

The Catalyst

Channing MEMORIAL CHURCH

135 PELHAM STREET
NEWPORT, RHODE ISLAND

FEBRUARY 2016

Our Four Questions

- § What brought you to Channing?
- § Why did you stay?
- § Where would you like to see the church in 3-5 years?
- § What do you think it will take to get from here to there?

BY CHRIS LAUDON

During January many of us spoke with Rev. Dr. Claire Bamberg, answered her four questions and had the chance to express our feelings about Channing now. She met with many of us during three full days. Other members have sent written responses to those questions as well as personal impressions of their own experiences and relationships in our community.

All of this information will be compiled, and along with a wealth of data about our history be presented in a report that will be issued at the end of February. It will be mailed to all members at that time. After everyone has had a chance to read and digest the information in the report we will meet as a congregation to decide how to go forward. That will probably happen in early April, so please watch for updates on when and how we will engage in the decision making process.

In case you are one of the people who hasn't yet thought about the four questions, I suggest you spend some time considering how you would answer. Try it and then

look again at what it has revealed. I have written my own answers and found that thinking deeply about it helped me understand better what I feel about my presence here. The relationships I have built in this church are immensely valuable to me, and vital to my daily life. I have a good sense of the history before my arrival nine years ago and of how much we have all accomplished together and that is satisfying. There are ways my experience at Channing has changed me, in my way of seeing the world and understanding how important community connections are in my life.

For those of you who have been to a Passover seder, the phrase "four questions" will have a different meaning as you remember the symbolism of those words. In Judaism it is the time when the history of the journey from slavery to freedom is remembered and celebrated. For Unitarian Universalists without that depth of history or central creed, we are responsible for building and maintaining our own congregational history and unity. Given that we are commit-

Continued on p. 2 ➤

FEBRUARY SERVICES

FEB. 7 **BEING DUST**
Ash Wednesday comes this week. But why would a UU care? Do we really need to grovel? What good are shame and guilt? Turns out, we're an amalgam of god and dust.

Rev Dr Jay Deacon, preaching
Linda Beall, assisting

FEB. 14 **LOVE AND OTHER FOUR-LETTER WORDS**
A service of music and reflection created collaboratively by Janet Grant and Lark d'Helen, in the spirit of St. Valentine's Day, giving love its due. You won't want to miss the music; you won't want to miss the musings!

Rev Lark d'Helen, preaching

FEB. 21 **STEWARDSHIP SUNDAY: THE IMPORTANCE OF PIE**
Music and words reveal the essence of Channing's key ingredients—our worship, programs, & sacred space - and the vital importance of pledges, large and small. (Pie served afterwards!).

Worship led by Barbara Nowicki and the Stewardship Committee

FEB. 28 **THE ETHICS OF EATING**
*What's on the Unitarian-Universalist Menu? David Cooper, preaching
Sue VanDerhoof, assisting*

Jesus without Christianity
What do we really know about who he was and what he taught?
Five Wednesday evenings beginning March 23 with Jay Deacon
Details inside!

SUNDAY SERVICES ARE HELD AT 10 A.M. IN THE SANCTUARY. CHILDREN ARE WELCOME IN OUR SERVICES!

This past month, more worthwhile things went on at Channing, and I want to note two of them.

The January Interweave gathering heard the voices of students from a number of area high schools, including St. George's, Rogers, The Met, and Portsmouth. They spoke of their experience as gay, or lesbian, or bi, or trans students. They spoke of contempt and ridicule — as well as support — from other students. In some cases they spoke of unresponsive teachers and administrations, and resistance to their attempts to organize support groups at the school. Some of it was hard to hear; some of it deeply inspiring and heartening. Students from different schools facing difficult situations offered support to each other. The conversation will continue at the next Interweave gathering, Feb. 21. There was no mistaking the significance, for them, of Channing's "Born This Way" prom.

A couple of evenings later, The Learning Center presented former State Rep. Linda Finn, Nan Her-

oux, and Wendy Bowen in a program on guns and the campaign for gun legislation in Rhode Island. Finn and Heroux are leaders in the Rhode Island Coalition Against Gun Violence, a coalition of eighty organizations, working on many fronts. Bowen, who taught science at Sandy Hook when the horrific mass shooting happened and now lives in Rhode Island, trains teachers to develop relationships with the kids they teach in order more effectively to transmit good sense

about guns.

