The Catalyst

November 2016

Channing Memorial Church
135 Pelham Street, Newport, Rhode Island

Committee on Ministry Update
Goals for the Coming Year

As I wrote in the October Catalyst, the Committee on Ministry (COM) has outlined some goals for this church year. As we move through the coming months, the committee would like to keep you up to date on our work on those goals.

Goal 1: Focus on healing our church.

Goal 2: Educate the congregation in right relationships, identify techniques and promote them. The UUA has information about right relationships on the web site.

Goal 3: Identify our ministries and concentrate on how the COM can help them during the year. Help them define their job descriptions, encourage ministries to make their identities better known to the congregation.

The COM has begun to address Goal 1 with scheduling dates for 1) a congregation-wide Listening Circle to help with our healing process on October 27th and 2) several meet-and-greet socials to meet our new minister. As of today, October 20 catalyst deadline, we held the first meet-and-greet at Judie Porter's home Sunday October16. There were 16 people attending and each was able to speak with Rev. Bill as he learned more about our congregation. The second meet-and-greet is scheduled for Friday, October 21 at Sue VanDerhoof's; the final and third is scheduled for Sunday, November 6 at Sondra Gold's, 8 Equality Park West, Newport, 5-6:30pm. If you would like to attend, contact Sondra.

For goal 2, there are two overarching qualities to strive for in loving/right relationships: kindness and generosity. Keeping these in mind, here is the list again of the techniques that Rev. Bill wrote about in the October catalyst:

- Principle 1: Engage in Self-Control
- Principle 2: Do Not Engage in Verbal Abuse
- Principle 3: Listen with the intent to understand
- Principle 4: Ask, Don’t Assume
- Principle 5: Follow the Golden Rule

If you would like to contact the COM you can talk to any member of the committee, Barbara Coppola, Judie Porter, Sam Jernigan, Susan VanDerhoof, Sondra Gold or David Pedrick. You can also reach the committee by emailing us at committeeonministry@channingchurch.org.

- Submitted by Barbara Coppola, Chair, COM

November Services

Sunday, November 6
Diversity, Acceptance, Tolerance, Understanding
Rev. Bill Zelazny

Our current political climate has spawned in some quarters the desire for homogeneity and challenged the notion of acceptance, tolerance and understanding. Bill will look at these four issues and their relationship to Unitarian Universalist identity and practice.

Sunday, November 13
Lines from a Favorite Hymn

Guest Speaker: Rev. Claire Bamberg

Before it was ever committed to writing, the Hebrew Bible was chanted. Setting words to music creates a very resilient mnemonic climate in the brain, heart and soul. Let's explore together the psychology of song!

Sunday, November 20
Breaking Bread:
Hospitality & Thanksgiving

Rev. Bill Zelazny

Sharing food, especially bread, is an ancient hospitality practice. On this Sunday before our national feast day Bill would like us to think about how we reach out to invite people to be part of the banquet of good things we have at Channing Memorial. As part of this intergenerational service we will conduct a Bread Communion. Bill invites all members and friends of Channing to bring some kind of bread that represents your ethnic food or in some way describes you or your family. We hope that some gluten free bread will also be brought so

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that everyone may share in the Bread Communion. **No cornbread or other “crumbly” breads please!** 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 27**
**Marking the Sacred**
**Guest Speaker: Mandy Beal**

Religious symbols serve unique functions in the human endeavor to make sense of our world and life together. Drawing on recent experiences in Israel, Mandy Beal will explore this theme and what it might mean in the Unitarian Universalist context.

Mandy Beal is a candidate for Unitarian Universalist ministry and currently serves as the Ministerial Intern at the First Parish in Lincoln (MA). Mandy is a recent graduate of Andover Newton Theological School and is particularly interested in social justice, theology, and liturgy.

FROM THE MINISTER
This month we celebrate the day which is specifically designated in this country to be a day of thanksgiving. Often, as people sit around the Thanksgiving feast table, someone will suggest the gathered group say for what they are thankful. It’s easy to express gratitude when things are going well; much more difficult when we are facing problems. But that may be just the time that we need to express gratitude, because saying “thank you” to the universe for all the small wonders in life—things like beauty, pleasant fragrances, song birds, flowers, a caring smile by someone—is a way to calm the soul and open the heart because it shifts the mind from the negative to the positive.

