January Worship Services

Sunday, January 6: Repackaging Life: Maybe or Maybe Not
Rev. William Zelazny

We chose the path that feels most right for us. We either jettison roles and tasks that define us because they are no longer working or we decide to keep them because they work just fine. Sometimes it feels right to repackaging our life so it makes more sense, and sometimes it is OK to just “keep on keeping on”. On this first Sunday of a new year, Bill will reflect on options we have for our life.

Sunday, January 13: What if our failure to heal was just a trick of the Light?
Rev. Jeannette Bessinger

In this era of cascading health epidemics, we are looking for healing in greater and greater numbers. By dividing up our issues according to “body”, “mind” or “spirit”, however, we can find ourselves running out of rope with a medical doctor when our physical pain crosses into the emotional realm, or with a mental health professional when psychological challenges seem tied to eating certain foods. By shifting our current divided, mechanistic model of self to one of an interconnected “network”, we are one step closer to recognizing in ourselves the unalterable Flow that sources it all.

Zen Stages of Enlightenment for Religious Liberals
(“Spirituality After Religion: Zen’s Ten Oxherding Pictures”) With the Reverend James Ishmael Ford
8:30am - 12:00pm, Saturday, January 26, Parish Hall
$25 Registration

Please preregister at the TLC table at Fellowship. We must have 15 committed participants by the end of December in order to run this special workshop!

The Rev. Ford is a Zen priest, spiritual director, and retired minister of First UU, Providence. This course will provide a personal and immersive introduction to Zen spirituality. In the workshop, we will consider some traditional maps of the spiritual life - principally Zen’s famous Ten Oxherding pictures. Lecture, discussion, and some spiritual practices will be included. Beverages and snacks will be provided.

The Japanese Internment Camps of WWII: Lesson Learned?
With Ken Nomiyama
6:30 PM Thursday, January 10, Parish Hall
Suggested donation $10: refreshments will be served

120,000 men, women and children of Japanese ancestry living on the west coast of the U.S. were taken from their homes and incarcerated in ten “internment” camps in at the beginning of World War II, all in the name of military necessity. Two-thirds of these people were American citizens. They were denied their Constitutional and civil rights, and without trial or charges being made, were rounded up and imprisoned for the duration of World War II behind barbed wire fences guarded by armed U.S. militia.

Ken Nomiyama will tell the story of this drastic action taken by the U.S. Government against its own citizens. The story is an important reminder to current and future generations that removing basic Constitutional and human rights can have serious and long-lasting negative effects.

Ken, a retired businessman living in Newport, has a deep interest in this history, because his parents were incarcerated at Tule Lake, CA, one of the ten internment camps, where Ken was born during WW II. To maintain his connection with Tule Lake, he serves on the board of the Tule Lake Committee, an organization which promotes education and social change.

January 2019
Sunday Service is held at 10:00am in the Sanctuary.
Sunday, January 20:  
Rev. Bill Zelazny  

**The Radical Martin Luther King Jr.**

Dr. King is known for his civil rights work, but near in the late '60s he took on many issues that made Northern “white folk” who had supported his desegregation work uncomfortable because they hit close to home. On this MLK Sunday Bill will talk about King’s challenge to the social issues of the time in addition to his fight against racism and where we are as a society a half century after his death.

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FROM THE MINISTER

In 1966, Frank Sinatra sang “It was a Very Good Year,” which won him a Grammy. Well, I think 2018 was a very good year at Channing Church, and even though there is no academy to hand out an award, we should be very happy with ourselves. Just consider some of the things we did in the last 12 months:

- Conducted a successful stewardship campaign
- Started a project to upgrade our kitchen appliances
- Obtained two historic preservation grants to restore stained glass windows
- Launched legacy giving program with the establishment of the Heritage Society
- Started taping sermons and posting them on our YouTube channel
- Hosted the 9th annual “Born This Way Prom” that brought youth from 31 schools
- Continued support of Community Meals Program serving over 600 meals
- Completed structural repair in the Parish House
- Had a successful foray into summer adult programming with Chautauqua
- Hired new Family Life Coordinator
- Launched senior adult ministry
- Conducted 52 good Sunday services
- Expanded summer fellowship time
- Supported a wide range of Newport social service organizations with the Margit Baum Fund’s Neighbor to Neighbor campaign

Yea for us! And the stage is set for a very good 2019.

