Neighors Helping Neighbors

During the worship service on Sunday, March 4, 2018, the Margit Baum Fund Committee distributed $5000 in cash to everyone attending. The envelopes that were passed out held between $5 and $500. Our goal for this project is to involve the whole congregation to use in any capacity they can imagine, to assist the poor in the city of Newport. We have already received some positive feedback and look forward to finding out how others have chosen to use their allotment. Some ideas include the Pell School Backpack Program, Rebuilding Together, Rhody Squash, the Newport Coffee Cup Project and Newport Strings.

Please remember that you can use your creativity rather than donate to an existing organization. For instance, one person chose to buy diapers for a single mother without a job who recently gave birth to a second child. A family has pooled their envelopes and decided to sponsor a Martin Luther King preschool enrichment program with Save the Bay. Remember, as long as the idea is for people and organizations in Newport, the choice is yours.

As a reminder, there are five teams with liaisons made up by the members of the Margit Baum Committee:

- Joy Benson (orange)
- Ruth Jernigan (pink)
- Sally Hanchett (blue)
- Susan Booth (green)
- Judith Porter (yellow)

If you do not remember your color or number, just contact anyone of the committee. We’ll be happy to assist you.

We would like for everyone to have made their contributions or have a plan for their money on or before the church service on April 22nd. We look forward to hearing how you use your allotment and would love to see postings and photographs on social media.

This project would not be possible without Margit Baum’s generous bequeath to Channing Church in 2003.

~Judith Porter
Margit Baum Fund Committee

April Services

Sunday, April 1
Blessings
Rev. Bill Zelazny
You will often hear me say at the end of a Sunday service “A blessing on us all.” I use that phrase to wish everyone well as we depart. But what is a blessing? We can easily agree that it’s a very positive thing, but when we try to pin the concept of blessing down to a definition, it suddenly seems surprisingly slippery. What can it mean in a UU setting? On this Sunday what is observed in the Christian world as Easter, Bill will offer some ideas about the concept of blessings.

Sunday, April 8
Repainting, Replanting, Beginning Again
Rev. Bill Zelazny
Playwright and poet, Bertolt Brecht, once said, “Because things are the way they are, things will not stay the way they are” Sometimes things happen in our lives -- jobs change, marriages end, stuff happens. We need have to repaint our self portrait, replant roots and begin life anew and find a new direction. Where do we start? This Sunday Bill will talk about new beginnings.

Sunday, April 15
What Would Rev. Channing Think?
Prof. Robert Thorson
Social media — Twitter, Instagram, Facebook, Snapchat, and yes, selfies — nudge us into becoming the “paparazzi of our own celebrity.” We feel good when we post, but are we really gaining popularity, making
Worship Services Continued
friends and getting in with a
group? Hardly. Instead, we’re all
alone, our conversations muffled
by the silence of hand-held
screens. Perhaps it’s time to
resurrect Channing’s “self
culture” that calls us to seek
validation from inside ourselves
and discover our powers to be
social, to reach out to others, to
think, reason and acquire truth.
Robert Thorson, member of
Channing and popular Sunday
speaker, is a geologist specializing in
archaeological and cultural geology in
the Department of Anthropology at
the University of Connecticut. His
latest book is The Guide to Walden
Pond: An exploration of history,
nature, landscape and literature.
(Houghton Mifflin Harcourt: 2018)

Sunday, April 22
Let’s Stop Trashing Our
Oceans!
The Green Congregation
Committee & Susan Adie
Join us for a service about
valuing our oceans and their
inhabitants, and stopping the
massive pollution by humans
with plastics and other trash.
A ceremony to welcome individuals
who wish to become members of
Channing Memorial Church will be
held during the Sunday service on
April 22. Becoming a member
entails signing the membership
book, witnessed by a member of
the Membership Committee.
Individuals unable to attend the
service may make arrangement to
sign the book at another time.
Persons interested in becoming
members are asked to contact
Rev. Zelazny at
minister@channingchurch.org

