



October 5, 2008 -  
October 18, 2008

**Calendar**

- Sunday, October 5**  
10:00 Women’s Spirituality Group  
11:00 Worship Service  
7:00 Lessons From the End of Life
- Monday, October 6**  
\*\*\*\*\* Zen (Call office for time)  
9:00 Newsletter deadline
- Tuesday, October 7**  
12:00 Staff Lunch  
7:00 Executive Board Meeting
- Wednesday, October 8**  
\*\*\*\* Zen (Call office for time.)  
9:00 Staff Meeting  
6:15 Music Committee Meeting  
7:00 Choir Rehearsal
- Thursday, October 9**  
9:00 Newsletter Crew  
10:00 Small Group Ministry Steering  
12:00 Menu for the Future
- Friday, October 10**  
5:30 RE 7th Grade Overnight  
6:30 AA Men’s Group
- Saturday, October 11**  
All Day Goals Retreat - (see article)
- Sunday, October 12**  
9:00 Worship Service  
10:00 Women’s Spirituality Group  
11:00 Worship Service  
7:00 RE YUUTH Group Meeting  
7:00 Lessons for the End of Life
- Monday, October 13**  
\*\*\*\*\* Zen (Call office for time.)  
5:00 All Committee Night
- Tuesday, October 14**  
12:00 Staff Lunch  
5:30 Property Committee Meeting  
7:00 Book Discussion Group
- Wednesday, October 15**  
\*\*\*\* Zen (Call office for time.)  
9:00 Staff Meeting  
7:00 Choir Rehearsal
- Thursday, October 16**  
12:00 Menu for the Future
- Friday, October 17**  
10:00 Women’s Alliance Meeting  
5:00 District Youth Conference  
6:30 AA Men’s Group
- Saturday, October 18**  
All Day District Youth Conference  
6:00 Second Saturday Potluck

**Menu for the Future**

Thursday brown bag luncheons feature discussion of Vermont Earth Institute’s study guide “Menu for the Future,” starting October 2, from noon – 1:00 p.m., continuing through Thursday November 6. Sessions explore the localvore movement, slow food, industrial agriculture and more. Please contact Gary if you want to join us and need a book.

**On My Mind**

For anyone who owns a home, depends on a job, or has savings invested for retirement, the headlines are scary. Some of the biggest banks and brokerage firms in America are going bust. When the stock market dropped 500 points in one day, over 700 billion dollars of wealth suddenly evaporated. How much money is that? Billions are hard to comprehend. A time line with 700 billion seconds would stretch back before the birth of Christ. That’s a lot of cash to go up in smoke—and no one seems sure how many more greenbacks are going to burn away before the conflagration is over.

Meanwhile, the geese and monarchs are headed south. Hawks are riding the thermals. The Dipper’s hanging lower in the north. Maples are headed toward crimson and the sumacs are already there. The chirping of the crickets that quickened hot summer nights has slowed to a crawl as the temperature dips.

It helps me to remember that alongside Wall Street, there is also a natural economy, predating the invention of stock tickers. Seasons come and go. Bees and ants and squirrels lay up stores for winter. Harvest Moon gives way to Hunter’s Moon. And though human beings have begun to impact the environment as never before, the earth’s balance sheet has a way of coming into equilibrium. Besides the gyrations of Dow, there is the gentle flow of Tao, along with the assurance that at some deep level—deeper than either the financial panic or irrational exuberance of the moment—the universe is still on track.

The economist Joseph Schumpeter coined the phrase *“creative destruction”* to describe the periodic convulsions of the capitalist economy. But he didn’t invent the underlying concept. Because nature has been practicing creative destruction for eons. It’s there to see as corn stalks are withering in the same fields where pumpkins are ripening on the vine.