Then, there's the Marcus Wheatland award and scholarship, which I get to present on behalf of Channing, joined by Community Baptist Church, to a student of color at the Black History Month Assembly at Rogers High School. It's 10 a.m. Friday, Feb. 12.

If you want a reason to feel the vital importance of Channing's work and witness, contemplate these things.

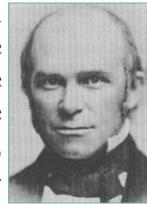
TIMELY WORDS FROM OUR UU HERITAGE

From Theodore Parker, minister of Boston's Twenty-Eighth Congregational Society: his 1846 "Sermon of Merchants."

Now the merchants in America occupy the place which was once held by the fighters and next by the nobles. . . . In Europe, the army, the navy, the parliament or the court, the church and the learned professions offer brilliant prizes to ambitious men. Thither flock the able and the daring. Here such men go into trade. . . . The strongest men in Boston, taken as a body, are not lawyers, doctors, clergymen, bookwrights, but merchants. . . .

In virtue of its strength and position, this class is the controlling one in politics. It enacts the laws of this State and the nation; makes them serve its turn. It buys up legislators when they are in the market; breeds them when the market is bare. It can manufacture governors, senators, judges, to suit its purposes, as easily as it can make cotton cloth. It pays them money and honors for doing its work. It is fairly and faithfully represented by them. Our popular legislators are made in its image.

This class owns the machinery of society, in great measure, the ships, factories, shops, water privileges, houses. This brings into their employment large masses of working men, with no capital but muscles or skill. The law leaves the employed at the employer's mercy. . . . One class is strong, the other weak. In all encounters of these two, on the field



of battle, or in the market-place, we know the result: the weaker is driven to the wall. The weaker class can seldom tell their tale, so their story gets often suppressed in the world's literature, and told only in outbreaks and revolutions.

There is a strong temptation to use one's power of nature or position to the disadvantage of the weak. This may be done consciously or unconsciously. . . . In the Southern States, the merchant, whether producer, manufacturer or trader, owns men and deals in their labor. He uses their labor, giving them just enough of the result of that labor to keep their bodies in the most profitable working state; the rest of that result he steals for his own use, and becomes rich and famous. He owns their persons and gets their labor by direct violence, though sanctioned by law. That is slavery. He steals the man and his labour.

Here it is possible to employ men and give them just enough of the result of their labor to keep up a miserable life, and yourself take all the rest of the result of that labor. This may be done legally, without direct violence, and without owning the person. This is not slavery, though only one remove from it. This is the tyranny of the strong over the weak; the feudalism of money; stealing a man's work, and not his person.

Four questions

Continued from page 1

ted to keeping the freedom from creed in a spiritual open space, we have a special challenge to find common ground on which to build.

I am curious, and eager to read the report. I want to know how much we have in common, especially in our answers to the third and fourth questions. I want to know what my fellow congregants think and what our common goals are. And most of all I hope that the process of considering the four questions has added perspective and insight for each of us as we work together to build our future.



**ANNUAL
FUND DRIVE &
STEWARDSHIP
SUNDAY**

This year’s annual fund drive begins, formally, on Feb. 21st with Stewardship Sunday, a time of worship and fellowship during which we ask all members and friends to consider making a generous pledge to contribute to Channing in the following fiscal year.

Contributions from members and friends provide about 60 percent of all funds that support our worship, programs, staff and sacred space, so your pledges are critical to allowing our church leadership in planning a realistic 2016-2017 budget, subject to approval by the congregation at our annual meeting in May.

On Feb. 21, the Sunday service will be “Stewardship Sunday: On the Importance of Pie”— a fun, worshipful, and informative launch to the main campaign. You’ll be able to talk with us about making a pledge that day, or meet with one of 13 members have agreed to serve as volunteer stewards. If you’re not in church, a steward will follow up to arrange a meeting over the next couple of weeks.