A little while ago I came across what the ToDo Institute, a center for the study of alternative mental health techniques, teaches as the principles of gratitude:

1. Gratitude is independent of our objective life circumstances
2. Gratitude is a function of attention... We often take for granted that which we receive on a regular basis
3. Gratitude can be cultivated through sincere self-reflection

Expressing gratitude, through words and deeds, enhances our experience of gratitude

Basically, these principles say that gratitude is an independent state or condition which can foster good feelings in oneself. Perhaps reflecting on these principles in this season of thanksgiving can be a springboard for us to more easily express gratitude, and in so doing perhaps be able to say as Hildegard of Bingen expressed, “All shall be well, all shall be well, and all manner of thing shall be well” even when we find ourselves in difficult times.

~Rev. Bill Zelazny

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**NOVEMBER GREETERS**
November 6: Susan VanDerhoof
November 13: Calvin Pierce
November 20: Mary Benson
November 27: Mary Benson

**NOVEMBER USHERS**
November 6: Joan Dermody and Milly Jessen
November 13: Susan & Robert Kieronski
November 20: Cynthia Skelton & David Cooper
November 27: Fatima & George Devine

**NOVEMBER CHIMERS**
November 6: Cynthia Skelton
November 13: Janna Pederson
November 20: Linda Beall
November 27: Jim Freess

**NOVEMBER CAREGIVERS**
November 1-15: Tonia Croce
November 16-30: Susan Kieronski

Please call with any personal needs and/or needs among our church community

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**Transgender Day of Remembrance Service**
Sunday, November 13, 11:30am, in the Sanctuary

Following the regular worship service Interweave will host a Transgender Day of Remembrance service. Please come for a moving service of readings, music, and reading of the names of the 2016 transgender murder victims.

Interweave is Channing's group for LGBTQ people and allies. For more information, contact Rex LeBeau at: interweave@channingchurch.org

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**Giving Thanks**

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~Rev. Bill Zelazny
FROM THE PRESIDENT
The Channing Board of Trustees met on a rainy Saturday in early October and spent the day planning for the coming year. Amid lively discussion we identified several important goals for the Church this year. To begin with, we agreed that it will be important to stabilize our membership and affirm and strengthen our Channing community. To accomplish this we hope to 1) offer irresistible Sunday services and 2) offer irresistible extra-curricular activities that feed the desire for community. We will continue working with our new minister to establish a productive shared ministry and to re-establish trust within the congregation after several unsettled, difficult years. We also hope to take a fresh approach to our annual stewardship campaign and will work on better marketing ourselves as a liberal congregation within our wider community.

Our primary objectives this year are intentionally “people-centered”. We want to nurture our strong tradition of providing rich opportunities for worship and spiritual growth, life-long learning, caregiving, social action and warm fellowship. We want to make effective use of our hard-working volunteers and will encourage programs and activities that are well-connected, synergistic and supportive of one another.

Effective shared ministry takes a tremendous amount of listening, sharing, coordinating and planning. If you’ve attended any of a number of wonderful worship services, or have joined in any of the fun and/or interesting programs or activities sponsored at Channing this fall, then I hope you’ll agree with me that we are off to a great start to an exceptional year!

~Barbara Nowicki, Co-President, Channing Board of Trustees

CHRISTMAS FLOWERS ALERT!
We all know that once we’re in November, December will be upon us sooner than any other month of the year! Please note that orders for Christmas Eve service flowers are now directed to Caregiving. Barbara Russell-Willett and Nickie Kates will receive your orders and payments before the deadline of Saturday, December 10. Now is a good time to contemplating our floral wishes! Flyers and notices will appear soon!

NOVEMBER SHARE THE PLATE
This month half of our cash offerings and checks with the memo “Share the Plate” will be used to buy RIPTA bus tickets for those most in need. These bus tickets will be donated to local agencies and non-profits McKinney Shelter, Lucy’s Hearth, Housing Hotline, Turning Around Ministries, and Riverwood/Housing First to be distributed when most needed by individuals for transportation. To cap off this effort, the Social Action Committee is hosting a “BRUNCH for the BUS” on Sunday, November 27, at 11:30AM in the Parish Hall. Free-will donations. All invited - bring a friend! See you there!