**Gary**

**Upcoming Sundays**

**October Worship Theme:**

**Blessing**

The story of Jacob holds that blessing is related to struggle. Hymns like “Amazing Grace” suggest wholeness flows within the “dangers, toils and snares” we encounter. What are the blessings in your life, and what challenges offer unexpected rewards? *“The hardest arithmetic to master is that which enables us to count our blessings.” Eric Hoffer*

**Sunday, October 5, 11 am**  
**“Blessing of the Animals”** Dogs, kitties, tortoises and two legged creatures of all ages are invited to this multi-species, intergenerational celebration. Please be sure your companion animals are house-trained as well as leashed or crated and under your control for the safety and enjoyment of all. The children’s choir will sing. **Note: There is no service at 9:00 am.**

**Sunday, October 12, 11:00 am**  
**“To Be is a Blessing”**  
Our Society held its first Coming Out Sunday in 1987, and the tradition has continued annually, with rainbow colors gracing the sanctuary. Folks from the Welcoming Congregation Committee and Reverend Elaine will join in song and reflection, celebrating the gifts of being, being ourselves, and being together. Appreciation for our Society library, which beautifully reflects the diversity of our faith, will contribute to our celebration as we recognize the 25th anniversary of its founding.

**Sunday, October 19, 9 am & 11 am**  
**“United Nations Sunday”** This morning members of Burlington’s refugee community will be telling their stories, as Gary reflects on building a world big enough for everyone. This is also our annual “Association Sunday.” Last year, 626 participating congregations representing over 128,000 Unitarian Universalists raised over 1.4 million for outreach programs (including TIME magazine ads) and diversity initiatives. This year’s offering supports Lay Theological Education and scholarships for seminarians, with special funding to recruit and retain ministers of color. Thanks to all who support this effort.



## Message from Martha



At one of last year's New UU workshops, I heard a participant liken the discovery of Unitarian Universalism to enjoying a really good restaurant for the first time. "If you had a delicious meal somewhere," she commented, "you'd recommend it to all your friends. We should be doing the same with this faith."

On our first Sunday of RE classes this year, our attendance evidenced that you have been doing just that. With 170 children and youth present, we broke our attendance record that day. We have reached new attendance highs in the past two years, but never on Day One! Many people hungry for the liberating and sustaining spiritual food that UUism offers have come to taste what we offer! Word is out: you gotta check out the UU!

Another way I see this is that RE is really growing into its two-service skin now. We never could have welcomed and accommodated this volume of liberal religious seekers a few years ago, when we only had one service on Sundays. It was your vision, along with the hard work of many, several years back, that brought the growth-affirming change of two services to our Sunday experience. What a thrill it is for me to know that people in our midst, who have an appetite for what we serve up, now find room to join us around the table!

I know how proud, how happy, and how comfortable so many of you are here. Consider yourself a host, a cook, or a waitperson at this UU feast! You are the face of this faith in Burlington. Every new family has to muster the courage and determination to show up here for the first time, and they come wondering if this will be the faith community that will satisfy their hunger. You are responsible, in a key way, for making sure that what they taste, in experience, matches what they read on the menu. You are the people that give life and action to UU beliefs and values. You make it real!

On Saturday, October 11th, we have a wonderful opportunity to help develop the shape and direction of the next part of First UU's future. (Look for an article in this newsletter for details about the Goals Retreat.) How lucky we are to be part of a spiritual movement that looks to democracy for its direction! There are no "higher-ups," denominationally, dictating how we must function as a religious society. That is up to us. So, all ye who find UUism to be both delicious and nutritious: Come! Bring your sweet, spicy, and savory voices to the table that Saturday. Together, we'll sketch out the menu of our future, and how yUUmmy it will be!

Martha

## We Remember

*Mary Archibald Carrier*, beloved wife of our minister emeritus Reverend Gaston Carrier, died on September 14, 2008, at the age of 88. She worked for 22 years at the Medical Center Hospital of Vermont in Burlington as a psychiatric social worker. Never a minister's wife but always the wife of a minister, she supported her husband's ministry in a variety of ways. As Director of Religious Education for our Society, she oversaw an expansion and revitalization of the religious education program. Participating in the social life of the church and decorating the Sanctuary with wild flowers and other natural objects were especially meaningful to her. Her work as a founding member of the Committee on Temporary Shelter (COTS) was just one of her many contributions to the Burlington community. She will be deeply missed by her whole family and countless friends, including her four daughters Susan, Natalie, Jill and Hilarie. A memorial service is planned for Sunday, October 12, at 2 p.m. at Rock Point.

## Lessons From the End of Life

Gary facilitates discussion of documentary films exploring life's final passage on Sunday, October 5, (ABC interview with Morrie Schwartz) and Sunday October 12, ("The Man Who Learned To Fall" with Phillip Simmons), from 7-9 p.m. Free to members and friends.