Please meet with them! Their job is not to convince you to do something you are unprepared to do. Rather, they will be prepared to discuss the church’s finances and answer other questions so you can make an informed decision about your pledge. If you have questions they can’t answer, they will find the answers for you.

This year, the Stewardship Committee, Board members, and many other church leaders have already made pledges to underscore the importance of this campaign and express their commitment to Channing. As of press-time for the Catalyst, we have received 27 pledges totaling more than \$60,000. (If you would like to discuss your pledge in advance of February 21st, please contact one of us.)

Pledging during the Annual Fund Drive is an act of faith that Channing Memorial Church, imperfect as it may be, has an important role to play today, next year, and in the future. Whether a gift is smaller or larger, it’s our collective commitment that holds the power.

*~The Stewardship Committee:
John Burnham (chair), Barb Nowicki, Mary Alice Smith, Julie Herrick*

**COMMITTEE ON
MINISTRY**

After a slow start, the Committee on Ministry is meeting monthly and members are available to the congregation to speak to us about your ideas, comments, and concerns. This committee is committed to strengthening the overall ministry of the church. Our primary purpose is to promote the health of the relationships in our congregation.

This year’s committee members are Barbara Coppola, chairperson. Bill Hawkins, Alice Campbell, David Pedrick, Judith Porter and ex-officio member Rev. Jay Deacon. **You can email the Committee on Ministry at COM@channingchurch.org**

~Judith Porter, for COM

**BLACK HISTORY
ASSEMBLY**

Friday, Feb. 12, 10am, Rogers High School Auditorium

The 45th Annual Rev. Robert Williams National Black History Month Assembly will be held on Friday, Feb. 12, 2016 at 10:00 am, in Rogers High School Auditorium. Channing Church has sponsored this assembly since its inception. Our participation continues with committee members Judith Porter, Sally Hanchett, and Rev. Jay Deacon. The George T. Downing Award will be presented to an adult, and the Dr. Marcus Wheatland Award and Scholarship will be presented to an outstanding student of color. **There will be a breakfast reception following the assembly in the Colonial Dining Room. Channing members are invited to attend both the assembly and brunch.**

Help wanted.

Fellowship Committee

Needed: Members, and a Chair.

Coordinate coffee hour by engaging volunteers.

Restock kitchen, assist in coordinating dinners held in Parish Hall.

Interested?

Speak with a Board member.



RELIGIOUS EDUCATION

RE NEWS



As I write this, after our first real snowfall of the season, I look forward to two RE events slated for the end of January. The Hunger Banquet on January 30th hosted by the Social Action Committee and the Youth Group is sure to be a learning experience for all, not to mention FUN. The following day, the 7th-8th grade OWL class is slated to begin after  much anticipation. Thank you to our dedicated leaders, Christine Bandoni, Jim Frees, and Sherri Lussier.



This month we look forward to the return of **Mystery Friends**, where adults leave clues, notes, or small treats for our Channing kids and youth. Children, Youth, & Adults may participate in this cherished tradition by **signing up for Mystery Friends by Sunday, February 7th during Fellowship**. You will then contact your matched child 4-6 times between February 7th-21st, including leaving a small gift or treat for them on the mantel of the Parish Hall fireplace on Sunday the 14th

and Sunday the 21st before the service. Gifts and treats should be small. It's the thought that counts. Kids always have fun guessing who their mystery friend is.

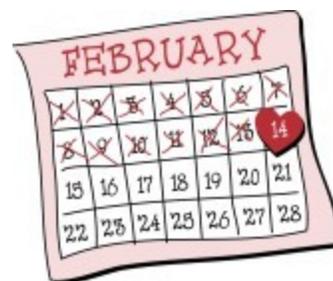
Not to be missed: Two Intergenerational Services during February. On February 14th during the traditional service on Love, look for some RE Youth performing music and vocals. On February 28th, the RE program will lead a service highlighting what they have learned about Buddhism and Atheism. Later that evening,



come to **GAME NIGHT (Feb 28, 5:30pm) in the Parish Hall. Share finger foods and play real board games. Open to all.**

Beginning in March, RE classes will be exploring Humanism and the connection of Science and Religion. **If you would like to share your knowledge or affinity for these subjects, or any religious movement you feel strongly about, please contact our Director of Religious Education, Jessica T h o m a s a t dre@channingchurch.org or speak to anyone on the RE committee.**

