

# THE CATALYST

Channing Memorial Church  
135 Pelham Street  
Newport, Rhode Island  
Summer 2017

Sunday Services are held at 10:00am in the Sanctuary.



## Summer Worship at Channing



### **Sunday, July 2: Brad Carter, One Nation Under...what??**

In honor of Independence Day, Brad will present a UU perspective on our TWO national mottos.

*Brad is, in his words, a preacher's kid from Kansas City who is proud to make Newport his home. A graduate of Seabury-Western Theological Seminary, he earned a PhD in American Studies at the University of Kansas and was formerly an administrative dean at Saint Paul School of Theology where he also taught courses on American Civil Religion. He's currently an associate professor at the Naval War College and a member of Channing.*

### **Sunday, July 9: Mandy Beal, Choosing Empathy**

We live in a time that is challenged and challenging. It is tempting to say that there are intractable differences in our country, our communities, and even in our homes. What role can empathy play as we try to move forward in the face of all that divides us?

*Mandy is a 2016 graduate of Andover Newton Theological School and candidate for Unitarian Universalist ministry. Having just completed a ministerial internship at the First Parish in Lincoln (MA), she will serve as the Youth and Connections Ministry Assistant at First Unitarian Church in Worcester.*

### **Sunday, July 16: Mike Armenia, Atomic Humanism**

Still counting 280, 350, 406, 450, older Greens are speaking up to put the safest technology at the top of the list to stop Climate Change.

*Mike served in the Navy as an Engineering R&D Project Officer and Commanding Officer of research units serving Naval Sea and Space Warfare Systems Commands. At Raytheon, he was responsible for reviewing energy systems for military use, including solar, wind and power plants for ships and forward operating bases, and also worked in the manufacture and repair of naval nuclear reactors and submarines. He and Joanne are members of Channing Church, and since retirement, have been spending half years on the Space Coast in FL where they are active in the Friendship Fellowship UU congregation and multiple environmental organizations.*

### **Summer Services Continued:**

#### **Sunday, July 23:**

#### **John Prevedini, On the Origins of Human Belief**

What is it that moves us to religious belief, and how do we shape what we believe over time? John considers the role of culture, experience, and momentary emotion in the evolving nature of one of the things we cherish most, our personal sense of what we believe in.

*A long-time member of Channing, John is a musician and composer currently writing and performing in Connecticut.*

#### **Sunday, July 30:**

#### **Rev. Tom Schade**

#### **As Close as your Hand**

Jesus said that the Kingdom of God was as close as our hand, yet the Beloved Community seems as far away as ever. What is the obstacle?

*Rev. Tom Schade is a retired UU minister who lives in Pawtucket RI. He is returning to our pulpit for the first time since his sermon here last December when he talked about the story of the blind folk and the elephant.*

#### **Sunday, August 6: Jeanette**

#### **Bessinger, On Cultivating Spiritual Discipline**

#### **Without Dogma**

Cultivating a practice of any kind requires us to make consistent choices and engage our will to act on them over time. Can we live a spiritually disciplined life without a specific faith? We'll explore some methods for activating an inner spiritual compass to live a rich and compassionate life without a belief-based system for guidance and accountability.

# MINISTRY TOGETHER

*Jeannette Bessinger, ordained interfaith minister, CHHC, is the Clean Food Coach, an award-winning educator and author of multiple books featuring healthy eating. Designer of a long-running and successful, hospital-based, lifestyle change program and countless transformational workshops, Jeannette has helped thousands of people make lasting changes to deeply entrenched habits that no longer serve them.*

**Sunday, August 13:**

**Mike Armenia**

### **The Tablets Down from the Mountain of Science**

When it comes to Climate Change, we are as the gods, so we might as well get good at it. (quote from Stewart Brand, *Whole Earth Catalog*)

**Sunday, August 20:**

**Kim Shute**

### **Death Colored Glasses: Can Darkness be Made Light?**

Come hear a story of love and loss and love again. Challenge yourself to find light in the darkest of times. This service will be one woman's version of how she is doing that. *Kim Shute was an active member of Channing church for ten years and loves to offer services to the community. She is currently the Program Coordinator for Community Connections, a program of Memorial Funeral Homes. Kim has background in theatre, speech communications and gardening as well as a smattering of skills she picked up along the way. She spends her free time creating art, listening to music, knitting, seeking fun, writing and organizing anything that is not nailed down.*