COMMUNITY MEAL
Monday, November 21, 3:30-6:15pm, in the Parish Hall
Thanks to all who contributed to October’s Community Meal either with their presence or by donating desserts. We fed almost 40 people! They each enjoyed a wonderful meal cooked by Joan Dermody. We are especially grateful for the generous donations from the Potters of Newport Country and from Mary Nowicki.

To see when volunteers are needed contact meal manager Joy Benson at: communitymeal@channingchurch.org
RELIGIOUS EDUCATION NEWS

In RE (Religious Education) our children (preschool-6th grade) and Youth (6th grade through High School) have been exploring the 7 UU principles through story and discussion based on the book, “What if Nobody Forgave?” Please consider volunteering as an assistant to the Sunday morning RE classes. You may sign up for single or multiple classes via our sign-up sheet on the RE table in the Parish Hall. Our children and youth have also been busy baking pies for the community meal and participating in the Fall Frolic (see pictures) and the Haunted Happening, an evening Halloween party, which was sponsored by the Youth Group.

To spread the joy, the entire Channing community is invited to participate in these wonderful events:

- Youth Group Sponsored Movie Night at the Jane Pickens Theatre
- Giving Tree, Holiday Movie Night, Cookie Contest, and Holiday Caroling
- Cosmos Potluck Event
- Mystery Friends
- Spaghetti Dinner
- Egg Hunt and Pancake Breakfast

Event dates will be posted on Facebook, the church website, and future issues of the Catalyst. We need your presence!

Our year-round Youth Group will continue to meet two Sunday evenings per month.

The Coming of Age (COA) program, a rite of passage program for Youth in grades 8-12 will be held this year. In order for this to happen, we need adult volunteers to say YES to Youth who ask them to be mentors. Thank you to Barbara Coppola, Russ Milham, Barbara Russell-Willett, and Kathy Takata who will be facilitating the program. Please contact Jessica Thomas, DRE, at dre@channingchurch.org to sign up your Youth as soon as possible.

Thank you to Pam Goff and Rex Lebeau who will be facilitating OWL for 4th-6th graders. OWL is a developmentally appropriate, sexuality education program and will be offered in January 2017. Please see or contact Jessica Thomas to sign up your 4th-6th grader for this highly regarded program as soon as possible.

To offer your support and/or participation in RE programs for children and youth, please contact Jessica Thomas at dre@channingchurch.org or any member of the RE Committee. We always need volunteers and we make it easy and fun.

-Kathy Takata
Religious Education Committee
CAREGIVING UPDATE

Hello November

I am finishing this column just after the October 23 Sunday service centered on Caregiving. Thank you to Nickie, Barbara, and choir for creating an enjoyable worship experience this morning. Thank you also to Aquinnah Thayer for sharing the gift of your voice with us – what a great rendition of Bruno Mars’ “Count On Me”!

It was good to see the Armenias back in church this morning after being away for a few months. Joanne has a new, better-functioning knee, and they managed to miss the brunt of Hurricane Matthew while in Florida – all good news!

Sally Hanchett and Jed Malise are proud new grandparents. Congratulations to Johanna and her husband Joel, whose baby girl Adeline was born during the first week in October.

Our “snowbirds” are leaving soon for the south over the winter. Sis and Don Courtsal have decided to stay in Florida permanently. We wish them the very best, and hope they will be back to visit us sometime – they will be missed!

Nancy Caswell announced in Joys & Concerns a few weeks ago that after Forest Farm was purchased by new owners, her position as administrator of assisted living at Forest Farm was unexpectedly eliminated. She loved her work with the residents there over almost 20 years. Please keep her in your thoughts at this difficult transition time.

Happy 26th birthday to Olivia Burnham, and best of luck to her sister Isabel who recently moved to Texas. And a belated happy birthday to our Caregiving co-chair Nickie Kates! Hope your milestone birthday was a special one for you.

Congratulations to Rex LeBeau, who recently received a special achievement award from a local Toastmasters group.

Many thanks to Beth Milham for serving as Caregiving coordinator throughout October. The coordinators for November will be Tonia Croce from Nov. 1-15, and Susan Kieronski from Nov. 16-30. Please call them with any caregiving needs within our congregation. All of us involved with Caregiving wish you a joyful Thanksgiving!