## UU Artists and Authors

Enjoy Amber DeLaurentis and Bill Cleary in song and poetry celebrating the release of a new CD and book "Hey Sadie" by Amber, [Evolutionary Prayers](#) by Bill. Event to be held at Phoenix Bookstore Café (Essex Outlet Mall, in the armpit of Brooks Brothers; across mall from Essex Cinema where Route 15 meets thruway 295 on Saturday, October 25, 5 to 7pm (no charge). Come ask for your favorite songs, hear the miracle of Evolution, have a beer or glass of wine and explore a wonderful new bookstore.

## Book Talk

Could George Washington get elected today? If you haven't heard Gary's talk on *Revolutionary Spirits*, he'll be speaking on Thursday, October 9th at Shelburne's Pierson Library at 6:30 p.m. Free and open to the public.

## Arc Gallery

For your pleasure, visit the "ART and SPIRITS" exhibit in our upstairs ARC Gallery. Gwen Evans has new works in sculpture and relief pieces which are light, fun and colorful. The exhibit will be up until October 15.

*Mary Ellen Mannoek*

## World Unity Choir CD Release

Everyone is invited to attend the World Unity Choir CD Release Celebration with songwriter, recording artist & choir director, Dawna Hammers, and members of the World Unity Choir, many of whom are from our congregation!

The CD is called; "One Spirit" and expresses many beautiful, inspiring and fun original songs about world unity. Dawna has been working on this cd for over 5 yrs, some of the songs were written 30 years ago with UU RE children and many were written 25 years ago when Dawna became a mother and peace activist/song leader in the Nuclear Disarmament Movement in MA. Dawna is regrettably moving back to MA because of a recent job loss and missing her family so this will also be a send off to her as well! This CD sounds so beautiful and will make very special holiday gifts. CDs are \$20 each and half of the proceeds will be donated to UNICEF. Come support this special music and artist Sunday, November 2nd downstairs after both services! If you can't make it but would like to purchase CD's, please call (802) 236-2528 to place your order. Dawna is extremely grateful to everyone here for all your love and support and hopes to keep coming back whenever possible.

## Organize a Food Drive

Organize a Food Drive on Election Day! It's easy, rewarding and very much needed. Just send out emails, post flyers and call your town's Public Works department. Contact Suzie DeBrosse at [sdebrosse@verizon.net](mailto:sdebrosse@verizon.net) or 658-1677 for details.

## Help JUMP!

JUMP food supplies are very low after a long summer of lightly attended church services, not only at our church but every other participating church as well. FUUS is the only church that provides baby formula for the food pantry at JUMP and supplies are extremely low. The small container of Similac With Iron costs about \$15, which might sound like a lot for you to spend, but this powdered formula is the best value for the clients because it lasts longer than liquid formula. Stages 1 and 2 baby food are needed as well. Thank you for helping our neighbors in need!

*Ellen Wollensack*

## Book Discussion Group

You are invited to join us on Tuesday, October 14, as we discuss [Stones from the River](#) by *Ursula Hegi*. Beautifully written by a native German, the story centers on Trudi's experience of "being different" as she grows up in Nazi Germany. We will meet at 7pm at the First UU Society. Please call Gerry Quinlan at 893-7587 with questions.

**First Unitarian Universalist  
Society**  
**862-5630**

*Gary Kowalski, Minister*

*Elaine Bomford,  
Assistant Minister*

*Jerrold Packard,  
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*Martha Dallas, Director  
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*David McFeeters,  
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## Help Our Light Shine!

Many people don't even know a liberal congregation like ours exists. That is why each week we sponsor "Speaking of Faith" on WXLU FM 88.1, with a changing variety of messages, e.g. "This program brought to you by the First Unitarian Universalist Society .... Nurturing your Spirit, Helping to Heal Our World," accompanied by our website address. Please consider channeling a contribution to public radio through our UU office to keep our presence on the air. Donations are needed now to renew our yearly underwriting contract. See Christina Fulton for details.