*Kim lives in Newport with her teenage son, Gabe, her retired mother, Linda, and a Connecticut transplant named Sage as well as two boy kitties.*

**Sunday, August 27:**

**Rev. Bill Zelazny**

### **The Ground of Our Religious Tradition**

Every so often it is good for us to look back to see from where we came so that we can have a good grounding for the practice of our faith going forward. As we get ready to start a new church year, Bill will spend this Sunday taking a look at our religious antecedent, the Unitarians and the Universalists. This would be a good Sunday to which to bring a friend or a neighbor who may have expressed an interest in learning more about our church.



## FROM THE MINISTER



Summer is here and as is our practice we take a pause in the event-filled life of the congregation to enjoy some boating, picnics, travel and assorted recreation activities (though, don't forget we still have Sunday services with interesting and stimulating speakers). I will be on vacation and study leave for July and part of August getting ready for the church year and renovating and moving to our new house in North Kingstown. I return to the church on August 15.

When we come back in September we will be doing some of our favorite things,

along with some new things, or at least new approaches to some of the standard activities. Our RE Program has been renamed "Youth and Family Ministries" and you will see expanded emphasis on activities for parents and children/youth. We will also spend some time discussing how we want to approach children and youth faith formation in the years ahead. We will be experimenting with some new approaches to outreach into the community. I will be working with The Learning Center to offer adult faith development classes and am forming plans to organize a men's group centered around preparing breakfast and topical conversations. I also hope to organize some alternative Sunday services. I assume some other ideas will develop in the weeks and months ahead, so it will be an exciting new church year. Come regularly and see what is going on.

A clarification: You may have read my personal Facebook posting that was reposted by Interweave that I was recognized at General Assembly as having completing full-time ministerial service, or in the vernacular "retiring" from full-time ministry. Just so there is no misunderstanding, I am not leaving ministry. This ceremony only noted a passage for the UUA records from full-time ministerial service to something else, which for me is serving Channing Church as your part-time minister.

Have a great, fun-filled summer. See you in September.

~Rev. Bill Zelazny



**FROM THE PRESIDENT**

I plan to spend many hours in my garden this summer, but amid all the watering and weeding, I expect I'll also find time to reflect on changes coming in the future at Channing. At our June meeting the Channing Board of Trustees began planning already for the fall. We approved new contracts for Director of Music, Janet Grant, and Office Administrator, Michele Dubuc, increasing Michele's hours slightly as she assumes a larger role in helping to promote Channing via social media and in various membership activities. Our Communications Team tells us that our website will have the beginnings of a "new look" by the end of summer. And if all goes as planned, Channing House should have a new coat of paint by the end of the season.

We have asked the Committee on Ministry to continue to move us forward in our work towards "right relationships" within the congregation, and we will talk about this relative to leadership skills and leadership development at our fall Board retreat. We're very excited to begin planning for what will probably be called an "RE Summit" for next year. The Board would like to engage the whole congregation in a re-envisioning of our religious education program. Through discussions with Jess Thomas, our RE Director, we've already begun to experiment with changes in our RE scheduling for the fall. We've asked Jess to

assume a new role, as Director of Youth and Family Ministries, reflecting our desire to create a life-span educational program that welcomes and integrates families into all aspects of congregational life. We are exploring ways to do a better job of meeting the needs of busy families that allows time for spiritual and faith development as well as social connection, but may not look exactly like the traditional "Sunday School" model that we've used for years.

And, finally, one of the Board's immediate tasks in the fall will be to appoint a team to implement some of the suggestions gleaned from our "Growth Convocation" last February. So it's already shaping up to be another busy year at Channing. I strongly encourage you to become part of the ongoing conversation. All ideas are welcome!

In friendship,  
Barbara Nowicki,  
President, Board of Trustees



**FAMILY SUNDAY AT CHANNING**

This Fall we will be offering something new as part of our intentional ministry to families. Jess Thomas and I (Rev Bill) believe it is important for families to share the Sunday church experience, and for children to see and be involved in the regular Sunday service. Starting in October, the second Sunday of each month will be Family Sunday at Channing. On this Sunday there will be no religious education classes, though child care will continue to be offered. Instead, children and youth are invited to come to the whole service. We will provide a quiet crafts table in the rear of the sanctuary for children who may become tired of sitting in the pews, or parents can pick up one of the craft bags and bring it with them to the, or they can let their children play video games (with the sound turned off) on their DSs, Gameboy or smart phones. Regular religious education classes and Youth Group will be offered on the other Sundays of the month.