~Rev. Bill Zelazny

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GUEST AT YOUR TABLE DRIVE

January will be Guest at Your Table month at Channing Church. Guest at Your Table is the UU Service Committee’s annual intergenerational program to raise support for and awareness about human rights issues. Channing Church has been participating in this program for many years.

The UUSC works in over 25 countries, through over 75 grassroots partners organizations, to foster social and economic justice and protect human rights that are at risk from civil and humanitarian crises, which include forgotten conflicts and natural disasters.

The 2018-2019 theme is “Justice Across Boarders.” Partnering with grassroots allies along the Central American migration trail, UUSC is working to address root causes, supports migrants in transit, and protects the right to seek asylum.

Pick up a GAYT envelope or box and information brochure in the rear of the Sanctuary any Sunday in January and return it during the offertory with your donation (preferably a check made out to UU Congregation at Shelter Rock.) Gifts of $125 or more will be matched dollar for dollar by the UU Congregation at Shelter Rock.

Make your Guest at Your Table gift this month!
A MESSAGE FROM
THE PRESIDENTS

At the Sunday service on December 9, we had the pleasure of welcoming six new members to Channing Memorial Church, along with a pack of smiling children. They'd all been coming for a while, but this was the day they signed the book.

It's always a happy event when we can welcome new members, but it raises the question of how actively we seek new members at Channing. UUism is historically not a proselytizing faith. We don’t send out missionaries to knock on doors and try to bring people in. Still, without going that far, couldn’t we do more? We often overhear people saying things like “Oh, I know him; we go to the same church.” How often do we UUs say that? Isn’t it true many of us shrink from talking to others about our church for fear we might be asked to explain it? But by doing so are we not missing the opportunity to do a UU-ish form of missionary work? Suppose you did say that, and the next question was “Oh, what church?” and you said it was the UU church, and the follow-up question was “Oh, what’s that all about?” Now’s your chance. What is your answer?

Rev. Bill led a double Learning Center session this past fall, titled “Articulating Our UU Faith,” which aimed to help us answer the question of what we are all about, in other words, perfect our “elevator speeches,” the meaningful summary of UU beliefs you might give in the time it takes to ride up or down a few floors in an elevator.

Several people said they heard others say, “I’ve heard of the UU church. They believe whatever they want.” Well, in a way, yes. But that might just be W. C. Fields saying “I believe I’ll have another drink,” and we’ll have to get past this misperception to make it a moment that could open our church to someone new. One reading for Rev. Bill’s class suggested that UUism is not so much a matter of belief as it is a feeling of what binds us together in community with other people. So the question becomes, what it is about us that could make other people want to become part of our community? You could get into beliefs if you want to, but it might be better to talk about what’s going on at Channing: the projects of the Social Action Committee, programs put on by the Learning Center, the new family ministry program, Caregiving, Thanksgiving and Christmas holiday festivities, the newly augmented bells….

Or, you could think about the values that we share, the values that bind us together: we hold that every person has worth and dignity, and we covenant to treat each other accordingly, and strive for justice and peace in human relations, and act with concern for the environment...

Or, you could recite our favorite elevator version of UUism: “Life matters. What you do with your life matters. What any of us knows of God is just a piece of the truth. You don’t have to do it alone.” And if you’re at a loss for words, you could just tell people to check out our Facebook page where they’ll find videos of sermons, social events and social action activities, as well as child-nurturing and spiritual growth practices, and people just enjoying being together, and then they’ll get an idea of what being a UU is all about.

~Eleanor Doumato & Tom Howard, Channing Co-Presidents

MONEY MATTERS

Topic of the month:
Fundraising the Easy Way!

