November Worship Services

Sunday, November 5:  
End of Daylight Savings
Time, don’t forget to set your clocks back 1 hour!

An Eating Theology
Rev. Bill Zelazny

Modern society often treats food and meal-sharing as little more than mechanical necessities. But there can be more to eating and growing food since food is connected to community, life, death – things that many people consider to be in some way spiritual. Bill will look at eating and food on this Sunday, a few weeks before the start of our cultural annual eating festivities, to consider if there is an underlying theology about food consumption and preparation.

Sunday, November 12:
A Joyful Celebration of the Channing Caregiving Program
Barbara Russell-Willett, Nickie Kates, & Rev Bill Zelazny

Enjoy a few stories by Caregivers and care receivers with inspiring music by the Channing Choir

Transgender Day of Remembrance Service

Following the regular Sunday worship service on November 12, Channing Interweave will host a Transgender Day of Remembrance service in the Sanctuary. Please come for a moving service of readings, music, and the reading of the names of the 2017 transgender murder victims.

Continued on page 2
Sunday, November 19: 
The Gift of Giving Thanks 
Jessica Thomas & Rev. Bill Zelazny

Americans have one day out of 365 that is designated for gratitude – Thanksgiving Day. But why shouldn’t every day be Thanksgiving? Not huge piles of food, but intentional and honest appreciation for what we have. Gratitude seems to come as an emotional reaction to a favorable event or outcome. But it also can be a way of life. This Sunday Bill will talk about the gift, to ourselves and others, of living thankfully all year.

As part of this intergenerational service we will conduct our annual Bread Ceremony. Bill and Jess invite all members and friends of Channing to bring some kind of bread that represents your ethnic heritage or in some way describes you or your family. We hope that some gluten free bread will also be brought so that everyone may share in the Bread Communion. We will cut the bread into pieces and distribute it so that we may share the ancient custom of breaking bread together in this faith community.

Sunday, November 26: 
Guest Speaker 
Service Theme TBD

FROM THE MINISTER

The holidays offer plenty of reasons for joy and to have fun – family gatherings, gifts, festive meals, Christmas trees, family traditions.

The holidays offer plenty of reasons to get stressed out and anxious – family gatherings, festive meals, Christmas trees, family traditions.

Often, when I have been in parish ministry I have written a minister's column during this time of the year for the church newsletter about holiday stress. I’ve done it partly as pastoral guidance to members of the church, but equally as a reminder to myself about dealing with the holidays. This is one more of those columns.

I’ve come across some suggestions from family therapists that might help lower holiday stress. They advise that if you are starting to feel some stress about the upcoming holidays take a bit of time, perhaps with a cup of tea or beverage of choice, to think about what is causing the stress. Stress can be triggered by things such as unhappy memories, toxic relatives, life changes, life stasis, lowered immune defenses. If you are able to cut through the vague sense of dread about the holidays and identify specific problems, you can deal with them directly.

What’s important is to take control over the holidays, instead of letting them control. Ask “Why am I doing things that make me miserable or anxious?” Draw up a list of reasons why you engage in holiday traditions that cause stress. Just making a simple pro and con list will remind you that you do have a choice.

Then challenge some of the assumptions you are bringing into the season – the traditions you are trying to maintain, the role or task that you’ve always had assigned, the expectations about travel or hosting. If you did the holidays differently this year to lessen your stress levels, what would happen? Your gut feeling might be: Calamity! Disaster! But if we can get past that initial reaction we can de-catastrophize and consider what would really happen, and then ask, would the results really be that terrible?

Psychologists suggest that the key is to be conscious about what you’re doing, don’t expect miracles in tense family relationship, don’t overdo it, and don’t worry about how things should be. Holidays, do not have to be, and never will be like those perfect events we see on TV. They tend to me more like the Griswold Christmas. So, let the perfection and expectations go and have fun for yourself.

And be sure to take time for some spiritual renewal in whatever way resonates with you to gain some perspective about the awesomeness of this time of the year.