Sunday, April 29
Sermon Topic: TBA
Rev Kathleen Green

From the Minister
Last December, in our annual
holiday email exchange a friend of
mine who is a Zen sensei
(teacher) asked me since I was no
longer working full-time have I
taken up mediation. I replied
“no”. I have wanted to get into
meditation for years; to get to the
point that meditation was, as the
seventh limb of ashtanga yoga
describes, “An effortless state
[when] you have trained yourself to
sit still and concentrate on one object
without distraction.
But I have just never got the hang
of meditating, at least as “serious”
meditators say it must be done. I
recently decided to once again
give it a try. I went on line and
looked up “meditation for non-
meditators” and came up with a
host of sites with a lot of
suggestions about how to do
simple meditation. I’ve started
with seven minute quiet sitting
listening to Tibetan singing bowls/
gongs on YouTube.*
This got me thinking about why
we put off doing things that we
want to do.
Perhaps it’s fear – fear of failure
or maybe even fear of success.
Perhaps it’s because of
perfectionism. Perhaps it’s a break
in momentum – we started
something, were not completely
successful, so we stopped
disgusted with ourselves and we
never get started again. Perhaps
it’s comparison -- seeing others
doing things so well and think we
cannot reach that level of skill so
we don’t try. Perhaps it’s because
we know that it really is not
important, and we have no energy
to move forward.

There is a lot of advice in books
and on the web from
psychologists, philosophers and
life coaches about how to move
past our blockages. But I found
two bits of advice I think are
especially worth considering in
order to move on with life. One
is from digital strategist, Shreya
Dalela, who advises her clients to
make two lists for whatever it is
that they want to do in life,—
‘why it will work’ and ‘why it
won’t’. Then ditch the “Why it
won’t” list list and start carrying
the list of ‘Why it will work’. Use
the “why it will work” list to take
a small step to start to do what
you wanted to do and build on
that.
The second is by philosopher Paul
Hudson found in his essay Take
Control of Your Life. He says,
basically, think about it and if you
really don’t want to do it let go of
the “should” and “ought.” It is ok
to not do something, even if you
have thought a long time about
doing it. Live your life the way
you want to live it.
~Rev. Bill Zelazny
*(one of my favorite is https://
www.youtube.com/watch?v=yEP2YrD-
dyY)

April Chimers
April 1: Jim Freess
April 8: Linda Beall
April 15: Christine Ariel
April 22: Janna Pederson
April 29: Cynthia Skelton
CHURCH LIFE

BOARD NEWS

April is the month when the Board and the Finance Committee engage in serious discussions and long working sessions to create an operating budget for our next fiscal year which begins July 1st. Besides being a necessary and critical exercise for the continued functioning of the church, it’s also a process that demands that we clearly recognize and fund our ongoing mission and goals. In my own life, I tend to think about money in logical layers, like the layers of an onion. At the core, is money I have earned that provides me with the security of a roof over my head and food on my table. I am blessed that I have planned for and usually don’t have to worry too much about the basics of food and housing. Any money I have beyond my basic needs is money, in the outer layers of my onion, that I can spend on things I value most. Money gives me the power and the luxury of choice. It allows me to live my life celebrating the things I love. So, in addition to squandering a sizable amount of dollars at the local garden center, you will also find that I devote a considerable amount of time, energy and dollars to Channing Church. Channing provides me with all the things that I value most; friendships, community, and caring. It’s a place to share my deep commitment to issues that affect our natural environment and our world, and Channing enriches my life through learning and spiritual connection.

As we plan the financial foundation for the church for next year I encourage you to get involved in the process. What do you value most at Channing? What new programs or ideas would you like to try next year? How do we best spend our money to reflect our values and our goals? The Board and Finance Committee will present a “preview” of next year’s proposed budget in the Ladies’ Parlor after our Sunday service on April 29th. Come, learn, and share your ideas!