-Kathy Takata, RE Committee



Sun., Feb. 7th: RE Classes

Sun., Feb., 14: No RE classes (Intergenerational Worship)

- Youth Group (6pm, in the Youth Room)

Sun., Feb. 21: RE Classes

Sun., Feb., 28: RE Led Worship Service (No RE classes)

- **Game Night, 5:30pm in the Parish Hall**



FEBRUARY CHILDCARE ASSISTANTS

Channing provides Childcare for infants and children through age 4, during our Sunday morning services. Two childcare providers will be caring for your little ones in the Parish Hall during the service. We are looking forward to meeting you and your children. February's assistants to our paid provider, Kristin, will be:

February 7th: Rex Lebeau

February 14th: Ruth Jernigan

February 21st: Barb Baum

February 28th: Marilyn Murphy

SPIRIT OF COMMUNITY

CAREGIVING UPDATE

Thank you so much to Marcia Mallory and Barbara Richter, who so ably kept up with Caregiving news and needs in January! According to Nickie Kates, "Our efforts got a little boost in January when another member of our congregation volunteered to help with rides and noted her appreciation of Caregiving at Channing. Thank you to all volunteers. It's never too late to sign up!"

Speaking of appreciation, thank you to all of the Caregiving volunteers who provided many weeks of rides to the Thomas family members while Jessica was unable to drive. The great news is that her foot is now fine and she is back at the wheel!

We send our deepest sympathies to Mary Benson and family upon the death of Mary's mother, Alice Conoboy, in January. Longtime Channing members are also saddened to hear of the death of Richard Neidich in early January. He and his wife Lila were not active congregants in recent years, but have continued to support Channing Church with annual pledges. Our condolences go out to Lila and her family. Lila is now residing at Grand Islander and would be happy to hear from her friends at Channing.

Heather Barteel is leaving for Colorado in February. We wish her the best going forward and celebrate the years she spent in our church family.

Our Office Administrator and Wedding Coordinator, Michele

Dubuc, is grateful for all of the cards and condolence messages she received after her beloved 12 year old Bull Mastiff-Boxer mix, Aura, passed away in early January. Anyone who is or has been a pet parent understands the grief of that loss. Caregiving



made a donation on behalf of the congregation to the Potter League in recognition of Aura, pictured here.

Barbara Russell-Willetts celebrated a special January birthday showered by the kindness and goodwill of beloved friends and family. One highlight was a weekend in The Big Apple with Tom which included a Broadway show and museum visits. Happy Birthday from us all to Barbara, who gives so much of her time and energy to Channing.



We've learned that our Valentine's Day service will feature some special music from the choir.

Fellowship should be especially meaningful that Sunday as we take time to appreciate one another and the bond Channing provides for each and every one of us. Please contact fellowship chair Morgan Thomas & her Mom, Jessica Thomas at: (fellowship@channingchurch.org) or sign up on Sundays if you'd like to bring a food offering to share on that Sunday, or help out with Fellowship on any other Sunday.

The February Caregiving Coordinators are Rachel

Balaban, John Burnham, and Barbara Russell-Willetts. If you or another Channing member or friend you know needs some Caregiving support during the month, please contact one of these individuals.

~Linda Beall,
for Channing Caregiving
CIRCLE OF

Heartfelt Thanks



From Jessica Thomas:
"On behalf of my entire family and myself I want to express my deep appreciation for the Channing Caregiving Committee and all of the wonderful drivers who have helped my family so tirelessly over the past several months. I am happy to announce that I am finally walking and driving!! Without Channing's support while I was injured our life would have completely unraveled so thank-you to each and everyone who gave so much of yourselves."

CONCERNS & JOYS

**Saturday, Feb. 20, 9:00am
Channing House Library**

"Circles of Concerns and Joys" provide an opportunity to gather in a supportive setting to share joys and concerns, outside of the weekly service. Each session includes brief readings, sharing, shared silence, and candle-lighting, and lasts about an hour. All are welcome, we meet the third Saturday of each month at 9:00am in the Library.

