classroom assignment. If you choose to teach, you will be asked to complete a simple background check that is paid for at our expense.

Upcoming Special Family Event!

No doubt about it, Halloween is a favorite day of the year. This year, First Church's annual family Halloween Party features food, fun and song for everyone. Set for Tuesday, October 25 from 6 to 7:30pm, we'll gather in Eliot Hall at the Church for the festivities. A family donation of \$5 to \$10 is suggested.

Plan to chow down on pizza and soft drinks, decorate cookies and pumpkins, enjoy a storyteller, play games, whack a piñata, get your face painted and blow huge glow bubbles on our front patio. Choir Director David Owens conducts a sing-along too, so bring your voice!

As 7pm approaches, we'll form a casual parade of costumed kids and head a few stops north to Friendship Manor to entertain our friends and residents in the Manor's Community Room. Looking forward to seeing you, your kids and, of course, those seriously scary costumes!

### **High School Recycling Fundraiser**

-submitted by Nancy Moos

The High School YRUU youth are partnering with Planet Green to recycle e-waste! For each of the following items that we mail in, Planet Green gives a certain amount to our youth group. You get to be rid of your e-waste, and support our youth at the same time! Below is a list of items that can be recycled. Please bring only items that are on the list to the box near the Environmental Ministry table on Sundays, we'll do the rest! In addition, if you're looking to buy ink cartridges, you can buy them from Planet Green and we get a percentage! Just go to this website: [planetgreenrecycle.com/slccyruu](http://planetgreenrecycle.com/slccyruu)

What We Recycle:

- Inkjet Cartridges
- Laser/Toner Cartridges
- Cell Phones & Accessories
- GPS & Radar Detectors

- Calculators
- eBook Readers
- iPods/MP3 Players
- Digital/Video Cameras
- PDAs
- iPads/Tablets
- Video Game & Consoles

Questions? Contact Nancy Moos at ut\_moos@yahoo.com

### Caring Network Workshop Nov. 5th

The Caring Network of First Unitarian Church is hosting a workshop on "Caring for Persons Under Stress" (Yourself Included!); led by Rev. Harold Straughn on Saturday, November 5 from 10 a.m. to 2 p.m. in Eliot Hall

BRING:

- Your pre-K to K kids! Child care will be provided.
- Your own brown bag lunch and drink.

The upcoming holiday season can be the most stressful time of the year.

- Some feel stress because they are experiencing the celebrations without a deceased loved one.
- Others struggle with family conflicts such as religious and political differences.
- Most of all, even the fun times mean juggling the special events along with home and work commitments.

Rev. Straughn, director of the Caring Network, is an expert in the resources available to persons under stress, including Active Listening, Social and Spiritual Conversations, and Guided Meditation. Each of these topics will be part of the workshop.

If you want to accept this invitation, send the word "Workshop," and your name, to this email address: haroldstraughn@sbcglobal.net.

### Congregational Briefs

Leaving the country if Trump wins? The **Refugee Resettlement Committee** is offering pre-election, radical decluttering. Rid your house of furniture in anticipation of your exile in Costa Rica or Canada. Act now and avoid the rush! Call Joe Dubray at (904) 527-9773. Use the code: "Trumped."

The **Open Minds Book Group** meets on the fourth Thursday of the month at 7:00 p.m. in the Haven

Room at the Church. The book for October 27th is "Homecoming" by Yaa Gyasi. All are welcome.

The **Social Justice Ministry** is co-sponsoring a film with Utahns for Just Peace in the Holy Land. "Budrus" is a true story, of a small village which fights the Israeli military when the separation wall is planned to be built on the olive groves which have been owned and farmed by the Palestinians for generations. One family, father and fifteen year old daughter, organize the villagers in their opposition. The daughter leads the women of the village into action.

Although the film isn't rated it would probably be PG 13, however, there is violence. The Israeli army beats unarmed villagers. Please join us for this interesting film followed with a discussion.