~Rev. Bill Zelazny
We have asked the Property Committee to organize a clean-up of our communal spaces, followed by a space utilization study to insure that we’re using our buildings most effectively in support of our many programs. In the future we plan to work on leadership development in preparation for transitions in board membership that will occur next year. So the board has been busy! Board meetings are open to all and you are welcome to join us on the 3rd Thursday of each month.

~In Friendship,  
Barbara Nowicki  
Channing President

Hey, that “Sounds” Good!  
Our sound system has had an "exorcism" as it were, removing the spirits that made unexpected noises. This perhaps made it uncomfortable for folks to come forward to learn how to work the sound board during services. Now that it’s behind us and everything is working well, complete with a new and improved "how to brochure", courtesy of Russ Milham, we are looking for additional people to learn the system and become a member of the sound team.  
Please contact Joan Dermody or Russ Milham (rmilham@cox.net, put “Sound” in subject line) if you are interested!

CleanUp Effort Underway  
How YOU can help in November! Deadline is Saturday, December 2nd  
The Property Committee has been asked to organize a Cleanup Effort and we need your help. Over the years various committees and individual efforts have contributed to general clutter in our buildings including unused papers and objects. A serious lack of storage spaces hasn’t helped, so we have a plan.  
Every committee or individual who knows of "stuff" that is important to keep should mark it with a note, sticker, or special designation as "worthy to keep" by Saturday, December 2nd. Talk with (or email) a Property Committee member if you have any questions about how to participate. December 2nd will be the big throwaway day, with everything not "saved" liable to be tossed out. We will recycle everything we can and we appreciate help with the sorting process. We have been told that a deadline is important to emphasize the need to get this done so we can organize functional designated storage space for items and records we need to save and have accessible. Decluttering our spaces is our first step to making them more beautiful and useful!

~Christine Laudon,  
Property Co-Chair

FROM THE PRESIDENT  
News from the Channing Board of Trustees  
At our October meeting the Channing Board of Trustees talked about priorities for the church year. We agreed that it was important to continue our efforts to attract new members and also to work at better integrating and involving all members in church activities. We’re delighted with the response we’ve received to the new Channing website (www.channingchurch.org), and we’re actively seeking folks to work with the Communications Committee to help publicize upcoming Channing events, worship services and Learning Center programs. Soon, we’ll be asking for support from various committees in implementing some of the ideas proposed at our Growth Convocation last February. We continue to welcome new families to Channing, and on Family Sundays (2nd Sunday of the month), board members will host a special crafts table in the back of the sanctuary for youngsters who find it difficult to sit through the whole service with their families in the pews. The board is working with our Personnel Committee to approve updated contracts for all of our church staff, and we’re discussing the best way to finance the two new boilers that are desperately needed for the Parish Hall (current boilers are apparently approaching 50 years old!).

We continue to welcome new families to Channing, and on Family Sundays (2nd Sunday of the month), board members will host a special crafts table in the back of the sanctuary for youngsters who find it difficult to sit through the whole service with their families in the pews. The board is working with our Personnel Committee to approve updated contracts for all of our church staff, and we’re discussing the best way to finance the two new boilers that are desperately needed for the Parish Hall (current boilers are apparently approaching 50 years old!).
October was a busy month for Channing kids and families. We started off on October 1st with a fun-filled Fall Frolic with gorgeous weather, pumpkins, games, and a very popular pie, pickle, and flower arrangement contest. We are thrilled that so many Channing members and friends participated in this annual event. A big thank you to Lauren Drain who coordinated the event and Krystal Bobbe who played a big supporting role. Congratulations to our contest winners:
- Pie Contest: Barbara Nowicki
- Canning Contest: Sally Hanchett
- Flower Arrangement: Barbara Russell-Willet
- Candy Corn Guesstimate: Tristan Thomas
- Pin the Nose on the Pumpkin: Madeline Drain
- Bean Bag Toss: Oliver Bobbe
- Doughnut on a String: Sophia Wittekind

During class, children and youth learned about the 7th principle, the Interdependent Web of which we are all a part. A special thank you to Barbara Nowicki who shared her tradition of revering the interdependent web with the kids. Children and Youth also baked for the community meal. Thank you to Kristine LaPierre and Barbara Russell-Willet for facilitating the baking.