Several folks are pursuing raising money for Channing in ways that are not unduly burdensome on anyone’s time and energy. Here’s what’s been done recently or is in the works.

Those who use BankNewport may have seen their invitation to non-profits to apply for a $1,000 grant for programs that support the community. With just a 500-word application, Channing has received $1,000 to help replace all the appliances in the Parish Hall kitchen. We told them our Parish Hall is the hub for all educational and social activities, serving not only adults and children of Channing, but also members of the community at large. A kitchen with functional and safe appliances is essential to provide meals and refreshments at these many gatherings, including the Community Meal, Alcoholics Anonymous, Interweave, PFLAG, the Learning Center, Family Ministry, Spiritual Parenting, Senior Brown Bag lunches, Sunday fellowship and many others. Thank you BankNewport! Continued on page 7
December was a busy month for the Chalice Children. December 9th, Irene Glasser came and taught us about the Hanukkah tradition. She lit the menorah, treated us to Hanukkah chocolate-filled gold coins, and led us (with assistance from Lily C) in playing dreidel. Thanks so much, Irene!!! We also participated in filling the toiletry bags for the Community Meal. During the December 23rd Child Dedication Service, 4 of our children were formally presented to the Channing community and to the circle of Unitarian Universalism. Welcome to Lily, Max, Eliza and Finn!!!! The Chalice Children ended the year by participating in the Christmas Eve service as lantern holders. Channing Church is very lucky to have such wonderful children amongst us!!

**Cookie Contest & Sale**

On December 16th, we held Annual Cookie Contest and Cookie Sale. This year’s winners are Sally Hanchett, Marian Royer and Joy Benson! The sale of the cookies yielded $150, which Avery and Kevin Bongiovanni and I used to purchase gifts for 5 Rhode Island teenagers in need.

**Youth Group**

I was pleased to meet Avery Bongiovanni at the Cookie Sale. I hope he and some of the other teenagers will consider reactivating the Youth Group for 2019!!!

**Mystery Friends**

January 27-February 10

A cherished tradition at Channing that helps the generations get to know each other is happening soon. If you’ve never done it, give it a try. It simply involves contacting a youth or child over the course of 2 weeks (mail, phone, or email) and leaving small gifts or treats on the fireplace mantle for them in the Parish Hall on Sundays. Long lasting connections have been forged. Sign-ups will take place beginning on January 13th.

~JoAnne Ritchie
Family Life Coordinator
CAREGIVING UPDATE

Happy New Year to all in the Channing community! We hope your year ahead is filled with joy and promise.

Many thanks to Mary Benson and Arlene Deeb for their help as caregiving coordinators during the busy holiday season in December.

Please keep Kathy Takata and her family in your thoughts as her father undergoes chemotherapy. At the time of this writing, the family was hopeful that his treatments would be finished by Christmas. Kathy is very thankful for all the support received from her family and friends.

Christine Ariel continues to heal from her second hip surgery, which took place just after Thanksgiving, and from the serious infection which complicated her initial recovery. She has returned to work on a limited basis, but will require another surgery that will hopefully take place later this month. Chris is deeply grateful for the help of caregiving volunteers who have brought meals or given rides, the Purly Girls for the beautiful blanket, and all her Channing friends who have visited or sent cards. Visits and notes of support are still welcome! Also, if you would like to provide a meal (gluten-free, vegan), please contact Nickie Kates or Barbara Russell-Willett.

Many at Channing were aware that Susan Adie’s son Leith has been coping with serious health problems and was diagnosed with heart failure several months ago. Susan recently spoke with Nickie Kates and reported that Leith is in a more stable and improved condition. Leith is living with Susan and her husband while he continues with treatments. We wish Leith all the best as he progresses with his therapy. The family has set up a Caring Bridge website that is updated weekly. You may access this site at caringbridge.org by typing in the name “Leith Adie-Stahl.”

Our January caregiving coordinators are Ruth Jernigan from Jan. 1-15, and Susan Kieronski from Jan. 16-31. Please contact either of these individuals with any caregiving needs among our congregation members or friends.