**UU Highway Cleanup:** Just above beautiful Little Dell Reservoir, between East, Emigration, and Parley's Canyons, a sign proudly proclaims that the Salt Lake Unitarian Universalist Congregation is responsible for keeping this lovely area free of litter. Won't you join us for a few hours to take a nice walk and pick up a little trash? Saturday, October 29th, we will meet at the church at 0900, then proceed to the UDOT station East of Mt Dell golf course in Parley's Canyon. You can meet us there at 0930 if you like. If you are considering coming, please text your phone # and email to Todd Seymour (801) 783-7837, so I can email a reminder, and get an idea of who will join us. If you decide last minute and surprise us at the UDOT station, we'll be happy to see you. If you can confirm you are coming the night before, I'll definitely sleep better. :)

### Dinner and Dialogue

Have you heard about DINNER AND DIALOGUE? It's a great way to socialize and meet new members and friends outside of the traditional church setting. Participants gather in small groups and share a meal together in one home. You may sign up as a HOST where you set the date, time and the menu and decide how many guests you can accommodate. Or you may choose to sign up as a GUEST where you will attend and contribute by bringing a dish to share (appetizer, salad, dessert, beverage, etc. assigned by the host). Either way you choose to participate, you are guaranteed to make new FRIENDS! Our goal is to have a couple of these each month. I will coordinate by getting the guest names to the host and assisting in any way possible. There will be a table set up at our Activities Fair on September 18

so you can sign up or ask questions if you wish. After that, we will have our Dinner and Dialogue book at the Congregational Life Table in Eliot Hall for the remainder of the year.

If you are unable to sign up to participate in Dinner and Dialogue at our church service or have questions, feel free to contact me, Darlene Thayne, at 801-455-6553 or send an email to [suppers@slcuu.org](mailto:suppers@slcuu.org). I have gotten to know some very lovely people through this activity. Why not give it a try?

**Mindfulness Group** Every Sunday, meditation is offered as a time to pause, practice calming our thoughts and setting an intention to be mindful in our daily life. Guidance for developing meditation practice is shared along with suggested websites and reading. Alone, together helps to stay with the intention and to learn the benefits of being mindfully aware. 9:45 am to 10:30 in the Parlor. All are welcome.

**UU Lunch Bunch** A family-friendly group for anyone and everyone who would like to get together for lunch and chat with like-minded people. Meet at the Restaurant on Sundays at noon during the summer. For more information contact Sonia Carnell at (801) 262-1151 or [lunchbunch@slcuu.org](mailto:lunchbunch@slcuu.org).

- October 9: The Copper Kitchen (4640 South 2300 East)
- October 16: Indochine (230 South 1300 East)
- October 23: The Rye Restaurant (230 South 1300 East)
- October 30: Kathmandu II (212 South 700 East)

### **2016-2017 Women's Sacred Circle**

The Women's Sacred Circle was set up around 5 years ago. There are several activities we enjoy throughout the year. We meet in the Haven at First Unitarian Church on the 2<sup>nd</sup> Tuesday of each month to explore our spiritual journeys. We also meet each month on the full moon at members' homes. This year we will be studying herbs and plants; their healing properties, culinary aspects, or how to create gardens of delight. In addition, twice a year we schedule retreats to Southern Utah to recreate our souls.

As a further extension of our activities, we create feminine hygiene bags for the agencies helping women in need. With the donations from several members and friends, we collect the needed items and distribute them. Past recipients have

been: The Road Home, Christmas Box House, and The Inn Between. Currently, we are accepting donations to help with a United Way project for Kearns High School teens.

At this year's planning meeting in September, we decided the direction our group will take. Using as our theme 'HerStory', we will focus on women's stories that inform us about the Divine Feminine; ourselves; and the world. For example, we will take stories from myths, legends, and historical female figures from various cultures; and learn how to live our core values, and become change agents of our time.