If possible, let Maryellen know ahead of time if you're planning to come or have any questions. Plan to arrive a few minutes early to get settled before we begin at 9:00.

SOCIAL ACTION

FEBRUARY SHARE THE PLATE

The *Share the Plate* recipient for February is the **Unitarian Universalist Service Committee (UUSC)** to support their ongoing projects in the Philippines since the 2013 Typhoon Haiyan and projects in Haiti since their earthquake in 2010.

In the UUSC 2015 "Stories of Hope" pamphlet it reports that Typhoon Haiyan cut a devastating swath through the island nation, killing 7000 people, leveling entire villages, and displacing 6 million people.....in January 2014 the UUSC brought the Trauma Resource Institute to the Philippines, and in partnership with the nonprofit conducted a series of "train the trainer" workshops in what is called the Community Resiliency Model (CRM) to help first responders and communities deal with overwhelming disaster.

The UUSC continues to work in the Philippines with farmers on islands not hit by the typhoon to provide good seed to those whose farms were washed out and to promote best farming methods and rebuild the agriculture economy.

In Haiti the building of ECO-villages continues in the interior of the island, where groups from the overcrowded and badly hit capitol move to form sustainable agricultural villages, engineer clean water, build small houses, a school, and grow crops to provide for themselves and to sell to those in the city.

~Betsy Dees,
Social Action Committee
sac@channingchurch.org

GREEN CORNER

Shining with solar

We're winding down to the deadline for signing up for Solarize Aquidneck. Contracts must be signed by February 15, so don't put off your inquiries! It costs nothing to get an estimate, and this is the best deal in solar we'll see for a long time, and maybe ever.

Along those lines, our Seattle family sent us a very special Christmas gift--The Return of the Solar Cat Book, by Jim Augustyn. It's been updated from the 1979 version, and entertains us while imparting sound solar science and making the case for cats naturally serving as ideal thermal solar collectors. The illustrations are delightful, too.

And green earning green for Channing

We happily report that environmentally friendly choices are benefiting Channing in manifold ways. Our participation in SmartPower's RI Energy Challenge and National Grid's recent LED promotion earned us, respectively, \$500 and \$124 for

energy efficiency projects. Our ink cartridge recycling has earned the church almost \$80 in Staples rewards points. (our Office Administrator, Michele, has already found that "greener" office products often cost just pennies more, if not less, than other choices.) Sally Hanchett's free trade sales programs throughout the year have helped us fund free trade coffee for fellowship and our social responsibility programs. And the regifting sale begun by Piper Padillia and continued by Sally not only earns funds, but also promotes reuse--the highest form of recycling. Then add in our monthly food collection, the Boomerang Bookshelf and the Sharing Locker. These programs encourage us to use resources more responsibly, while we save. None of them would work without your help, so thank you! Most important, all these choices better our lives and those of fellow planet inhabitants and the environment we all depend on!

~Beth Milham,

Green Congregation Committee
Email: Green@channingchurch.org

Volunteers Needed at Winter Warm-Up Shelter

Newport County Citizens to End Homelessness is seeking volunteers to staff an emergency warming shelter **at the Seamen's Church Institute** in the event of extreme cold weather or winter storm. Four or five volunteers are needed for each shift: 4pm to midnight; and midnight to 7am. All individuals seeking emergency shelter and staying over-night will sleep in the Mariner's Lounge. **The Center will open within 12 to 24 hours notice whenever the Newport Fire Dept. declares an emergency.** Volunteers will serve hot soup and coffee in the cafe, and engage people in conversation and activities like movies or board games, and ensure safety of all by enforcing rules, **all volunteers must attend 2 hour training by Newport Community Police Officer Jimmy Winters, founder of Newport Housing Hotline.**

To sign up contact Rebecca Pierce, Superintendent at Seamen's Church Institute, 18 Market Sq., Newport: 847-4260, ext 5, or by email at: rebecca.seamens@gmail.com. Info fliers on Social Action table in the Parish Hall.