In Friendship,
Barbara Nowicki,
Channing President

APRIL

SHARE THE PLATE

Channing will share donations made during April’s Sunday services with two environmentally active organizations, Rhode Island Interfaith Power and Light (RI-IPL) and Aquidneck Island’s Clean Ocean Access (COA).

RI-IPL is composed of 29 RI faith based organizations which share a moral mission to protect the Earth’s natural systems and to safeguard the well-being of those already experiencing the impact of climate change. The first $150 of our April’s Share the Plate donations will pay Channing’s annual RI-PL’s membership dues.

The remaining STP monies will be donated to COA, a grassroots organization dedicated to ensuring clean seas for our future. It hosts beach cleanups, collects water samples, and monitors shoreline access points. Recently COA successfully spearheaded the drive to eliminate single use plastic bags in each of this island’s three communities and has installed two trash skimmers on the island which reduce the amount of debris entering Narragansett Bay. Now COA is working to ensure that the Volvo Ocean Race’s stopover in Newport is fully sustainable.

Channing has an established relationship with COA. COA has been a STP recipient in the past. Channing’s RE classes have participated in COA’s beach clean-ups. And on April 30, 2018, its Director David McLaughlin will co-lead the discussion after Channing’s showing of the movie “A Plastic Ocean”. For more information, see The Green Corner in this issue of the Catalyst.

Please be generous. These are two groups that Channing has strong ties with and that clearly respect the interdependent web of existence.

Respectfully submitted,
Sheila McEntee, for the Social Action Committee
FAMILY MINISTRY NEWS

Happenings: Our theme for RE classes in April is “Caring for our Environment”. Due to April 1 Easter, and the April 22 Earth Day Service, the RE class for children and youth will meet just once, on the 5th Sunday of the month (April 29) at 10:00am, just after the Message for All Ages. We invite children to attend the April 1st, 8th, and 22nd Sunday services with their families. Children and Youth will be cooking for the Community Meal with us on the 3rd Sunday of the month (April 15th). Please see the RE calendar for other offerings. For the most up to date information, visit the Channing Memorial website: ChanningChurch.org and Channing RE’s Facebook page: Channing Memorial UU Religious Education

FAMILY FUN DAY!
Family Fun Day will be held at Channing this month. Please join the children and youth for an Easter Egg Hunt on the Channing grounds right after the Easter Service. The Community is invited...bring your friends. (Since Youth Group will be leading the Easter Egg Hunt, no evening Youth Group will be held on April 1st)

PASSEOVER SEDER POTLUCK
Sunday, April 8, 5:00pm, Parish Hall
All are invited to attend our Passover Seder Potluck in the Parish Hall. It is a nice opportunity to learn about the Jewish tradition and share a meal. Children are most welcomed. Sign up online (see page 5 for info) or during Fellowship.

GUN SENSE, SAFETY, & NON-VIOLENCE PRESENTATION
Sunday, April 15, 6:00pm, in the Sanctuary
All are welcome a special presentation on Gun Sense, Safety, and Non-Violence. We hope our Channing Youth (6th grade and up) and their parents will attend this presentation by Channing Church’s social action members, Nan Heroux (RI Coalition Against Gun Violence), Christine Bandoni (Moms Demand Action), and Wendy Bowen (Nonviolence Schools RI). We look forward to your participation on this important topic.

-Kathy Takata
RE Committee

CHILD CARE
Childcare is offered for children 4 and under during Worship on Sunday mornings in the Parish Hall. Our childcare providers, Miss Morgan and Ms. Amy, will take care of your little ones while you are in church and at coffee hour. No need to preregister.

APRIL RE CALENDAR

Sunday, April 1: Easter Worship Service and Easter Egg Hunt Afterwards!