~Linda Beall, for Channing Caregiving

PRAYER SHAWL MINISTRY

When I attended a UUA workshop last year, I met two women from the Nantucket church and they told me about a Prayer Shawl Ministry that they have and I’d like to start one here at Channing. What exactly is a Prayer Shawl Ministry?

It is a group of knitters who meet monthly, or as needed (the group can decide) and we knit shawls for those who are sick or are going through a difficult time, they can also be given for happy occasions too, such as a marriage or new baby. Once the shawls are finished the minister can bless them or they can be passed around the congregation so they can absorb all the caring thoughts. It is a great social get together as well as a caring one.

“Prayer Shawls become tangible symbols of love when words can’t be found to adequately express one’s feelings. They can be warm hugs of happiness, empathy, and support; a private place of escape in which to rest, relax, and renew; something to hold on to when all else seems to be slipping away. Wrapping another in a shawl knit of your own prayers and loving thoughts is a gift not only for the one receiving the shawl but for yourself as well.” (from the Prayer Shawl Companion.)

If you are interested in joining this new group, please contact me, Susan VanDerhoof. Once we have the group together we can plan a date that works for everyone to meet. If you don’t know how to knit but would still like to join, we have easy patterns to get you started.

~Susan VanDerhoof
GREEN CORNER

Reading, voting and socializing green

Climate-Proof your Personal Finances.
That's the title of a wonderful book by our good friend David Stookey. It's an authoritative, beautifully organized, practical guide to the subject in a thoroughly readable form. The book evolved from his web site and blog, Savvy Families (savvyfamilies.org,) and interfaces with the web site in several ways, one of which is putting the footnotes there instead of in the book, saving paper and encouraging visits to the site.

Each chapter details ways to defend our families and even prosper in a warming world, covering such aspects as health care, food security, housing and energy costs, transportation, career choices, taxes and investments, and even the best places to move to. The book pulls no punches in describing our predicted future, documenting it thoroughly. But David doesn't stop at doom and gloom. He gives us strategies to survive and thrive, even with touches of humor. My favorite: "Your first defense: a family budget. Ugh!" And in each chapter, he includes online resources to tailor the information to the reader's location. Finally he discusses thought processes and attitudes needed for coping with the coming change.

The book is available through Amazon, Ingram, Nook (Barnes & Noble online only,) and Smashwords. There is also a copy in the Channing Library.

YesOn6 on November 8! The Green Economy Bond Issue will provide funds to protect Narragansett Bay water quality, conserve new open space and farmland, restore river banks to prevent flooding, preserve state and municipal park land, expand the statewide bike path network, reduce the number of beach closure days, and ensure the high quality of local seafood.

Join us for Green Drinks November 3! See the announcement on page 8.

~Beth Milham, Chair, Green Congregation

ECO-BITS & TIPS

Too much carbon dioxide: Now what?

Last month I discussed how too much carbon dioxide is changing our world's climate. The National Oceanic and Atmospheric Administration (NOAA) reported that we just had the warmest August - at 1.66 °F above the 20th century mean - in the 137 years of such recordings. Earth's temperature is on a course to increase between 2.5 and 4.0 degrees F by the end of the century, using the “business as usual” modeling. Seems small, but these are disastrous changes.

With massive coral reef bleaching events, droughts over many of the world’s farm areas, massive forest fires and northern forest tree die-offs due to tree pests, intensifying seasonal storms, and now the spread of human viruses like Zika from tropical to more temperate environments, the signs of the earth’s warm-up are everywhere. What to do about it all?

We feel a moral responsibility to act, and I'd like to suggest some simple ideas to reduce our carbon footprint. Some say our “North American Lifestyle” is inherently wasteful and impossible to change, but as a mental health worker, I challenge that embodiment of “hopelessness.” We must contradict it and offer hope and change, one step at a time. If you haven’t already done so, try these baby steps:

Substitute LEDs and CFLs for incandescent bulbs throughout your home; this time of year, the investment will quickly pay off.

Commit to using a “solar clothes dryer” (i.e., a clothes line) whenever possible.

Turn off the dry cycle of your dishwasher.

