SMALL GROUP MINISTRY
Channing’s highly popular Small Group Ministry program is beginning soon. The Small Group Ministry program consists of intentional lay-led groups of 6-10 people. SGM helps build community and provides opportunities for deeper, more intimate relationships. The conversations that occur in these groups are confidential. People are able to share feelings and their life’s journey in a safe place to appreciative and open hearts. We will be discussing a variety of topics that range from emotional to spiritual issues. The first session of this year will be held Oct. 8 and run for 6 sessions. Two groups will be meeting in the facilitators’ homes on alternate Tuesdays from 7-9PM.

If you would like to participate or if you have questions, please contact Milly Jessen at smallgroups@channingchurch.org

SENIOR ADULT BROWNBAG LUNCH TO RESUME
The Channing Senior Adult Ministry Brownbag Lunch will resume after the summer hiatus on Tuesday, October 8 at 12:00 noon in the Parish Hall, hosted by Rev. Bill. Bring your own lunch, (coffee will be provided) and join others in lively conversation. The Lunch group is open to the community so CMC members are welcome to invite friends to join us.

GREAT GUYS GROUP
Channing’s men’s group – The Great Guys Group – will resume its Saturday breakfast gatherings after the summer hiatus on October 19, from 8:30 to 10:00 a.m. in the Parish Hall. The group usually meets on the third Saturday of each month, though occasionally the schedule is changed to avoid conflicts. GGG meets for light breakfast, which we make or bring, and conversation that covers a wide range of topics (non-political). Channing men of all ages (and their guests) are invited to come to meet other great guys in a low-keyed, congenial environment.

Worship Services
Sunday, October 6:
Rev. Bill Zelazny
Faith Needs Trust
A person’s faith is a way toward commitment and ultimately action. But to live our one’s faith a person needs to have trust – trust in oneself, trust in others, trust in tomorrow, trust in the universe. For some people that is easy, for others that is something very hard. This Sunday Bill will look at the concept of trust and how it plays into a person’s faith.

Special Service!
Celebrating National Coming Out Day
Wednesday, October 9, 7:00pm, in the Sanctuary
Honor and celebrate who you are with music, singing and spoken words at a special interfaith service for the LGBTQ community and allies. A reception to follow in the Parish Hall.

Sunday, October 13:
Rev. Lark d’Helen
From There to Here…”
... the round-abouts that brought a midwestern, conservative Baptist preacher’s daughter to a service marking National Coming Out Day at Channing Church.

The Rev. Dr. Lark d’Helen is currently striving to be retired-ish. She spent many years as a pastor, hospital chaplain, teacher of University students. She served at Channing Memorial Church for two years. Lark is a Fellow in Death, Dying and Bereavement and works for Memorial Funeral Homes. She lives with her spouse, Joyce, and amazing dog, Boomerang.

Continued on page 2
Sunday, October 20:
Rev. Bill Zelazny
Current politics have made the word “liberal” verbum non grata in many quarters, including our churches. We are afraid to use that word to identify Unitarian Universalism. But we are, in religious lexicon, a “liberal” religion. In his sermon, Rev. Bill will explore what religious liberalism means and how it orients us toward the world.

Sunday, October 27:
Rev. Jeannette Bessinger
Celebrating the Light, Honoring the Dark
An Exploration of Diwali and All Hallow’s Eve
At this time of year, religious and pagan traditions have celebrated both the light and the dark for millennia. Diwali, the Hindu Festival of Lights, symbolizes the triumph of good over evil, of light over darkness. All Hallow’s Eve, popularly celebrated as Halloween, is a Christian holiday marking the eve of All Souls Day. Throughout human history, the ritual honoring of the light and the dark has helped us navigate life’s continual, often bewildering movement between brightness and bounty and darkness and loss with more ease and grace.

A Look Ahead to November Sundays
November 3: During the service we will remember family and friends who have passed from this life. Everyone is invited to bring a picture of a loved one(s) to place on our remembrance table.

We will also take a second special collection to enable us to honor the memory of loved ones with a memorial donation to Channing Church to be put in our newly formed capital project fund.