Sunday, April 8: No RE Class, Children are invited to attend the worship service.
- 11:30am OWL Class
- 5:00pm Passover Seder Potluck in the Parish Hall

Sunday, April 15: RE Class bakes for the Community Meal
- 11:30am-1:00pm Spiritual Parenting in the Ladies’ Parlor- Childcare provided
- 6:00 Special Presentation on Gun Sense, Safety, and Non-Violence in the Sanctuary

Sunday, April 22: No RE Class, please attend the Earth Day Service with your children.
- 11:30am OWL Class

Sunday, April 29: RE Class
CAREGIVING UPDATE
Thank you so much to all of our March Caregiving coordinators – John Burnham, Rachel Balaban, Barbara Russell-Willett, Pam Rainey, and Nancy Caswell – for their efforts during what turned out to be an unusually stormy month. Hope we’ll see more sun and warmth during April!

Much gratitude goes out as well to all of you in the Channing community who so generously contributed to the fund benefiting Priscilla and Aquinnah Thayer.

We were very happy to hear from Rex LeBeau that they underwent a successful surgery recently, are feeling good, and that recovery is going well! Rex expressed thanks to all the members of our community who brought food and helped with rides.

Nickie Kates had two eye surgeries in recent weeks – so glad to hear that recovery is progressing very well and soon she’ll be seeing better than ever.

We look forward to welcoming Maggie Bulmer back to Channing as soon as she feels ready. Maggie has expressed a wish to re-enter our community as normally as possible, and has requested that people not speak with her about her recent loss. Please respect her privacy.

For any Caregiving needs during April, please do not hesitate to contact Mary Alice Smith from April 1-15, or Janna Pederson from April 16-30.

~Linda Beall, for Channing Caregiving

COMMUNITY MEAL
Third Monday of each Month, 3:30-6:15pm, in the Parish Hall
Thanks to everyone who helped at our March community meal, with special thanks to Joan Dermody for making her delicious Chicken Cacciatore! Our next Community Meal will be Monday, April 16th. If you would like to help please contact Joy Benson to see what you can do.

COMMUNITY BREAKFAST
Fourth Saturday of each month at the McKinney Shelter
Did you know that a group of Channing folk (Josephine Freedman, Betsy Dees, Sally Hanchett, and Irene Glasser) host a breakfast the fourth Saturday of each month at the McKinney Shelter? If you would like to help out please ask Betsy Dees.

PASSOVER SEDER
Sunday, April 8, 5:00pm, in the Parish Hall
All are invited to celebrate at our annual Passover Seder Potluck!
Celebrating Passover together as a Channing Community Event is a fun way to understand the traditions and beliefs, along with the music and delicious food of Jewish people. Children are most welcomed and encouraged to attend, and we hope you will invite friends and family!!

SIGN UP ONLINE!
We’re using SignUp.com (the leading online SignUp and reminder tool) to organize our upcoming SignUps. Here’s how it works in 3 easy steps:
1) Go to: http://signup.com/go/tTRQpUS
2) Review the options listed and choose the spot(s) you like.
3) 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 me and I can sign you up manually.

If you prefer not to sign up online, please contact Susan VanDerhoof.
You can also sign up during Fellowship!
GREEN CORNER

Channing Earth Day Month: Ocean Plastics & the Vegan Life

Long-time Channing friend, Susan Adie, creator of Eco Bits and Tips, is a career environmental educator, working for many years on tour ships cruising to such lands as Antarctica, the Arctic and Greenland. In her role, she has witnessed the influence of climate change and, more recently the tragic effects of our profligate use and trashing of plastics and litter on our oceans. She has spearheaded international efforts to combat this devastation.

Susan will have two opportunities in April to tell us about this work. She'll be the featured speaker at our annual Earth Day service on April 22. Then on April 30, we'll show the film, A Plastic Ocean, and she'll team with Dave McLaughlin, of Clean Ocean Access, to lead a discussion of the topic. Between them, they'll cover the international and the local work being done, and outline ways we can help.