~Linda Beall,
for Channing Caregiving

COMMUNITY MEAL

Monday, January 21
3:30-6:15pm, in the Parish Hall

Thanks to all who made our Holiday Community Meal a success. Our usual "staff" set up and served and there were gift bags for our guests thanks to your generous donations! If you would like to help in January please contact Joy Benson.

JANUARY SHARE THE PLATE

As the new year begins, we will share monies donated during our Sunday services with our own Unitarian Universalist Service Committee (UUSC). The UUSC advances human rights and social justice around the world. It works to dismantle systems of oppression and celebrates the inherent worth and dignity of each person. Yes, the UUSC walks the talk of our UU principals.

The UUSC chooses to work through and with locally led, grassroots organizations because those organizations know the affected communities and their needs best. Unlike large aid agencies, which rely on programs of a one-size-fits-all approach, UUSC understands that when a disaster strikes, people’s situations vary greatly, depending on their race, class, and sexual orientation or gender identity, and the response must be personalized to be effective. You can visit https://www.uusc.org/our-work/ to understand just how thoughtful and successful UUSC programs are and just what your contribution will help accomplish.

Please be generous, as you always are.

Respectfully submitted,
Sheila McEntee
SOCIAL ACTION

GREEN CORNER
Just a thought on trying to make Channing Memorial Church a greener place. We are use a lot of natural gas in our buildings but especially in the church, as we are now heating the sanctuary and, because of the exposed ductwork in the basement, we are losing heat to the basement too.

Think GREEN, volunteer and form a team to rewrap the heating duct insulation in the sanctuary basement.

Interested? E-mail me at: Greencongregation@channingchurch.org

~Russ Milham, Green Cong. Committee

ECO-BITS & TIPS
Resilience:
One Household at a Time

Last month, we discussed how either lack of water or too much water makes us either more vulnerable to droughts leading to uncontrollable fires, or, to flooding disasters that visited the Carolina Piedmont and western Gulf of Mexico over the last two years. Families, whether they rent or own, can limit their water usage with some widely known strategies.

When I say that these are known, I refer to efficiency devices and strategies that reduce water use. From low-flow shower heads and toilets to clothes washers and dish washers with sensors that limit water usage based on a variety of conditions, technology and design contribute to less water usage. Municipalities in the Southwest mandate use of some devices in residential and commercial development. And who has not visited a restroom, starting in national parks and now even in newly remodeled restrooms along interstate highways, where in the men's rooms, the urinals have gone “waterless”. Most water emitting devices in kitchens and bathrooms are now designed to forcefully eject water with force, yet conserve water, frequently with shutoffs.

More recently, there has been a push to practice “water conservation” on the outside of the home or apartment. Wildflowers and similar plantings make for beautiful color and attract pollinators like bees and hummingbirds here in the Northeast. In drier climates, natives like cacti and their relatives make the most sense, even in residential areas. And minimizing tree growth of deciduous and “oily” trees near homes, especially in the west, reduces the risk from fire damage to homes.

Swales and rain gardens can work very well in our climate to dissipate water from roofs to mitigate basement and other flooding. Lawns planted with traditional grasses like Bluegrass typically require more water to stay the desired green. Fescues and clover require less water, but lawns, in general contribute only to a “suburban look”. Raspberries, blackberries and fruit trees can produce food for the residents, and their root systems absorb excess water. Food can also be produced in large pots on patios and decks, where intercepting water can be helpful in large enough pots and or with a large coverage area.

Resilience in the home can spread through the neighborhood, the town and beyond. Laws, like drinking container recycling laws are examples that point the way. According to a recent article in Scientific American, the 11 states with higher than average recycling rates include rural and less educated citizenry like Maine, Vermont and Iowa; these states all had “deposit laws” that rewarded recycling. Incentivizing conservation of water, through unit water use pricing such as increasing the unit cost the more one uses, rewards resiliency behaviors.

Next year: Sustainability goes global.