Power down the standby status of appliances - TVs and computers especially. (Plug them into a power strip, and turn the strip off.)

Let me know how you're doing.

~Craig Gaspard, Green Congregation
ANNOUNCEMENTS

BEHIND THE SCENES

In case you didn’t know, there are some ‘core’ committees at Channing. While all committees, large and small, are important to our church, membership is core to the maintenance and growth of the congregation. Or something like that.

We are dependent on the valuable volunteers that are working very hard to see Channing’s congregation grow. First off, is Cal Pierce, chairperson of the committee. His committee seems to be filled with lots of women, but he would welcome all genders to join them.

Committee members include Susan Vanderhoof, Susan Booth, Mary Benson, Judy Brynes, and Marian Royer. They meet after church (around 11:30) on the 3rd Sunday of each month. Curious people are welcome to attend any meeting to share ideas. And joining the committee is always an option.

The committee has planned several activities for the year. There will be two services (fall and spring) for new member recognition. 100 Questions about Unitarian Universalism (see announcement) classes are held the first Sunday of the month in the Ladies’ Parlor. This is a 30 minute casual discussion for people new to Channing, or anyone curious to know more about Unitarian Universalism. Folks that are interested in becoming a member take a “Roots & Wings” class (see announcement) to better acquaint them with our Church and our UUA association.

Another important part of the committee is to provide ushers and greeters for every Sunday service. The committee would love for you to sign up. Every one of you! If you feel nervous about what to do as usher, they’re planning to offer a short ‘Usher Training’ on Sunday November 13th at 9:30am in the Sanctuary (see announcement on page 8). Check it out. But you don’t have to attend this session to usher. There’s a ‘cheat sheet’ provided explaining what needs to be done. Please consider putting yourself on the calendar for ushering. Membership also provides all the greeters, which are usually members of the committee.

Remember that everyone at Channing is needed to increase our membership. You don’t have to be ON the committee to provide help. So greet someone you don’t know on a Sunday morning. Invite bewildered people to the parish hall for coffee. Sign yourself up to usher. And, especially, spend a little time speaking to people who attend our church. A friendly church is a place where people will want to return.

100 QUESTIONS ABOUT UNITARIAN UNIVERSALISM

Sunday, November 6, 11:30am, Ladies’ Parlor in the Parish Hall

After the Worship Service on Sunday, Nov. 6, there is an informal chance to address those questions you have always wondered about! How do you join the congregation? What is Channing’s connection to our church? Do UU’s believe in an afterlife? Grab a cup of coffee and join Rev. Bill and our Membership Committee in the Ladies’ Parlor, located in the Parish Hall behind the church!

MEMBERSHIP “ROOTS AND WINGS” PROGRAM

Thursday, November 10, 7:00pm, Parish Hall

Roots and Wings is a class to explore what membership in the Unitarian/Universalist faith entails and specifically what it means to be a member here at Channing Memorial Church. Topics for discussion will include a brief history of the Unitarian and Universalist faiths, the diverse interests and programs offered at Channing, the bylaws and organizational structure at Channing and the broad advantages of being a member of a liberal Unitarian/Universalist congregation.

Come and meet with Rev. Bill Zelazny and members of the membership committee to engage in a lively discussion about Channing and the potential of becoming a member. After attending this class, or the one in the spring, you will be eligible to sign the membership book should you wish to do so. Please sign up in the Parish Hall or email Chair, Cal Pierce, at membership@channingchurch.org if you plan to attend. For further information ask a member of the Membership Committee (Susan Vanderhoof, Susan Booth, Mary Benson, Judy Byrnes, Marian Royer, and chair, Cal Pierce), otherwise we’ll see you there!
PUBLIC FORUM REGARDING THE $50M R.I. HOUSING BOND  
Tuesday, November 1, 6:30pm,  
Seamen’s Church Institute,  
14 Market Sq., Newport

The Newport County Citizens to End Homelessness (NCCEH) is sponsoring a Public Forum to provide information on how the bond funds will benefit residents of Newport County and all in Rhode Island. Steve Ostiguy of Church Community Housing Corporation, Jen Barrera of Lucy’s Hearth, and Bill Farrell from vote Yes on 7 Campaign will explain the bond and its impact and answer questions. Please join members of NCCEH and learn how passage of this bond referendum will help all residents and improve our communities.