~Rev. Bill Zelazny



**Summer Office Hours**

**July and August**

**Tuesdays, Thursdays and  
Fridays, 10:00am-1:00pm**

***Closed Mondays and  
Wednesdays***

**(Closed July 17-28 for  
Summer Break)**

**Childcare will not be available during July and August. We will see all of our little friends starting in September. Children are always welcome to attend our services!**



**CAREGIVING UPDATE**

Hard to believe it is July already! All of us from Channing Caregiving wish you a safe and fun-filled summer ahead.

Our thoughts are with Donna O'Neill as she recovers from recent cancer surgery. Cards and notes of support are welcome.

Fred Caswell's 90th birthday party in May was a great celebration of one of our favorite people! Many Channing friends were in attendance. Thank you to Fred and Nancy for a wonderful event.

Our appreciation also extends to all who have helped with Caregiving during this church year! The June thank-you breakfast at the Kates' home was lightly attended, but an enjoyable event for those who were there.



**Nickie Kates and Barbara Russell-Willett**

**will serve as Caregiving coordinators in July, and Mike will handle the duties in August.** Please remember that while church activities slow down in the summer, Caregiving help is available year-round, so please do not hesitate to contact any of these individuals for assistance if needed.

~Linda Beall,  
for Channing Caregiving



**JULY & AUGUST SHARE THE PLATE**

*Half of our Sunday cash offerings and checks with the memo "Share the Plate" will go to these two causes.*

**July Share the Plate:**

Attention Animals Lovers: Channing will share the financial donations made during its July services with the Newport-based PawsWatch (PW), a Rhode Island volunteer network for feral cats. PW has no staff and no physical office. The monies it receives provide direct veterinary care and support to feral and un-owned cats. In 2016, it provided services to 1,635 cats. PawsWatch is not a shelter. It does not take in owned or stray cats; though it does facilitate feline adoptions through its foster homes network. PW is a grassroots effort to transform street cats into healthy managed cat colonies which decline through attrition. Its main mission is TNRM, which means: Trap, Neuter, Return, Monitor. PW also partners with other RI animal welfare groups and works to reorganize how services are provided to the free roaming cat overpopulation.

**You can learn more at [www.pawswatch.org](http://www.pawswatch.org).**



**August Share the Plate:**

Financial donations collected during the August Sunday services will be shared with students at Newport's Rogers High School. Students wishing to take upper math courses must have use of a particular calculator that is expensive. Some students have been unable to take the upper math classes because calculators are not available to them. Your financial contributions will help those students start their new school year with a more challenging math curriculum.

Please be generous, like you always are.

Submitted by  
Sheila McEntee for the  
Social Action Committee



**MEDICINE FOR THE HEART!**

***Looking for a way to exercise your heart in the summer heat? Here's an easy light activity for heart health!***

As an usher, greeter or attendee at Sunday services at Channing this June and/or July please note joys and concerns and pass them along to Nickie Kates. If you are willing respond to what is shared, that would provide extra heart healthy activity!! (Or you may choose to receive a list of volunteers who would handle responses.)

**Either way, give Nickie Kates a call and enjoy filling your heart and the hearts of others!!**



## GREEN CORNER

### *A big decision, followed by summer savoring*

As we head into the laid-back Channing months, Green Congregation has made a decision about its future. We started as an arm of the Social Action Committee in 2007. When we embarked on our Green Sanctuary candidacy, one requirement was that we form an independent committee. After attaining our accreditation, the church's new by-laws designated us a "program" committee.

Recently, we read that the newest RI Green Sanctuary, Westminster UU, was exploring joining the church's Social Action Committee, and that inspired similar thinking at Channing.

Considerations: SAC already serves as an umbrella for several subgroups, including Community Meal. Being an independent committee is no longer a UUA expectation. Green Congregation does most of its work by email and through continuing programs. There's already a large overlap in both groups' membership. Being part of the larger group would make us part of a regularly meeting standing committee. The positive aspects seem to outweigh the forfeiture of independence.