## New Small Group forming: "Consolations and Congratulations"

For folks who are going through or who have recently gone through a divorce or separation. Together we will practice speaking our truths, reconstituting the confidence to listen, laughing!, crying, and mining for spiritual gold to be found in the muck of transition. Facilitated by Reverend Elaine, who has been there and got the T-shirt. If you would like to learn more or participate in this group, please e-mail [elaine@uusociety.org](mailto:elaine@uusociety.org) or call her at the church; please include in your message several possible times that you would be able to meet.

## Second Saturday Potluck

Potluck dinner is in the Parlors on Saturday, October 18. We gather at 6pm for wine, appetizers, conversation, and the option of singing along with Bill Cleary. At 6:30, the music stops, we help ourselves to the great food that has shown up, and the conversation continues. If this sounds like a good evening for you, we'd love to have you join us. Please call Shirley McLane at 862-0543 and leave a message.

Questions I need answered: Are you bringing an appetizer, salad, main dish, or dessert? Do you need child care? How many adults? You may call up to the last minute, unless you need child care. We ask for a \$2 donation to cover the cost of the beverages (wine, cider, soda, coffee). Hope to see you there.  
*Shirley McLane*

## Cooking, Collaboration & Community!

Please join our team of UUs who shop, cook, serve and clean, as we assist the UVM students with their Sunday suppers at the Food Shelf. Dates that the students need us to cover are November 23 & 30, December 21 & 28, and January 4 & 11. It's a fun and rewarding opportunity for stewardship right here in the Old North End. Contact Aimee at [ALHutchins@aol.com](mailto:ALHutchins@aol.com) or Suzie at [sdebrosse@verizon.net](mailto:sdebrosse@verizon.net) or sign up on the bulletin board.

## New UU Class

Want to know more about Unitarian Universalism? If you are a new comer or even an "old" comer – the key is that you have lots of questions - we have such a deal for you! Come to the New UU class on October 25, 9am – 12 noon, and we will strive to fill you up with information about the UU movement and First UU Society of Burlington, in particular. There will be activities for children at this program and, for the very young, child care will be available. Please be sure to sign up on the bulletin board. Questions? Contact Gail Beck at 862-3540 or [beckfamilytx@gmail.com](mailto:beckfamilytx@gmail.com).

## Former and Inactive Choir Members

We are asking you to check your piano benches and bookshelves to see if you have any music or songbooks that you can return to us. In particular, we are looking for copies of the dark green book, "Chor Aktuell," that we have used for the past 15 years or so. You may drop them off at the office, or just put them on the choir shelf in the copy room.

*Thanks,  
Woody Fulton, Music Committee*

## Want To Be A Member?

If you feel at home in our community and want to build a deeper relationship with other members of the Society, why not make it official? Becoming a member makes you a stakeholder here and joins you with others on diverse spiritual paths. It implies a mutual responsibility to uphold our common values and support our programs and principles. See Gary, Elaine or Martha if you'd like to learn more. They'd be happy to answer your questions and welcome you to membership.

## Because you have opinions about what we can do together...

**What:** Envisioning Our Future!

This will be a goal-setting retreat for the First UU Society of Burlington to plan the next five years!!

**When:** Saturday, October 11th : whole day event (8:30am to 4:00pm)

**Where:** Charlotte Senior Center, Charlotte, VT

**Who:** We will have Robin Scheu, a professional facilitator from our UU District, to assist us.

**What else:** Food, fun, child care, community building activities, some hard work, and some serious celebration!

Mark your calendars and be sure to save the day! Your RSVP is important to plan food and childcare! **RSVP to:** Dave McFeeters (862-5630x23) or [david@uusociety.org](mailto:david@uusociety.org)

Questions? Contact any of the following: Linda Gross (865-0038), Sharon Leach (879-9981), or George Rutherford (951-2571), Brian Haas (658-4747)

## Overnight FUN for UU kids!

The RE community seems to have caught overnight fever! Members of the Yuuth Group (9th-12th grades) will be attending a weekend-long "CON" (short for conference) here on October 17-19. And our 7th graders and their parents are organizing an overnight (also here at the Society) for Friday, October 10th. Finally, parents of a group of 3rd graders are discussing ways and times to camp out on a farm in yurts sometime this year! To get in the loop on any of these particular plans, or, if you are inspired to plan an overnight event, let me know! It's good commUUnity-building fun! – Martha Dallas (862-5630 x 28, [Martha@uusociety.org](mailto:Martha@uusociety.org))

# First Unitarian Universalist Society

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## Property Corner

### Energy Savings

This is the first of several newsletter articles from the Property Committee, whose dedicated members are working closely with David McFeeters, Facilities Manager, to preserve and enhance our 192 year old Meetinghouse and other UU properties.