~Craig Gaspard, Green Congregation Committee

PFLAG MONTHLY SUPPORT MEETINGS
PFLAG will now hold monthly support meetings the second Monday of every month beginning January 14, 2019 in Parish Hall, from 6:45 - 8 pm.
Would you like to raise money for Channing while doing something you already routinely do? Sound too good to be true? Channing has been approved for a program that does just that! Channing bought Stop & Shop gift cards at a 5% discount off the face value of the cards and are now selling these gift cards to members of the congregation at face value. For every $100 Stop & Shop gift card you buy, Channing keeps $5. For example, if 50 people each buy one gift card with a face value of $100, Channing raises $250. If each of those 50 people buys 10 gift cards with a face value of $100, CMC gets $2,500. Think about how much you buy at the grocery store in the course of a month, or a year. It adds up very fast and can be a lot, and 5% of a lot equals quite a bit for CMC!

In answer to your first question….no, you will not receive airline miles or other rewards you usually earn when using your credit card, but you will get the reward of knowing that 5% of what you spend at the grocery store goes to Channing! In answer to your second question….yes, you will still earn Stop & Shop gas points (as well as other discounts) when your Stop & Shop tag is scanned by the cashier. And in answer to your third question….yes, you can use your S&S gift card at the S&S gas station at the traffic circle to buy the gas you pump at a reduced price with your S&S gas points. So bring your checkbook or cash to church with you and buy Stop & Shop gift cards at fellowship. They come in values of $25, $50 and $100, and you can buy as many as you wish. As the cards are sold, we will buy more from Stop and Shop. Hopefully this program will go on forever!

We are also applying to participate in the AmazonSmile program to benefit from what you buy from Amazon. In this case it’s just 0.5% for every dollar spent, but at the rate some of us buy from Amazon, that can add up to real money! More later when we are approved.

Do you have other ideas about easy ways to bring new money into Channing to support our ministries, programs and historic facilities? If so, please contact Susan Kieronski or me.

Questions or comments on financial matters are always welcome, as are suggestions about what you want to hear about in Money Matters. Email treasurer@channingchurch.org com.

~ Julie Herrick, Treasurer, on behalf of all those who help steward Channing’s finances

**Save the Dates**

**ROUND ROBIN DINNERS = FOOD, FUN AND FRIENDSHIP**

This winter Channing will be sponsoring 3 rounds of potluck dinners in people’s homes. We hope you will join in. Here is how it works:

**Sign up**! Hopefully you can be part of all 3 dinners, but even if you can only do one, please sign up. We want to get to know you.

**Potluck dinners will take place in people’s homes at 6:00 pm on 3 Saturdays: February 2, March 2, and April 6.**

Please consider hosting a dinner. The host does not cook. Instead the host provides the setting, the set up, and beverages. The host determines the number of guests that can fit comfortably at their dinner

Each guest will be assigned each month to a host and to a part of the dinner. If you sign up as a single – 1 dish. If you sign up as a couple – 2 dishes. Or, for non-cooks, you can bring bread, a bakery dessert or help with beverages.

Multiple dinners will be going on at the same time in different homes each month. The following month everything will be changed up: new host, new dinner partners, new dishes.

By the end of the series of dinners you will have gotten to share with many old and many new friends. Let us know if you need a ride, can host, or if you have any food requests (such as vegan, vegetarian, food allergies, etc.).

**Sign up in the Parish Hall on Sundays beginning in January, or contact Sondra Gold. Hope to dine with you!**
NEIGHBORS HELPING NEIGHBORS

Once again the Margit Baum fundraising event created lots of innovative ideas and donated to many Newport organizations that support the needy. Our original amount of $5000 given to church members to use in any way to help others increased an additional $3000 with some of the worthwhile endeavors. The committee would like to thank everyone who participated in this worthwhile project. We are thrilled with the results.

There were parties and events, big ideas and small, and all were well received. The youth group along with Sally Hanchett organized a dinner at the home of Eleanor and Gabe Doumato to raise scholarship money for summer camps. Susan Booth organized another party for the Coffee Cup Project. Kathy Takata and the girl scouts purchased toiletries and made up bags to pass out at the McKinney Shelter. The Burnhams sponsored a musical event to raise extra money for the Women’s Resource Center. And Lauren and Patrick Drain pooled their family resources to create an introduction to the ocean and ocean creatures for preschool children at the Martin Luther King Center. They brought in speakers from Save the Bay and purchased books as well as other activities.