November 24:
The Annual Bread Ceremony
Members and friends are invited to bring some kind of bread that represents their ethnic heritage, a family tradition, or just who they are. The breads will be cut and distributed in a “communion” ceremony during the service.

A LETTER FROM CAREGIVING TO ALL CHANNING CONGREGANTS AND FRIENDS
Dear friends,
Both Barbara Russell-Willett and I are retiring from many years as the organizers of the Channing Caregiving Program. We will guide the program through the calendar year. Thank you to the many who made commitments to the program both before and at the recent “volunteer fair!” Our most successful fall sign-up ever!

A bit of history – in 1998 the idea of ministering to Channing members by responding to various needs became my mission. We started as a committee of about 8 other Channing volunteers who also saw value in the effort. We gathered around my dining table and each of us served one mouth after another for about 2 years.

As I sought more volunteers, the “committee” became a “PROGRAM” with an independent fund to supply cards, stamps, flowers, responses to empty cupboard syndrome, fires, setting up an office needs, and many other kinds of personal needs within our congregation. Some were confidential. That will continue.

Linda Beall took over organizing for three years when I needed a break, responding to congregants’ needs and writing the Catalyst Caregiving column (which she has continued to do for many years.)

As I renewed, in came an offer from Barbara Russell-Willett to co-lead with me. We found ourselves to be a complimentary match. We continued the program as a three-some with Linda still deftly writing the Catalyst column that informs the congregation of milestones and news of our congregation.

We three have continued for many years. The idea and practice of Caregiving has been in effect since that first meeting of a few good souls in October 1998. That’s about 22 years! Barbara, Linda and I extend our deepest gratitude to all the volunteers, coordinators and the wide-spread support for the Caregiving Program over these many years!

While Linda has agreed to continue writing the Catalyst Caregiving column, Barbara and I are ready to pass the Caregiving torch as of January 1, 2020. In consultation with Rev Bill, we will hold a “Caregiving Orientation” on Sunday, October 20 at 11:15AM – noon in the Ladies Parlor. Please join Bill, Barbara, Linda and I to learn how to keep Caregiving a valued tradition of connection and caring.

~In faith and charity,
Nickie Kates
CAREGIVING UPDATE

Welcome to autumn! Hope you enjoy these days as the air grows crisper and the leaves turn brilliant.

A huge thank you to all who signed up to help as Caregiving monthly/bimonthly coordinators or general volunteers for this church year! We currently have all coordinator slots filled except for the second half of April and several openings during the summer months in 2020, so if you might be interested in filling a slot, just let Nickie Kates or Barbara Russell-Willett know.

Elsewhere in this Catalyst, you will see a letter from Nickie announcing that she and Barbara will be stepping down from their leadership roles in the Caregiving program at the end of December. Nickie has been the dedicated, compassionate creator and leader of Channing’s Caregiving program since its beginnings two decades ago, and we are looking for equally enthusiastic individuals to help keep the energy going!

Please join Nickie, Barbara, Rev. Bill Zelazny, and me on Sunday, Oct. 20 after the morning service, from 11:15-12:00 in the Ladies’ Parlor, for a conversation about how Caregiving has worked and can be continued at Channing. We would love to see you there!

Congratulations to Pam Goff, Rex LeBeau, and everyone else in Interweave for the terrific article in the Fall 2019 UUWorld magazine! The piece specifically highlighted the most recent Born This Way Prom held this past April, but also spoke of the history and success of the Interweave program.

Pam also enjoyed a wonderful time at her 55th high school reunion recently — two days of memories and fun.

Thank you to Nickie, Barbara, and Tom and Pam Goff, who all served as coordinators during September. The October coordinators are Mary Benson from Oct. 1-15, and Beth Milham from Oct. 16-31. Please contact them with any caregiving needs within our congregation.

~Linda Beall, for Channing Caregiving

FAMILY MINISTRY

The Family Ministry Committee is in need of a Chair and teacher’s assistants. If you are able to help please contact our Family Life Coordinator, JoAnne Ritchie.

There will be a Mandatory Parent Orientation meeting after church on October 13 for various parts of the family ministry experience and curriculum presentation.