We discussed the idea of rejoining at the most recent SAC meeting, and received a warm welcome. Our most active Green Sanctuary

participants gave unanimous and enthusiastic approval in a follow-up email vote. So we're back in the SAC fold!

Before you read these words, the Milhams will have embarked on a UU sojourn. It begins with UUA GA in New Orleans, and after a brief visit with our Seattle family, it continues with the WhaleCoast Alaska Tour, conducted by four UU fellowships in that state. We look forward to sharing those experiences when we return, so look for future Green Corner installments in the fall.

Have a fun, safe and green summer!

~Beth Milham,  
Chair Green Cong. Committee



### **ECO-BITS & TIPS** **Water, Water – is NOT everywhere!** **(More on Lawn Care)**

In all aspects of our lives and for assurance of the future, we need to use our natural resources wisely! Nowhere is conservation more important than in water use. Overwatering lawns contributes to a future water crisis for Rhode Island. In 2005, primarily because of watering lawns, one community more than doubled its water consumption while another tripled its water consumption over their winter usage. The practice causes undue stress on aquifers, watersheds and rivers!

In addition to cost, overwatering your lawn also causes shallow root growth, increasing the lawn's vulnerability to pests and drought. A healthy lawn naturally turns brown and goes dormant during a drought, similar to leaves falling off a tree to conserve the parent plant. Understanding these changes helps us conserve our water resources. Here are some tips for a healthy lawn:

**Measure rainfall** – an empty tuna fish or cat food can, when full of rain water, measures one inch of rain fall.

**Water your lawn no more than once a week.** Reduce evaporation and disease by watering in the early morning.

**Use soaker hoses or drip irrigation.** Use rain barrels to collect water for your lawn and garden.

**If planting or reseeding your lawn,** plant drought tolerant and native species of plants.

**During a drought** or dry month, allow your lawn to go dormant!

**Allow grass to grow higher before cutting** – the roots will grow deeper and increase their drought resistance. (Note from Beth: recent studies show that mowing less often (e.g every two weeks) allows greater diversity of growth and supports pollinators.)

**For more information:**  
**[www.coalitionforwatersecurity.org](http://www.coalitionforwatersecurity.org)**

~Susan Adie  
Green Congregation Committee  
(This column first ran in June, 2010.)

# ANNOUNCEMENTS



## SUMMER CHIMERS

July 2 – Janna Pederson  
July 9 – Jim Freess  
July 16 – No Chimer  
July 23 – Jim Freess  
July 30 – Linda Beall  
August 6 – Jim Freess  
August 13 – Cynthia Skelton  
August 20 – Christine Ariel  
August 27 – Linda Beall



## PARKING FOR SUNDAY WORSHIP SERVICES

Summer is busy in Newport! To make Sunday parking easier there are yellow maps available on the Sanctuary back table

(next to the exit) showing parking spaces within walking distance of church. These spaces are available during the Sunday worship services only. Don't forget to put your map on your dashboard where it is clearly visible to identify you as a Channing Parishioner. **Please note that parking is no longer available behind the Savings Institute on Bellevue.**



COMMUNITY DINNER

## COMMUNITY MEAL

**Mondays, July 17 & August 14, 3:30-6:15pm, in the Parish Hall**  
Thanks to everyone who helped at our June Community Meal. As usual, Joan Dermody, cooked a wonderful meal of ham, macaroni and cheese, and biscuits. It was delicious! **To see when volunteers are needed contact meal manager, Joy Benson**



## SUMMER CAREGIVERS

**July: Barbara Russell-Willett and Nickie Kates**

**August: Mike Armenia**  
**Please contact them with any caregiving needs among our Channing members and friends**

## WATER FOR OUR INGATHERING SERVICE

All ages are invited to collect a small sample of water for



our Ingathering Service on **Sunday, September 10<sup>th</sup>**. Please bring water to church from a place that is special to you to share with your religious community! The water which comes from around the world and as close as the tap is blended together and (after being boiled) is used in Child Blessing Ceremonies throughout the church year.



Rev. Bill Zelazny , Channing Members, and Friends at the PRIDE Parade in Providence!

Photo Credit: Bill Peresta