Mark your calendars:


Sunday, April 22--Annual Earth Day service. Susan Adie, speaking on controlling ocean plastics pollution

Wednesday, April 25, 6PM Parish Hall--Vegan potluck dinner. See story for vegan requirements.

Monday, April 30, 6:30 PM, Parish Hall--Film: A Plastic Ocean, with Susan Adie and Dave McLaughlin leading the discussion.

All events are free and open to the public.

~Beth Milham
Green Cong. Committee

ECO-BITS & TIPS

Water, water not everywhere

By now, most of us have heard about South Africa’s water crisis, specifically Cape Town and when “Day Zero” or the day (soon) that city taps run dry. While drought in North Africa, western South America and other developing countries in south Asia is becoming more common with an increasing population and less reliable rainwater, the western and even southern US are also becoming increasingly vulnerable to reliable clean water supplies.

The northeast is also become more vulnerable to drought, another symptom of climate change which is predicted to lead to hotter and drier summers even here. Should we be concerned? And what to do about this situation, since life cannot exist without water?

Below are some simple suggestions for ways individuals can conserve:

For starters, use water restricting showerheads and install efficient toilets that use only 1 gallon per flush;

Run full loads in your dishwasher and clothes washer; with the former, judiciously pre-rinse dishes;

Don’t run water unnecessarily (during tooth brushing or shaving for instance);

During the growing season, consider (outside) watering only if needed, and do it before 10 am or after 4 pm to ensure less evaporation;

Plant wildflowers instead of lawn and, if reseeding lawn, avoid planting “water guzzling” grass (Kentucky Bluegrass) in favor of fescues and clover--naturally deeper rooting species.

I believe that water is already a timely environmental issue and will only become more critical, and soon.

~Craig Gaspard,
Green Cong. Committee

foods. Please bring a card listing all ingredients in each dish. Check online for recipes.

AND please bring your own place setting--dishes, glasses and flatware, to minimize clean up. No paper or plastic, please!

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Green Cong. Committee

VEGAN POTLUCK

On April 25, Derri Owen will team with Green Congregation to host a Vegan Potluck Dinner, and share her long experience with the vegan diet, and the rationales for vegan eating, as well as her work rescuing rabbits from the meat industry, and rehabilitating and placing them in loving homes. Vegan dishes must be totally plant-based: No meat, fish, shellfish, milk, cheese, eggs, butter, yogurt or other dairy-based

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~Craig Gaspard,
Green Cong. Committee
ANNOUNCEMENTS

YOGA & MEDITATION SERVICE
Sunday April 8, 8:45am, Parish Hall
All are invited to join us for a Yoga & Meditation Service, Sunday April 8, at 8:45 am in the Parish Hall. No experience necessary! No fee, please bring your own mat. (see Rachel Balaban or Barbara Nowicki with questions).

GREAT GUYS GROUP (GGG)
Saturday, April 21, 8:30am, Parish Hall
Come and join a group of Channing Memorial men for breakfast and discussion from 8:30 – 10:30 a.m. on the 3rd Saturday of each month. Members of the group make breakfast then discuss a topic of interest (non political). Get to know some of the great guys of the church.

NEWPORT MUSIC FESTIVAL CONCERT
Saturday , April 14, 7:00pm, in the Sanctuary
Two long-time Newport Music Festival resident artists, flutist Göran Marcusson and pianist Tim Carey, will join forces for the Chamber Music Series. Marcusson is currently Principal Flute with the Gothenburg Wind Orchestra. Tim Carey is also a critically acclaimed solo performer, chamber-music player, orchestral keyboard player and teacher.
Tickets are $40. More information and tickets are available through the Newport Music Festival Website: newportmusic.org

HOORAY FOR HOLLYWOOD?
Saturday Evenings, April 21 & 28, in the Parish Hall
The Learning Center will present “Saturday Night at the Movies” in April featuring two films noir, In a Lonely Place and Sunset Boulevard, with characters affected by the dream factory called Hollywood and its dark and damming side with its illusory lure of celebrity. The films will be screened on two consecutive Saturdays, April 21 and 28, beginning at 7pm. Sam Jernigan will provide an introduction and lead the post-film discussion. Popcorn will be available. Please bring your beverage of choice. A $5 donation for each film will be collected at the door. Contact the church office (401-846-0643 or office@channingchurch.org) to reserve your seat. Get ready to embrace the dark!