~JoAnne Ritchie, Family Life Coordinator
Phone: 401-855-8765
FamilyMinistry@channingchurch.org

OCTOBER CHIMERS

Oct. 6: Cynthia Skelton
Oct. 13: Jim Freess
Oct. 20: Linda Beall
Oct. 27: Janna Pederson

COMMUNITY MEAL

Monday, October 21, 3:30-6:15pm, Parish Hall
The Channing Memorial Church Community Meal is the third Monday of every month in the Parish Hall.
To see when volunteers are needed contact meal manager, Joy Benson, at communitymeal@channingchurch.org
Politics and the Environment: A Brief History (Part One)

Politics and ‘the environment’ and environmental causes have gone hand in hand for the past 200 years in our country. I learned this from an undergraduate professor who taught a course entitled “Environmental History of the United States”. From Manifest Destiny through the slaughter of both Bison and Naïve American, throughout the 18th and most of the 19th Centuries, politicians sought to influence nearly everything about the environment: resource “management”; (lack of ) environmental protection; human population; clean air and water just to name a few. It took years to break the cycle of overharvest and exploitation.

The early European colonists found a land with extravagant bounty in fish, wildlife and plant life, for which they felt entitled. While indigenous populations, by and large, having lived within the productive capacity of the environment, Europeans came from a continent where landscapes were already denuded and populations of animals had been decimated. The “New World” offered boundless opportunities, and the new arrivals were only too happy to exploit this bounty, for survival, but some for great financial advantage. And most US presidents were only too happy to encourage this, to purchase more territory, to encourage the population to move westward, to build transportation systems to support this, and to place few limits of how these resources could be protected.

Writers like Henry Thoreau, John Muir and George Perkins Marsh began to educate and influence the public and politicians on why this did not serve the public good. The first two writers, especially Thoreau, promoted a philosophy of simplicity, observation of the outdoors and an appreciation of how these experiences were pleasurable by themselves. While Thoreau eventually gained notoriety as a Transcendentalist (and Unitarian), a philosophy based on treading lightly and preaching’ self-reliance, he looked to educate his readers on living a contemplative and spiritual life. John Muir spent most of his time in California’s Sierras, championing their beauty, places like the Yosemite Valley, the striking power of the mountain Half Dome and the stately presence of the giant trees of the west: the Redwood and Sequoia. Muir went on the establish The Sierra Club, the oldest and largest environmental advocacy group in the US fighting all the way for protection from the forces of exploitation.

While the aforementioned philosopher/writers began to influence average citizens, the scientists, including Marsh, observed and wrote about decimated forests and wildlife populations that reeled at a human nature that without safeguards and limits, wants to dominate and subjugate nature: dams; decimated hillsides denuded of all forest cover; and wildlife populations that crashed or became extinct (witness Passenger Pigeons, sea birds like the Great Auk, and the bison or buffalo). By the end of the 19th Century, the inklings of a movement toward “conservation” began. The tide began to turn, and quickly, with one unlikely American President and environmental hero: big game hunting Republican Teddy Roosevelt.

To be continued.

~Craig Gaspard, (solely responsible for the content of this article), for the Green Congregation Committee
OCTOBER
SHARE THE PLATE
Dr. Martin Luther King, Jr.
Food Pantry

The Social Action Committee (SAC) is asking Channing members to give generously to the collection plate on the fourth Sunday in the month of October to help us share the collection with the Dr. Martin Luther King, Jr. Food Pantry (MLK).

The mission of the Dr. Martin Luther King, Jr. Community Center is to nourish, educate, and support Newport County, Rhode Island residents to improve their economic and social well-being.

The Dr. Martin Luther King, Jr. Community Center was incorporated in 1922 as the Newport Community Center to provide recreational activities for community residents. The founders were a group of Trustees of the Newport Historical Society. The Center immediately became a gathering place for people of all cultures and communities. In 1968 the Center moved into the former Navy USO building in Newport’s Washington Square neighborhood and was renamed in honor of Dr. King.