For more information feel free to contact us at [sacredcircle@slcuu.org](mailto:sacredcircle@slcuu.org)

### **Environmental Ministry News**

Recycle with Environmental Ministry  
-submitted by Judy Lord, Environmental Ministry

Environmental Ministry is still participating in four Terracycle recycling brigades. We collect a number of things, most of which are not recyclable through the city or county recycling programs. Then we send them to Terracycle, and the church receives a check paying us 2¢ for each item. Here are lists for those of you unsure just what things we collect:

Oral care products packaging: Any brand of toothpaste tubes and caps, toothbrushes, toothpaste cartons, toothbrush outer packaging, and floss containers. Sorry, no electric toothbrush parts are accepted.

Energy bar package recycling: Any brand of foil-lined energy bar wrappers; foil-lined granola bar wrappers; foil-lined meal replacement bar wrappers; foil-lined protein bar wrappers; foil-lined diet bar wrappers.

Cereal bags: Plastic cereal bags and box liners.

Personal care and beauty product packaging: Hair care packaging such as shampoo caps, conditioner caps, hair gel tubes and caps, hair spray triggers, and hair paste caps. Skin care packaging such as lip balm tubes and caps, soap dispensers and tubes, body wash caps, lotion dispensers and caps. Cosmetics packaging such as plastic lipstick cases, lip gloss tubes, mascara tubes, eye shadow cases, bronzer cases,

foundation packaging, powder cases, eyeliner cases, eyeliner pencils, eye shadow tubes, concealer tubes, concealer sticks, and lip liner pencils.

We will also be collecting electronic waste for the YRUU's at our table. (See article in the Religious Education section of this Torch.)

Now that you know what to bring in, find a corner or doorknob where you can place a bag for collecting these items. Then take them to the boxes and bins under the Environmental Ministry table. We plan to be here every Sunday except the weekend of the Art Fair, Celebration Sunday, and picnic Sunday, and we'll be expecting you.

Here Comes the Swap!

-submitted by Judy Lord, Environmental Ministry  
Everyone loves a swap, where people bring usable clothes, toys, etc. they no longer need and take away the treasures they find. Bring a lot – or nothing, and take a lot – or nothing. No money is involved.

Our pre-holiday swap will be held Saturday, November 5 at our sister church, San Esteban Episcopal, at 4615 So. 3200 West in West Valley. As we did last year, we will be collecting items here at the church Saturday morning, 8-10, and setting up the swap at San Esteban for noon-4 that afternoon. Remember, our congregation is invited to go to the swap, too. Start now collecting items to be passed on.

Supporting Standing Rock: a fundraiser, a gathering, and a workshop; Fri, Nov 4, 2016, 7PM Eliot Hall; Co-Sponsors: Beehive Design Collective and Environmental Ministry

-submitted by Joan M. Gregory, Environmental Ministry

Join the Beehive Design Collective and Environmental Ministry as we co-sponsor this fundraiser, gathering, and workshop to support the ongoing water and land defenders at the Standing Rock Sioux Reservation.

The workshop will include a report back from Carol Saurveyor, who has been on the ground at Standing Rock. There will be a presentation of the Beehive's narrative graphic, Mesoamérica Resiste,

which will focus on the historical examples of indigenous resistance and resource extraction that represented in the graphic (more on this graphic and the Beehive Collective below). The presenters will tie this history back to the current struggle in so-called North Dakota, and the group will break out to discuss how these issues affect local communities, and what can be done to address them.

The Beehive is an all-volunteer swarm of educators, artists, and activists using images to communicate and educate about the complex realities of our times. The dizzyingly detailed, hand-drawn, large-format posters and banners they tour with are portable murals that come alive through storytelling, illuminating how single issues are interconnected and part of bigger systems. Join in as the Bees deconstruct often overwhelming global issues in an engaging and interactive presentation, using metaphors from the natural world to connect social and environmental struggles.

