

UUCEConnections



"Lights in Deepest Night"

UUCE Christmas Concert
Saturday, December 16, 7P
Unitarian Universalist
Church of Eugene
1685 West 13th Ave
Freewill offering
(Suggested Donation \$10)



Volume 21
Issue 12
December 2017

UUUCE Minister

For a while when I was young, my nearsightedness was a simple fact of life: some people saw things I couldn't. And I saw things they did not, particularly lights and especially at Christmas. Then there were flowing bubbles of color without edges, softly interweaving with other radiant balls of light; all I needed to do was reach out and I would feel that I held light itself in my hand.

When I was older and had glasses, Christmas was a bit of a revelation. You can see where the lights come from! Everything had edges! And more: the spirit of Santa Claus depends on us; the exquisite music in the choir demands hours of rehearsal; if you secretly unwrap your present on Christmas eve you will not feel surprise on Christmas morning...

and later still, that while festivals of light are common to all people, that the longest night of the year is the longest day on the other side of the planet...

December comes to us with myriad gifts and challenges. How shall we, this particular year, let the commercialism, fear and mean spiritedness go by, enough to enjoy the quickened pace, to cherish moments of beauty, savoring conviviality and the deeper meanings of the season?

Prompted by the turning of the earth, our human religious impulse (as theologian Wilfred Cantwell Smith would have it) is to sing, kindle, gather, make merry, dance, decorate, contemplate, call out a blessing - do whatever we can to actively participate in the universe of space and stars. I am touched by the helplessness and innocence of the new and young lives among us, surrounded by the great forces of our times. We are called by their wonder to forge the sharp edges into coherent and life-giving form.

I wish this for you all: that as simply as taking off a pair of glasses, you might move between the magic of lights without limit, and the limits of our humanity - that even in this very midst, you might feel ennobled by the hope illuminated in mythologies of new beginnings and new birth.

May these days lift our heads and enlarge our hearts, strengthening our determination and deepening our faith.

See you in church,
Rev Sydney



UUCE Minister

December Services

We begin this month with creation, and as we move through passage, service, reveling, contemplation and the birth of the new year we plumb in this season of light the depths of our days. Our theme is **Transformation**.

December 3rd The Modern Origin Myth

In light of our modern scientific knowledge about how the Earth was formed, traditional origin myths can seem primitive or quaint. We know now that the world was not created in seven days, for instance. But these myths are a meaningful part of religious life around the world. Should they be discarded? Ministerial Intern Sarah Skochko argues that creation stories might not be so far-fetched after all, as she tries to reconcile myths with science - and reconcile modern humans with our ancestors.

December 10th Passing the Peace

The transformations that occur through the passages of our lives and those we love are gifts beyond measure. Guest speaker Carter Hawley will address assisted death, from her personal and spiritual perspective. Carter works in law enforcement for the city of Eugene, and serves her Episcopal church: her official title is The Venerable Carter Hawley, Archdeacon. She has spoken at UUCE before, on justice issues.

December 17th Solstice

Come and be with community December 17 for our Solstice Service to honor the turning of the wheel of the seasons. We will sing awake the light of the sun and the light in each of us. Kimberley Wootan and Shane Nelson

December 24th 10am Service Service

All hands are needed to fill bags and boxes to distribute for homeless folks. Come join the fun as we sit at table in the sanctuary to work and sing and enjoy! (Please see the list of items to contribute, please the list of items on page 17 of this newsletter)

4:30 All Ages Christmas Revels Services

With dancing and caroling, St. George and The Dragon will invoke old traditions. And as always, lovely choir music and candlelighting. Kimberley Wootan and Sarah Skotchko.

8pm Carols and Readings

A contemplative service filled with the beauty and mystery of this season. We will end with candle-lighting...and then all are invited to gather 'round the piano for carol singing.

December 31st 10am New Years' Service

Reflections on Beginnings and endings in the turning of the year with Robin Schantz- Mulford, Chair of Worship Associates.

Contemplative Practices

December is a month fraught with busyness, traditions and in the bustle of shopping and merrymaking the mystery of the season can get lost. In this time of holy unrest, remember to take the time to contemplate the holiness in the small things: a baby's smile, the smell of warm cookies, or the hug from a friend or loved one.