ECO BITS & TIPS

Late Season Gardening, Part I

Gardening is usually so much fun but time consuming during the year. What if there was an “easier way to plant and harvest greens (lettuce, spinach, arugula, etc.) right up until Thanksgiving. Well, believe it or not, in our relatively mild marine climate here in southeastern New England, one can plant cool season crops like lettuce, spinach, arugula, brassicas like kale, cabbage and broccoli and even carrots and then harvest them until early December, like last year, or until the holiday season and new year which has been our experience this year.

This two-part series explains my recent experience with cool weather gardening. This type of gardening has been around for at least 150 years ago, being practiced in northern Europe before our Civil War and espoused more recently by New Englanders like Eliot Coleman who farms on the Maine coast. His use of green houses, cold frames and other season extenders essentially preserve and protect the frost hardy veggies through hard frosts down to about 25 degrees.

Fall and early winter gardening does involve some planning. Plants one intends to eat need to be well established before cooler weather sets in: in these parts, early November is when we consistently get frosts. By established, I mean that they need to be mostly grown. I direct seeded a compost enriched and organically fertilized bed the third week of September. (This was actually a week or so later than what I wanted.)



This picture is from mid-October of the beds where we’ve been harvesting these cold hardy greens. The row on the right shows lettuce about the size of your outstretched hand and certainly large enough to thin.

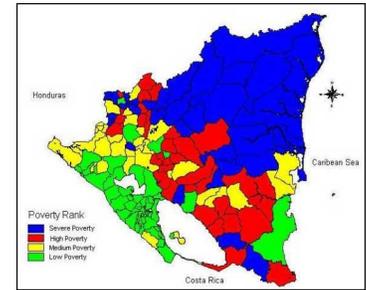
~Craig Gaspard,
Green Congregation



INTERWEAVE POTLUCK

**Sunday, February 21
5:30-9:00pm, Parish Hall**

Ask and it shall be given. Thanks to Pam Goff’s excellent connections, we had students from four schools on the island come to our last meeting to discuss GSAs (Gay Straight Alliance). Some of the schools have thriving GSAs, while others are having difficulty forming one due to many road blocks from school officials. We will continue this conversation at our next meeting on Sunday, February 21. We’ll have a potluck dinner first. Bring a dish to share and see you there! Please invite anyone you think would be interested in sharing their thoughts and experiences on this very important topic. **For more information, contact Rex LeBeau**



SHARE A MEAL FOR NICARAGUA

**Sunday, February 21, 11:30am
In the Parish Hall**

Join Channing members for a special Fellowship Hour followed by a brief talk about the important work of volunteers to help one of the poorest countries on Earth, Nicaragua. Erica Sinni, Nursing student at Northeastern University will talk about her upcoming medical mission trip there and Joy Benson will discuss her trip there several years ago and her volunteer work with the organization El Pourvir.

Erica was chosen to participate in this program by the non-profit organization, Corner of Love Ministries. She helped to design the trip along with her advisors at Northeastern that will take place in March as part of a ten day international experience in global healthcare. She looks forward to sharing her hopes for this trip with you and is also welcoming donations to fund her work there. **You may read more about Erica and/or make a donation through the website link below.**

If you are so inspired, please feel free to bring a dish to share. Please Contact Sue VanDerhoof with any questions.

<https://www.crowdrise.com/northeasternuniversi3/fundraiser/ericasinni>

ANNOUNCEMENTS

POSTING EVENTS ON THE CHURCH WEBSITE

Do you have an event that you would like advertised on the Channing web site? Just send a write up to me, Sue VanDerhoof, along with any graphics or photos you want included (should be in jpeg format). As much lead time as you can give me the better.

WINTER STORMS



In the case of bad weather Sunday Service may be cancelled. A cancellation decision will be made by 7AM on Sunday morning and conveyed to media outlets, TV Channels 10 & 12, and radio stations WJAR, WHJJ, WPRI, WWBB, and WSNE. **You can check the website: ribroadcasters.com for church and other closings, as well as parking bans.** If there is a parking ban there will be no RE Classes, but the Worship Service may still take place. The church phone message will also contain information if the worship service is cancelled: 401-846-0643

FEBRUARY CHIMERS

- Feb 7 - Janna Pederson
- Feb 14 - Jim Freess
- Feb 21 - Christine Ariel
- Feb 28 - Linda Beall