Mesoamérica Resiste is the final installment in a trilogy of graphics about corporate globalization and militarization in the Americas. With this project the Bees' strive to go beyond illustrating only the bad news to also sharing stories of grassroots organizing, collective action, and inspiration. The story begins with exploring the legacy of colonialism, connecting that history to today's industrial development plans and resource extraction. The rest of the graphic documents many examples of resistance and alternatives to these top-down plans, especially organizing led by Indigenous peoples. Celebrating the ecological diversity of Mesoamerica is also a goal of this graphics campaign, with a cast of characters that includes over 400 species of insects, animals, and plants.

Oil pipelines, resource extraction and climate change affect us all. Right now, Standing Rock is at the frontlines of these issues, and they are leading the way in fighting back, for all of us. Indigenous organizers are drawing from their roots to show us another way of resisting dirty industry and corporate greed, a way that is not rooted in the non-profit industrial complex, but in the grassroots, in prayer, in intersectionality, and in a dream for a better world. All people of conscience must support the water and land defenders at Standing Rock, by organizing in their own

communities and raising funds for the front line. All of the donations and honorariums that we receive from this tour, after our small overhead for gas and supplies are covered, will go directly to those on the ground at Standing Rock, to help them fortify for the winter and continue the work into the future.

### **"In the Spotlight" . . . Meet Nicholas Shifrar**

Tell us about yourself/your family: I'm a new UU. Signed the book last year. Good ol' Joseph B Herring brought me to the First U in fall 2015. After Rev. Tom G's sermon on the social gospel and hearing about this socially progressive congregation that includes Tim DeChristopher and Victoria Sethunya, I thought I might just make this place my home. I'm born and raised in Salt Lake City. I've been ready to get out for the last two years. Grad school is my next ticket. Look out Boston, Berkeley, or Chicago.

Where you grew up, what you did/do for a living, your hobbies, and interests:

I'm a poet at heart. My mother is one of my heroes. She's a nurse practitioner with a big heart. My dad is an asshole- that's a term of endearment. I love him too. He thinks the same of me and I suppose those are our prerogatives. We're flawed bipeds learning to love.

I've spent most of my professional life in service at hospitals. Mostly I've worked as a Psychiatric Technician at the Neuropsychiatric Inst. Right now I'm split between the food industry and working in an addiction recovery center. I'm aiming to be situated in an academic medical center so that I might teach, spend time with patients, and give public presentations on keeping the heart of compassion beating in the medical industry.

Other specific interesting things about yourself/ your family that you'd like to share:

I was raised Catholic-ish. I went to a college prep school where I succeeded in sleeping through the majority of my classes. I was woken up in college. My family is not religious, though my mother will come to church with me on occasion. My dad is done with organized religion. Their professional lives have been in hospitals. They met in Salt Lake because of the world famous slopes.

Do you have a favorite quote or motto that you like, which guides your life?

EE Cummings, Mary Oliver, Rumi, and Cornel West are often rattling around in my frontal lobe.

What first brought you to the First Unitarian Church of Salt Lake?

The wine. I stayed for the social justice.

What does First Church mean to you/how does it enrich your life?

First church is a weekly reorientation to the infinite possibilities of love. The First Church is a place for spiritual and intellectual development. The First Church is connection to community.

How do you participate in the church?

Discombobulatedly- a new word that must exist. I sing in the choir when I show up on time. I've been writing essays alongside the wonderful Carol Romagosa. I've been participating here and there with the young adult group.

Why did you decide to sign the book? (officially become a member)

I heard it was the only way I could keep getting wine at social gatherings without feeling guilty. At least Unitarians won't send me to hell. The real reason is that I feel refreshed for life when I sit in the pews for a service. I'm also in love with the socially-conscious progressivism that characterizes Unitarian history. I'm a lyrical dissenter on the fallible quest for unarmed truth. I'm seeking to be more than simply a dissenter; I'm seeking to be a compassionate agent of change in the world.

Do you pledge, if so, why?

I do when I'm not in the red myself. I pledge for all the reasons you've pulled from my previous answers. If I didn't pledge, how would we get the wine?