Monday December 18 come to celebrate an unholiday meditation. We will hold the space open with contemplative music and poetry to support those who find the holidays challenging.

Every Sunday, after service, we will have Spiritual Practices classes as part of the Beyond Inquirers series. Each time will explore another way of reaching through the distractions and finding that inner strength and calm we all possess.

Worship Associates for December:

- Dec. 3 - Augie
- Dec. 10 - Robin
- Dec. 17 - Shane
- Dec. 24 - (none)
- Dec. 31 - Robin



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Quick Calendar

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UUCE Board President

Happy Holidays. Before I get into the heart of this article, I want to share some important dates. Quarterly Conversations between the Board and the Congregation is scheduled for Sunday, December 17 at 11:30 am in the Sanctuary. Snacks will be served.

Our First Place Family week is coming soon! Jan.8-15. We need everyone's help. here are large and small jobs and contributions for everyone. Sign up at <http://signup.com/go/LpZgUtP>

As we approach the "happiest time of the year", I want to acknowledge everyone who struggles with the challenges, as

well as the joys, of the season. This is a hard time of year for me and perhaps for others in our UUCE family. My mother died at Christmas in 1990 and I am now the last surviving member of my family. I found the article below helpful and wanted to share it in case others might find it helpful as well.

Barbara Kellogg
kellogg89@gmail.com

9 Ways To Survive The Holidays When You're Alone

By Krissy Brady, Prevention Magazine, 12/8/16

The holidays can be a bittersweet time of year. On the one hand, you've got twinkle lights, hot chocolate, and holiday cheer galore. On the other, you're surrounded by not-so-subtle reminders of what's missing in your life—particularly, if you're separated, divorced, or widowed. And even if you're content with being single the rest of the year, the idea of not having a significant other to swap gifts with can be enough to make you question your life choices. But that's not necessarily a bad thing.

"Single people shouldn't look to simply survive the holidays, but rather, use the reflective time of the season to thrive," says Paul Hokemeyer PhD, a Manhattan-based marriage and family therapist. "To do this, they must gently shift their view of the holidays from an externally defined time of year to an internally defined one."

At their most basic level, he explains, Christmas represents a period of rebirth and Hanukkah a time to regain control of one's life. By digging deep, you'll anchor yourself in something solid and real, and in turn, connect to the essence of the season. Here's how to get started.

Fess up about how you feel.

When the people around you are all merry and bright and you're, well, not, sucking it up because you're not "supposed" to feel bad during the holidays just leads to more crappy feelings. "Acknowledging your emotions gives you the opportunity to let them go," says Vivian Sierra, a licensed marriage and family therapist in St. Louis. By suppressing them, you're basically allowing your life to get stuck in neutral. "Being authentic is the gateway to future healthy relationships—and ultimately, love," she says. Translation: Take the time to put your feet up and get your bah humbug on.

Get out there, even if you don't feel like it.

It's natural to assume that the link between behavior and mood only goes in one direction. (Think: "I feel depressed and therefore skipped the Christmas party.") However, it's a 2-way street more often than we realize—you may feel depressed precisely because you're dodging holiday invites, and in turn, not coming into contact with more positive stimuli. "Increasing pleasant and meaningful activities have been shown to have broad support for individuals who have problems with mood," says Jason Holland, PhD, geropsychologist and assistant professor at William James College in Boston. So force yourself to put at least one party on your calendar this month. You might be surprised by how much fun you have. (And if not? Well, it's just one party.)

(continued on the next page)



UUUCE Board President

Develop a plan for dealing with potential holiday triggers.

For someone who's adjusting to post-divorce singledom the holidays can bring back painful memories and exacerbate feelings of loneliness. Stay ahead of the curve by clearly defining the people, places, or things that may trigger negative thoughts or emotions during the holiday season, he suggests, then come up with a game plan for how to best manage these situations before they crop up. Example: If your late husband's sister is a drama queen and visits always leave you feeling on edge, come up with a reason ahead of time for why you can only stay at her place for an hour. Maybe that reason is meeting up with a friend who always puts you in a good mood.