And many fantastic ideas were followed through for organizations including Boys & Girls Club, Florence Gray Center, Rebuilding Together, Rhody Squash, and Save the Bay. Individual donations included buying personal needs to help people with groceries, utility payments, dinner out, and diapers for a newborn.

It was a fun and successful project that couldn’t have worked without your creative ideas. Thank you everyone.

~Submitted by Judie Porter, Margit Baum Committee

Meeting to Inform and Discuss Facility and Financial Task Force Progress
January 19, 9:30am-Noon, In the Parish Hall

All members of Channing are invited to come and spend a couple of hours learning about the progress the Task Force has made on both future facility options and long term financial planning. At the Annual Meeting there will be a request for a membership vote on future plans so we are offering this initial opportunity to understand the issues in depth. You will be able to ask questions and discuss the ideas we present, and because your opinions are important to include in our deliberations we encourage everyone interested in the future of Channing to join us.

Open-Mic at Channing Coffee House
Saturday, January 26, 7:00pm, Parish Hall

Join us for an open-mic coffeehouse that includes both special guests and long-time favorites. Coffee and tea are served, and you’re invited to bring a dessert to share or a donation ($5 or more suggested) to support the church. Musicians interested in performing, contact John Burnham at coffeehouse@channingchurch.org in advance. The following month’s coffeehouse will feature originals only and take place on February 16th.

Did You Have a Party Over the Holidays?
If you have any unopened bottles of wine or boxed snacks that you might like to donate to the Learning Center for future programs, we would be very appreciative. Many thanks!
GETTING TO KNOW OUR NEWEST MEMBERS...

Channing Church welcomed several new members during the December 9th worship service!

Dr. Lindsay Cassidy practices dentistry in Tiverton, and husband Brad Corbett works in the finance field. Lindsay and Brad live in Portsmouth and have three children.

Ashley Hendrix-Semenova was born in Birmingham, Alabama and grew up Methodist. She moved to Newport this past summer from Stuttgart, Germany, where she worked at European Command headquarters, and is now studying at the Naval War College, earning a Master’s in National Security and Strategic Studies. Ashley began looking for a welcoming congregation in the area earlier this year and was impressed with Interweave’s ministry. She’s feeling at home at Channing, and learning more about Unitarian Universalism.

Anna Hendrix-Semenova came to Newport to join her wife, Ashley. Previously she lived in Milan, Italy, where she worked at Whirlpool’s European Headquarters. Originally from Kiev, Ukraine, Anna grew up in the Orthodox Church and was happy to find a church where she and Ashley both felt comfortable attending, despite their different religious backgrounds. She’s been impressed with Channing as a welcoming community, and has enjoyed meeting Channing members through small group ministry. She enjoys being active in Interweave, but her favorite activity has been making coffee for Sunday morning fellowship.

Doreen LePage is an educator, mother of two adult daughters, wife, pet-parent and administrator of The Children’s School, a Montessori program in Portsmouth, RI. She’s started a well-received PFLAG group, [Parents, Families and Friends of Lesbians and Gays], that meets at Channing. Doreen is a life-long Rhode Islander, who met her husband Gerry while working on her graduate degree at Salve Regina University.

Gerry LePage is a Social Service Administrator and financial advisor, presently working at Child and Family Services as an Elder Services Advocate. Like Doreen, he’s also a life-long Rhode Islander though he also holds Canadian citizenship.

Sara Walker Thomson is a native Newporter, and a graduate of Rhode Island College. For many years she worked for the Newport County Chamber of Commerce, and now works at Corrigan Financial Inc. as a paraplanner. She’s an avid reader and enjoys performance art, whether as an audience member or performer. Sara and her two children, Finn and Eliza, are delighted to be joining the Channing community.