We have been diligently working to save energy for the past three years. We began with three major inspections of the Meetinghouse. Ron McGarvey from Vermont Interfaith Power and Light inspected the Meetinghouse for energy losses and energy saving opportunities. He compiled a detailed report of "Energy Efficiency Opportunities". Jeremy King from Vermont Gas inspected the Meetinghouse and other houses on the property in the wintertime using an infrared heat detector to pinpoint where our buildings were losing heat. Pat Albarelli and John Lincoln (a member of the Church and our Property Committee) from Burlington Electric performed an extensive analysis of our electrical energy usage. Over a period of months they attached electrical usage monitoring devices to all of our major appliances. This included the elevator, the Hobart dishwasher, the large refrigerator, the organ, the commercial coffee machine, the electric water heater, and the heating system circulating pumps. They also monitored the overall building usage for peak demand electrical consumption times.

Based on this information our committee has been able to decide where to best focus our conservation efforts. Accordingly, we have:

1. Replaced 17 compact fluorescent exit light bulbs that used 7 watts of electricity each with light emitting diodes (LEDs) that use 1 watt of electricity. These lights are on constantly and have been saving 75 kilowatt hours per month.
2. Replaced all incandescent light bulbs with compact fluorescent bulbs. This saves about 100 kwh per month.
3. Replaced a 15 year old refrigerator with an Energy Star rated unit, saving 35 kilowatt hours per month.
4. Replaced our electric water heater with an on-demand gas water heater, saving 230 kwh per month.
5. Replaced using coffee mugs and plastic cups with compostable coffee and drinking cups. This eliminates the use of the Hobart dishwasher except for large events and saves 17 kwh per month. It also saves on water usage.
6. Reprogrammed the Bunn commercial coffee maker to the most aggressive energy saving mode, saving 32 watts per month.
7. Purchased and installed software that automatically backs up the computers as they shut down. Updates are set to take place during our staff meeting on Wednesday morning rather than in the evening. Now we shut seven computers down every night rather than leaving them on to backup and update. This saves 175 kwh per month.
8. Installed a switch to turn off transformers to heating zone valves that previously stayed on even during the summer time, saving an annual average of 80 kwh per month.
9. Changed the ballast and fluorescent bulbs in the elevator from the older T12 type to the energy efficient T8 saving 25 kwh per month.
10. Installed a sensor in the Parlors so that the heat-loop water temperature in the building varies according to time of year and demand. Also programmed the circulating pump to shut off when the outside temperature rises above 60 degrees.
11. Contracted Chip Patullo, a church member, to apply expandable foam insulation around the base of the Sanctuary walls to prevent heat from the basement rising up through the walls and exiting through the Sanctuary attic. This was based upon the infrared heat loss detected.
12. Insulated the tower room directly above the organ chamber as well as the upper door leading to the attic and the entrance door just before the organ chamber.
13. Replaced all the windows in the Clarke Street house to energy efficient windows and 12 inches of insulation was added to the attic.

Currently, we are in the process of replacing the east and south double doors of the Meetinghouse which are warped and allow an enormous amount of heat to escape during the heating season. Motion sensors are soon to be installed in the north stairwell and downstairs basement hallways. This will save 300 kwh per month.

We are in the process of installing variable speed motors on the circulating pumps of the heating system. Instead of constantly running at full speed, the new motors will only need to run as fast as needed to provide heat to the building. If a motor runs at half speed, it uses only a quarter of the normal amount of electricity. It is estimated that installing variable speed circulating pump motors will save about 400 kwh per month during the heating season, or about 230 kwh per month annually.

Our ultimate goal is to reduce the Meetinghouse monthly electrical consumption enough to move to a lower rate established by Burlington Electric. Once we begin using less than 3000 kilowatt hours of electricity per month, we will drop from a "large general service" to a "small general service" category. We will then save an extra \$3,000 a year on our electricity bill, as we will not be charged a demand fee. *David McFeeters and the Property Committee*

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