**DID YOU KNOW??**
- Family Fun Day events happen the 1st Sunday of the month after the service.
- Channing has a Spiritual Parenting group that meets the 3rd Sunday of each month after the service (child care provided).

We ended the month with the “Haunted Happenings” potluck and movie party with the hope that it would also be well attended by the Channing community.

Children and youth are especially welcome to attend the Sunday service the second Sunday of each month.
- The Youth Group for grades 6-12 meets the first and third Sunday of each month at 6:00 PM.
- Our Whole Lives (OWL) for 4-6 graders begins this winter (See Jessica Thomas to sign up your child).

~Kathy Takata, Chair, RE Committee

**NOVEMBER RE CALENDAR**

**Sunday, November 5:** RE Class and Family Fun Day,
- **Youth Group Pizza Party**

**Sunday, November 12:**
- No RE Class - Children and Youth are invited to the Sunday Service presented by Caregiving Committee

**Sunday, November 19:**
- No RE Class - Children and Youth invited to participate in the Bread Service,
  - **Spiritual Parenting**
    - 11:30am, Ladies’ Parlor
  - Youth Group meets

**Sunday, November 26:**
- No RE Class-Thanksgiving Weekend
Wishing you all a season of grace and gratitude as Thanksgiving approaches!

Thank you very much to Ruth Jernigan and Pam Goff, who so ably handled caregiving coordinator duties for October. I believe I also neglected in the last Catalyst to thank Beth Milham, who served as coordinator in September, but Beth, your help was most appreciated!

Our condolences go out to Craig Gaspard and his family upon the recent death of his father.

Dave Burnett has faced some serious health challenges in the past several weeks, and has been in and out of both Newport and Miriam Hospitals. Larry and Dave have been deeply touched by the support of our Channing community, and asked us to convey their gratitude for the many cards and warm wishes they have received. Please keep Dave in your thoughts as he continues treatment for his health issues.

I received the following note from JoAnn Rosemont, who asked me to share it with all of you:

“The Rosemont family would like to thank the Channing community for all they did to help us make a celebration of life for Henry Rosemont such a meaningful event for all of us.

Special thanks to Susan Kieronski, Beth Milham, Eleanor Doumato, and Nickie Kates for all their good advice, to Nickie Kates and the caregiving committee members for putting together such a nice reception, to everyone who made cookies and snacks, to Russ Milham for assisting with the sound system, Pat Padilla for his help before and after the service, to Janet Grant for a wonderful job of putting together the music, and to Sav Robecchi for videotaping the whole event.

We are also very grateful to all of those who joined us on September 23 to remember Henry.”

On a note of joy, congratulations to Kristin Pierini, the daughter of Joy Benson and Al Benson, who graduated with an associate’s degree in General Studies from CCRI this summer!

Please join Nickie, Barbara, and friends for our Caregiving Sunday service on Nov. 12! Several guest speakers from the congregation will talk about their experiences with Channing Caregiving, either as volunteers or as recipients, and it will truly be a day of love and friendship. A special collection to benefit Caregiving will also be taken at the service along with our regular Sunday collection.

—Linda Beall, for Channing Caregiving

### ANNUAL THANKSGIVING POTLUCK

**Sunday, November 19, 4:00pm, in the Parish Hall**

All are invited to our Annual Fellowship Thanksgiving Potluck Dinner. Join us in a tradition where everyone brings something to share and we enjoy our time together. **There will be a sign-up sheet in the Parish Hall beginning the first Sunday in November. Children are encouraged to attend. Please join us.**
ECO-BITS & TIPS

Shopping thoughtfully

I don’t know about you, but I don’t find toilet paper the highest and best use for a tree. That’s why for years, we’ve been buying paper products with as much recycled content as possible. Apparently the market, at least locally, isn’t supporting these products. Major outlets, including the Navy Commissary have stopped stocking some of them. Marcal First Steps toilet tissue, nose tissues and paper towels are among those dropped. Even Seventh Generation is getting hard to find. BJ’s was promoting its own brand of sustainable paper products, but they’ve dropped the line, too. We’re now looking for products with the highest recycled content available, but it’s often not listed on the label.