GAME NIGHT/ POTLUCK/ WINE TASTING EVENT  
Saturday, November 12, 5:30pm, Parish Hall

Please join the Youth Group, Committee on Ministry, and the Board for our first Game/Potluck/Wine Tasting Event on Saturday November 12th at 5:30 in the Parish Hall.

USHER TRAINING  
Sunday, November 13, 9:30am, Back of the Sanctuary

An easy and fun way to participate at Channing is to be an usher! The Membership Committee is holding a brief 15 minute usher training class in the church sanctuary before the worship service on Sunday November 13th. No white gloves required! This class is for anyone who wishes to learn how to usher and for those who wish a refresher.

INTERWEAVE POTLUCK  
Sunday, November 13, 5:30pm, Parish Hall

Join Interweave for another great potluck dinner on Sunday, Nov 13th at 5:30 in the Parish Hall. We will enjoy a meal together and then those who wish may tell their coming out story. I’m especially interested to hear about coming out as an ally. All are welcome to attend.

INTERWEAVE IS Channing's group for LGBTQ people and allies. For more information, contact Rex LeBeau at interweave@channingchurch.org

ANNUAL THANKSGIVING POTLUCK  
Sunday, November 20th 5:00pm, in the Parish Hall

Join us for this very popular Fellowship event! Enjoy each other and spectacular food offerings made by you and your friends. There will only be one seating so sign up early. We have two ways of signing up. Look for the signup sheets in the Parish Hall or you can sign up online through our new program Signup.com. You can enter or cut and paste this link into your browser [http://signup.com/go/TpH8cT](http://signup.com/go/TpH8cT) and follow the directions below:

Here’s how it works in 4 easy steps:
1. Enter or cut and paste into your browser [http://signup.com/go/TpH8cT](http://signup.com/go/TpH8cT) to see ourSignUp on Signup.com.
2. The signup for the Annual Thanksgiving Potluck will appear.
3. Review the options listed and choose the spot(s) you like.
4. Sign up! It’s Easy - you will NOT need to register an account or keep a password on Signup.com.

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact Sue VanDerhoof and she can sign you up manually.

JOIN US FOR GREEN DRINKS!  
Thursday, November 3, 6:30pm, Parish Hall

Green Congregation will host this monthly networking opportunity for professionals and volunteers in environmental fields, on Thursday November 3, at 5:30, in the Parish Hall. Committee members will give a brief presentation on the Green Sanctuary certification process, Rex LeBeau will talk about their art exhibit, currently in the Parish Hall, and David Stookey will have a table for his book, Climate-Proof your Personal Finances. All welcome! Free, and refreshments will be served.
FROM THE LEARNING CENTER

HEDGING OBAMA'S IRAN NUCLEAR GAMBLE: CHALLENGES FOR THE NEXT PRESIDENT
a lecture by DR. DAVID A. COOPER
Thursday, November 3, 6:30 – 8:30 PM. Newport Public Library
Simple refreshments will be served. Free and open to the public.

In all the clamorous rhetoric of the presidential campaign, one vital issue facing the next president has hardly been addressed: how to navigate the Obama administration’s fragile nuclear deal with Iran. In this lecture, nuclear nonproliferation expert David Cooper will explain the different challenges facing a President Clinton or a President Trump, and he will present an argument for the best possible strategy for either to follow.

Dr. David A. Cooper is the James V. Forrestal Professor and Chair of the Department of National Security Affairs at the U.S. Naval War College. He served for nearly two decades as a career policy official at the U.S. Defense Department.

Coming up: (Watch your email!)
Tuesday, November 1, 7:00pm in the Parish Hall: A make-up session of “ON NOAM CHOMSKY”, with PROF. HENRY ROSEMONT

A program with JENNIFER PEARCE on SCIENCE, RELIGION, AND POLITICS, scheduled for Tuesday, November 29th, 7:00pm in the Parish Hall

Save the date:
DREW CAREY, of CLEAN OCEAN ACCESS. 6: 30 PM, Dec. 8, Newport Public Library. More details in the December Catalyst, and in weekly emails

In the works:
A program on the ALT-RIGHT