100 QUESTIONS ABOUT UU~ISM

Sunday, February 7, 11:30am, Ladies' Parlor

Here is an informal chance to address those questions you have always wondered about! How do you join the congregation? What is Channing's connection to our church? Do UU's believe in an afterlife? **Grab a cup of coffee and join us in the Ladies' Parlor in the Parish Hall behind the church!**

CHANNING COFFEEHOUSE

Saturday, February 6, 7:00pm, Parish Hall

The second of the 2016 Channing Coffeehouse events, featuring Johnstone & Walcoff



Jeff Johnstone and Nellie Walcoff have been collaborating as songwriters since 2006. Their original music crosses several

genres, drawing its inspiration from the folk, acoustic rock, country, and popular song traditions. When performing, their universal stories are supported by harmonic vocals and an acoustic blend of piano, guitar, and bass. **Suggested donation is \$5 to support both featured performers & Channing Memorial Church**

The featured act begins at 8 pm preceded by open mic performers from 7 – 8 pm. If interested in open mic, contact coffeehouse@channingchurch.org in advance.

****A third coffeehouse event will be held March 12, featuring Katherine Quinn.****



COMMON FENCE MUSIC AT CHANNING CHURCH

THE SLAMBOVIAN CIRCUS OF DREAMS

A Saint Valentine's Celebration
Sat, Feb 13, 2016 - 8 pm
(doors at 7:30 pm)

\$25 ADVANCE / \$28 DOOR
Tickets available at commonfencemusic.org

ZEN MEDITATION

Every Monday, 7:00-8:30pm, Parish Hall

This practice teaches us to clear our mind, understand our true self and live with clarity and compassion. No experience necessary. Please bring cushions and/or a blanket. **For more information, contact Jamie Caster.**

TRANSCENDENTAL MEDITATION LECTURE

Saturday, Feb. 20, 2:30pm
Middletown Public Library



Transcendental Meditation (TM), recently featured on CBS Sunday Morning, is reported to be one of the most widely practiced, and among the most widely researched, meditation techniques in the world. Channing members and friends interested in learning how TM works and what some of its scientifically measured benefits are, are invited to an Introductory Lecture at the Middletown Library, 700 W Main Rd, on Saturday, February 20 at 2:30 pm., given by Ms. Carol Tavares, a Certified Teacher of the TM Technique. Those who have been instructed in TM who are interested in having their meditation checked, and anyone desiring further information, contact Bill Peresta.

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COMMUNITY MEAL

Monday, February 15
3:30-6:15pm, Parish Hall



The Channing Community Meal is the third Monday of every month in the Parish Hall. **To volunteer contact Community Meal Manager Diane Jackson at: community-meal@channingchurch.org**

FROM THE LEARNING CENTER

Thanks to everyone for your continued support of our programs.
In spring, 2016, we look forward to offering:

- **A Tour of a Maker Space with Todd Thomas.**

In Feb., arrangements TBA; watch the Channing email for details!

- **“Jesus Without Christianity”**

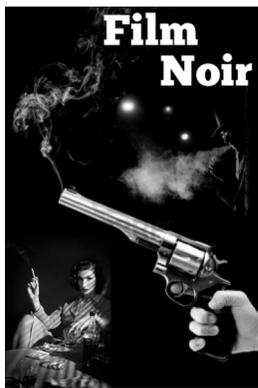
Wednesdays. Mar. 23, 30; Apr. 6, 13, 20, 26;

In the Parish Hall

Course leader: Rev Dr Jay Deacon



Whatever is a Unitarian Universalist supposed to do with Jesus? *Jesus Without Christianity* examines what we really know about who he was and what he taught, engaging scholarship from the renowned Unitarian Albert Schweitzer through the dramatic advances achieved by the so-called Jesus Seminar beginning in the 1980s. We'll learn who wrote the Gospels, and why; and how Christianity arose after his death and a horrific war. A chance to give a courageous and creative spiritual thinker his due! Jay has contemplated Jesus from angles ranging from biblical fundamentalism through post-Christian, post-theistic scholarship.



Sam Jernigan's latest film series:

**“High Heels on Wet Pavement:
Film Noir and Femmes Fatales”**

Will be offered on four rainy evenings in April,
dates TBA.