There’s another factor, too, and that’s supporting responsible manufacturers. I don’t choose to support the Koch Brothers, owners of Georgia Pacific, because of they use their immense wealth to promote far right candidates and politics, including opposition to the Affordable Care Act and encouragement of even greater income inequality, promotion of fossil fuels and gutting of environmental protections. If you share these views, I’d encourage you to avoid the following brands: Angel Soft, Quilted Northern, Soft ‘n’ Gentle, Brawny, Mardi Gras, Sparkle, Vanity Fair and Dixie.

~Beth Milham, Chair, Green Cong. Committee

NOVEMBER

SHARE THE PLATE

Remember the Homeless

For a fifth year, the Channing Community will “Remember the Homeless” during November. November begins our traditional national holiday season. Channing wants to acknowledge the jarring contrasts experienced by people existing without a personal living space and the festive, home-centered celebrations so many enjoy.

Channing will focus on transportation for the homeless. We will buy and distribute bus passes. Those RIPTIC’s cost $2.00 each and a transfer is an added $1.00. People need the RIPTIC’s to get to doctor’s appointments, to housing opportunities, to job interviews and trainings, to family gatherings, to the grocery store, to pick up their children, and to a myriad of other locations.

The funds will come from two sources:

- The cash offerings and checks with the memo “Share the Plate” donated during November’s Sunday services, and
- Monies raised through our “Brunch for the Bus” fundraiser.

The purchased RIPTIC’s will be given to local organizations serving the homeless, such as McKinney Shelter, Lucy’s Hearth, Turning Around Ministries, and the Housing Hotline.

Please be generous during the Sunday offertory and please be sure to join us for our Annual Brunch for the Bus on Sunday, November 5th, immediately after services in the Parish Hall. We are relying on those funds to purchase the RIPTIC’s. Be assured, the homeless need many of them!!

Respectfully submitted,
Sheila McEntee for the Social Action Committee (SAC)

INTERWEAVE POTLUCK & MOVIE

What’s cuter than an little kid? Maybe a kitten, but how about cute little trans kids? Yes, gender is something many people understand at a very young age. Come learn more about what it means to be transgender under the age of 18 as we watch the film Growing Up Trans on Nov 12th. Documentary, TV-PG, 1h 24min. The film will begin at 7PM in the Parish Hall and will be preceded by a potluck dinner at 5:30PM. Bring a dish to share if you want to come to the potluck. All are welcome.

Interweave is Channing’s Group for LGBTQ people and allies. For more information, contact Rex LeBeau at interweave@channingchurch.org
**ANNOUNCEMENTS**

**JOIN THE GREAT GUYS GROUP!**
*Saturday, Nov. 18, 8:30am, in the Parish Hall*

All men, members and friends of Channing Memorial, of all ages, are invited to participate in the newly forming Great Guys Group. The plan is for the Gathering to **meet for breakfast and discussion of topics of interest to men in the Parish Hall on the third Saturday of the month from 8:30 a.m. to make a simple breakfast together and wrap-up by 10:30.**

Rev. Bill will host the first gathering on November 18th. We will scramble eggs, fry up some breakfast sausages and toss together some fruit. Bill has selected for the discussion topic the question “What is one thing I learned from my father.” We will also talk about what we might want to do going forward with this men’s gathering. **To help with organizing the gathering Bill asks that men who are planning to attend drop him a short email – minister@channingchurch.org – by Friday morning, November 10th.**

~Rev, Bill Zelazny

**NEW UU CLASS**
*An Introduction for Prospective Members*
**Tuesday, November 21, 7:00pm, in the Library*

If you have been thinking about becoming a member of Channing Church, plan on attending the one-session “New UU” class presented by Rev. Zelazny and the Membership Committee. The class will be from 7:00 to 9:00 on Tuesday, November 21, in the Channing House Library.

During this two-hour class participants will learn about Unitarian Universalist history and philosophy/theology, the Unitarian Universalist Association, Channing Church history and operations, opportunities to get involved, and how the church is funded. There will also be time for Q & A on whatever topic participants wish to cover. Refreshments will be served.