NEW UU CLASS
Wednesday, April 18, 7:00 – 9:00pm, Parish Hall
Rev. Zelazny and the Membership Committee will be conducting a class on for individuals who would like to find out more about Unitarian Universalism and Channing Memorial Church.
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. Anyone thinking about becoming a member or reactivating their membership is encouraged to attend. Let the church office (office@channingchurch.org) know by April 16, if you plan to attend.

Member Signing Ceremony: A ceremony to welcome individuals who wish to become members of Channing Memorial Church will be held during the Sunday service on April 22. Becoming a member entails signing the membership book, witnessed by a member of the Membership Committee. Individuals unable to attend the service may make arrangement to sign the book at another time. Persons interested in becoming members are asked to contact Rev. Zelazny at minister@channingchurch.org
PLANNED GIVING, PART TWO
Wednesday, April 4th (Rescheduled due to weather cancellation), 6:30 PM,
In the Parish Hall
Presented by Joseph Marion, Attorney, Co-sponsored by TLC and the Endowment Committee
The new tax law in 2018 has really changed the will and estate planning scenario! Joe will discuss trusts, IRA's, estate and gift planning, and long term care insurance. The program is open to the public, will be of general interest, and will be a great opportunity to gain important knowledge, so please invite your friends. Q & A; wine and cheese; free and open to the public. (Per Library policy, we cannot collect donations for programs in the Library, but would be pleased to receive contributions to TLC in advance, to help defray costs)

An experienced estate planning attorney, Joseph Marion is associated with the firm Adler, Pollock, and Sheehan, is a frequent lecturer for the Boston and Rhode Island Bar Associations.

DARWIN’S “TANGLED BANK"
AT CARSON’S EDGE OF THE SEA:
A Walk with Prof. Robert Thorson.
Sat., April 14, 2:00 PM (Meet at Sachuest NWR Parking Lot)
Enrollment limited to 20; Registration fee $5, sign up during Fellowship or contact Michele in the church office: office@channingchurch.org or 846-0643
This trip is a spring stroll to and from a rocky pocket beach below the cliff on the east side of Sachuest Point. Along the way, naturalist Mary Alice Smith will offer commentary on the birds of spring. Once there, Thor will read the opening lines of Rachel Carson’s The Marginal World and the closing lines of Charles Darwin’s On the Origin of Species. These readings will frame our "sense of place," a four-sided conceptual border of geological time, geographic space, earthly process, and organic evolution. Please wear walking shoes, and bring binoculars if you can. Other useful items to have along include a walking stick, tick spray, and water.

SAVE THE DATE!
A NEW NUCLEAR ARMS RACE?
Wed., May 2, 6:30 PM, Newport Public Library
With Dr. David Cooper
Free and open to the public. Refreshments will be served.
Less than a decade ago, then President Barack Obama launched a serious effort to put the world on a nuclear-free path. That initiative collapsed long before President Obama left office. Today it appears increasingly doubtful that we will even be able to maintain the post-Cold War status quo. The various treaties that we have relied on for decades are all imperiled as Russia and other countries flex their nuclear muscles. Are we heading into a new era of nuclear arms racing among the great powers? This talk suggests that unfortunately the answer is probably yes. Free and Open to the Public. (Per Library policy, we cannot collect donations for programs in the Library, but would be pleased to receive contributions to TLC in advance, to help defray costs)