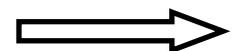


Solar Energy for Retirees

Much is being said about putting solar panels on the roof. It seems like a noble endeavor to save the planet. Unfortunately, very few people endorsing this approach have actually taken the trouble to analyze just what benefits come from doing this. When you look at the data, the results are surprising and can be disappointing to anyone feeling that solar and wind will provide the needed answers. We need to wake up and admit That these sources are a tiny palliative being pushed by BIG Energy. We need to consider other energy options before it is too late. Here is the science pure and simple:

Download this excellent free book by David Mackay the head of the Department of Energy and Climate Change of United Kingdom: **Sustainable Energy- without the hot air** at **withouthotair.com**. Many authors quote him. Here is his explanation of solar power capacity: *"The power of raw sunshine at midday on a cloudless day is 1000 W per square metre (at the equator). That's 1000 W per m² of area oriented towards the sun, not per m² of land area. To get the power per m² of land area in Britain, we must make several corrections. We need to compensate for the tilt between the sun and the land, which reduces the intensity of midday sun to about 60% of its value at the equator (figure 6.1). We also lose out because it is not midday all the time. On a cloud-free day in March or September, the ratio of the average intensity to the midday intensity is about 32%. Finally, we lose power because of cloud cover. In a typical UK location the sun shines during just 34% of daylight hours. The combined effect of these three factors and the additional complication of the wobble of the seasons is that the average raw power of sunshine per square metre of south-facing roof in Britain is roughly 110 W/m², and the average raw power of sunshine per square metre of flat ground is roughly 100 W/m²."*

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So let's repeat David's math in POWER units of Watts per sq meter:

1000 = at equator midday cloud-free.

600 = at Britain or New England, midday, cloud-free, due to earth tilt on its axis

110 = 600 derated for non-noon angles and cloud cover and earth seasonal wobble

The Mackay ratio of Peak to Average power is 600/110 or about 6 in Britain or New England.

110 W is the daylight solar radiation hitting a south facing roof in the UK or New England. Don't confuse this AVERAGE 110W power as a continuous ENERGY source for 24 hours because a PV system is sensitive to only six USABLE hours of sun radiation at mid earth latitudes. (If you move the panels to track the sun you can get a couple more usable hours).

The panels come from China at 15% efficiency converting solar radiation to direct current. 15% times 110 W equals 16.5 W of DC power out of the 1 sq meter panel. Our appliances need AC so we convert using an inverter built into the PV system. That introduces losses of about 10% leaving **15 W of AC power output**. Our 1 sq meter panel can run a 15 W light bulb during 6 daylight hours. That is the AVERAGE power. The PEAK power with the sun at high noon, with no cloud cover or local shading, is about 6 times or 90 W peak. It is peak power that sales persons "sell" to solarize your home. This is very misleading. If you want to use appliances without installing expensive storage. This is why RI allows you to sell ALL your PV electricity back to the grid at subsidized feed in tariffs to recover your investment. "You may as well" says the sales person since our cost of electricity from the grid is getting higher because we all pay dearly for the subsidy and if you are a working stiff you aren't at home to use your power.

So let's buy a rooftop solar array using 20 panels, each one square meter size, installed in a rectangle 40 feet wide by 8 feet high. Their AVERAGE AC output during 8 daylight hours would be 15 W times 20 equals 300 W of power. If the sales person quoted you PEAK power, that would be 6 times more or 1800W or about a 2 kilowatt peak power system. But remember PEAK is only at perfect conditions, at high noon, with no clouds, weather, or shading affecting your panels. Most homes can only fit about a 2 KW peak power array on their south facing roof, i.e. a 50 ft x 8 ft array. But 2 kilowatts PEAK is about 333 W AVERAGE (Mackay ratio above) for 6 hours only. This can't power much, certainly not your toaster in the morning. It could power your toaster at noon if you are a late riser! But make your coffee first because your roof can't do both. If it's raining stay warm in bed -enjoying your retirement years. Our next column will add a wind turbine to the back yard to see if we can have breakfast, lunch and dinner in our retirement home.

~Michael Armenia
For the Social Action Committee