The class is open to everyone who is thinking about becoming a member or reactivating membership. **Please send an email with contact information to office@channingchurch.org if you plan to attend by November 20.**

A member signing ceremony will be held during the service on Sunday, December 3, 2017, or anyone wishing to join Channing Memorial as an official member or be welcomed as a returning member.

**A REMEMBERING CEREMONY TO CELEBRATE THOSE WHO DIED**
**Wednesday, November 1, 6:30pm, Sanctuary**

Rev. Bill will conduct a non-denominational “Remembering Ceremony” in the church Sanctuary on November 1. After a brief memorial service people will have the opportunity to light a candle in silence and place it in the Remembrance Wall. All are invited to participate.

**COME HEAR ABOUT “WHALE COAST ALASKA”**

Russ and Beth Milham and Maryellen Doherty took part in the WhaleCoast Alaska tours last summer, and look forward to sharing their experiences with those interested in a superb Alaskan tour experience that supports the four UU congregations in the state. The Milhams will reminisce about the All-Alaska tour, and Maryellen will contribute her thoughts in writing about the National Parks tour. The tours, each limited to forty participants, begin booking in December, and fill up quickly. They’re very popular, but few Rhode Islanders have taken part. **Learn about them first-hand on Sunday, December 3, at 11:30, in the Parish Hall.**
NOVEMBER CHIMERS
Nov. 5: Cynthia Skelton
Nov. 12: Jim Freess
Nov. 19: Linda Beall
Nov. 26: Christine Ariel

DON’T MISS IT!
Family Fun Day - Sachuest Point Hike and Picnic happens on Sunday, November 5th at 12:30 following the “Brunch for the Bus” event. All are invited.

November Spiritual Parenting - November 19, 11:30-1:00, in the Ladies’ Parlor. All are invited.

COMMUNITY MEAL
Monday, November 20th, 3:30-6:15pm, in the Parish Hall. Joan Dermody again cooked a wonderful meal for our October community meal. Thanks to all who helped. A special thank you to RE and the youth group who baked delicious pumpkin bread. If you would like to help in November please contact Joy Benson. We always meet on the third Monday of the month.

UPCOMING HOLIDAY EVENTS

“Cocoa, Cookies and Crafts” is Coming to Channing!
The December holidays are a great time to meet people and Channing Church will be doing that on Saturday, December 9 with our first (and we hope, annual) Cocoa, Cookies and Crafts event. This is being planned as an opportunity to open our church to the community using a holiday event to welcome Newport to our church home. Advertisement in various Newport area media will encourage people to stop by when they are out shopping during the Holiday Stroll, or around town enjoying other Christmas in Newport events that Saturday. The event is scheduled from 1:00 to 3:00 p.m. in the Parish Hall. The plan is to serve cocoa, homemade cookies and set up a craft’s table for children to make an ornament or holiday card as our holiday gift to the community.

What is needed for this outreach event:
• homemade cookies (several dozen)
• volunteers to assist with serving cocoa and helping with the craft table. (about 2 ½ hours of volunteer time).

Channing members and friends interested in helping with the community outreach project are asked to send an email to Rev Bill (minister@channingchurch.org)

~Rev. Bill Zelazny

Mark Your Calendars!!!

10th Annual Singing for Shelter Acoustic Christmas Concert
To Benefit the McKinney Shelter and Lucy’s Hearth
Thursday, December 8, 7:00pm in the Sanctuary

Channing Giving Tree
The holiday giving tree will go up in the Parish Hall Sunday, November 19.

Regifting Sale
Shop at our Regifting Sale in the Parish Hall during Fellowship Sundays, December 3, 10, & 17

Early January Catalyst Deadline
Due to the holiday hours the January Catalyst Deadline is Friday, December 15. Many thanks for your early submissions!

Holiday Cookie Contest
Sunday, December 17 (cookies can be brought in Saturday, Dec. 16, time TBD)

Pajama Drive & Holiday Movie:
Sunday, December 17, time TBD

Holiday Caroling
All are invited sing Holiday Carols at the Community Meal in the Parish Hall on Monday, December 18, at 5:00pm.