Over the past ninety-six years, the MLK Community Center has grown in response to community need and become a multi-service agency providing a wide variety of human services and enrichment activities to meet the diverse needs of the residents of Newport County. Programs include urgent food services, educational programs for children Preschool - Grade 4, and engaging programs for adults. The Center is truly a group of neighbors helping neighbors.

In 2018, the MLK Center fed 3,348 people healthy meals, made 1,113 food deliveries, served 9,998 breakfasts and provided nutrition counseling to 185 clients. The Food Pantry provides non-perishable food items, frozen meat, fresh produce, bread and household and personal care items to Newport County neighbors. All clients are eligible to shop once per month. The Center’s Mobile Food Pantry brings the pantry to the Park Holm Senior Center on the fourth Friday of every month.

Every Thursday during the growing season, MLK offers fresh produce free of charge to anyone in Newport County. The weekly inventory varies depending on what is gleaned from the Aquidneck Growers Market, what they receive from the RI Community Food Bank, what is donated from the Jamestown Community Farm and other community & private gardens, and what can be bought outright.

MLK Executive Director, Heather Strout will speak briefly at Fellowship on October 6 to thank the congregation for their support and to answer questions about the programs and services of the Dr. Martin Luther King, Jr. Community Center.

~Nan Heroux, Chair
Social Action Committee

A CHANGE IN THE SHARE THE PLATE PROGRAM

At their September 19th Board meeting, Channing Trustees discussed modifying how Share the Plate (STP) is carried out. The Board decided to continue with Share the Plate, but under a new arrangement. On the fourth Sunday of every month, beginning in October and continuing through June, all of the cash offerings and all checks marked “STP” will go to a recipient nominated by the Social Action Committee and approved by the Board at the previous month’s meeting. On the other Sundays, all offerings will go to Channing.

Seeing letters of appreciation from STP recipients in past years, reinforced the Board’s continuing support for STP, and the good it does for Channing as well as for the wider community. For Social Action's efforts in that direction, the committee deserves the thanks of the whole congregation. (an email communication from Channing Board Co-Chair, Tom Howard).

The Social Action Committee acknowledges the difficult job of fiscal management which is the responsibility of the Board and its commitment to the Unitarian Universalist Principle of “Justice, equity and compassion in human relations”.

~Nan Heroux, Chair
Social Action Committee
Strategic Storytelling
for Changing Hearts and Minds
With Tim Phelps
Wed., Oct. 2, 6:30 PM in the Parish Hall
Wine and cheese
$10 suggested donation
Come and hear new member Tim Phelps share what he’s learned as leader of the Spiritual Storytelling program at River Road UU Congregation in Bethesda, MD. He says, “Whether the venue is a nonprofit conference, political rally, or church pulpit, the most transformative public speaking is based on storytelling. And storytelling at its best comes from deep personal experience and an indelible message.”

Timothy Phelps is a retired reporter and editor (The ProJo, The Baltimore Sun, The New York Times, Newsday, The LA Times Washington Bureau). He co-founded Eloquential, which offers presentation coaching and editing. He is co-author of a best-selling book on Clarence Thomas and Anita Hill, Capitol Games, and was a consultant for the recent HBO film on that controversy.

Estate and Charitable Planning
Under the Tax Cuts & Jobs Act of 2018
Presented by Joseph R. Marion III
Wed. Oct. 23, 6:30 PM, in the Parish Hall
Wine and cheese courtesy of the Finance Committee
Free of charge
As we approach the end of 2019, our thoughts turn to wrapping up our business affairs, and to our charitable giving for the calendar year. Joseph Marion, an experienced estate planning attorney at Adler, Pollock, and Sheehan, will guide us through the new tax laws, and provide us with some vital information about estate planning in time for end-of-year decision-making.

Joseph is a frequent lecturer for the Boston and Rhode Island Bar Associations. His areas of practice include estate and income tax planning, business succession planning, land conservation planning, long-term care planning, probate and trust administration, special needs planning and real estate conveyancing. He often counsels clients on estate and income tax savings techniques, including the most tax efficient ways to transfer wealth and family businesses, and he helps families preserve assets through advance planning for long-term care needs.