Shake up your holiday routine.

"Switching things up gives your brain a workout by encouraging new associations versus the old neural pathways," explains Nancy Irwin PsyD, a Los Angeles-based therapist. If you and your ex-husband had a specific holiday itinerary that you followed every year, interrupting your old patterns can help lessen the blow—even little things like preparing different foods, shopping at different stores, or watching different movies can help you miss that person less.

Be proactive.

Planning ahead is always the best way to ward off a case of the lonelies, especially during the holidays. Reach out to friends, family, and acquaintances in advance and casually ask what their plans are. Once you share that you don't have any plans, they're likely to invite you to join them. "It's important to remember that when we're lonely, we tend to underestimate how much those around us care about us and would be happy to spend the holidays together," says A.J. Marsden, PhD, assistant professor of human services and psychology at Beacon College in Florida. If this strategy is too awkward, who says you can't do the inviting? Plan a shindig specifically for people who don't have plans. (Did you know that feeling lonely is as unhealthy as smoking 15 cigarettes a day?)

Get back to your roots.

Think back to a time when the holidays gave you the warm and fuzzies—what were the rituals or traditions that you loved most? Bringing them back into your present can help you regain that spark. "Rituals induce calm and relieve stress by projecting a sense of order and control into the unpredictability of life," says Sierra. "They provide a sense of continuity and belonging that significantly contribute to mental health."

Reach out to long lost friends and relatives.

Just because you're unable to spend time with certain family members or friends during the holidays doesn't mean you can't connect with them in other ways. "Reaching out to your social connections is good for your mental and emotional health," says Sierra. It boosts your sense of belonging, while also strengthening your social network. All it takes is a festive text message, a funny Facebook post, or an old-school Christmas card to let someone know you care, which boosts their overall wellness too. It's a win-win.

Do some good.

It can be frightening to see the dark places your mind can wander to when given the opportunity. "Too much time on one's hands can be dangerous," says Hokemeyer. "Get out of the house and into the service of others." Finding community service opportunities is easy, and not only will providing service boost your mood and morale, but it may also foster connections with new people.

Don't put so much pressure on yourself.

Try not to force yourself to have a certain type of holiday experience this year, or for "things to be a certain way," says Marsden. Keep it simple, and remember that "spending the holidays alone can be a very enjoyable experience if you make time for yourself," she says.

One place to start: Getting some fresh air. Recent research has shown that exercise can help ease depression, especially during the holidays, notes Marsden. Plus, "exercise releases endorphins that make us feel good and spending time outdoors can help increase vitamin D, which also helps ease depression."

UUCE Connecting

Dear UUCE,

The starwheel turns and winter is upon us again. This season reminds us of the importance of family, the goodness that abides in the light within us all, and the relief that letting our light shine can bring. This year, I wish you the happiest of winter seasons and holiday cheer. As for my family, we will be snuggled up with a warm fire, hot cocoa, and (we hope) swirls of snow just outside our windows! As a blended family, we are having to create and celebrate the holidays in new ways that honor the families we came from as well as honoring the family we are together, now. In this way, it's not so different from any other kind of family structure, but I wonder how much our culture supports and recognizes step families? I have found that it can be a singular discipline: walking the line between all of the desires, demands, and decrees that govern step-family life. I wouldn't exchange it for anything, but it has certainly been a learning curve.

So this year, new traditions. New memories. And a creative and new approach to our beautiful family.

There are some new traditions being created here at UUCE, too. The St. George and the Dragon Revels Pageant will take place on Christmas Eve at 4:30, and all are welcome to join in and take part! Earlier in the day, we'll host a Service Service, and people of all ages are welcomed and wanted in joining to make the holidays bright for all. There will be different stations around the Sanctuary for parents and kids and babies and grandparents and everyone who is the child of a parent to make meaning together. There is no childcare at the Service Service, but an intergenerational opportunity to be together for the holiday.

New Year's Eve is also a low childcare day. We will host a one room schoolhouse for children in kindergarten and up. We may even bring the preschoolers and babies (and some parents, too!) in with us, as childcare staff are off and away for the holidays.

And speaking of fun activities for the month of December, keep reading to see what's happening in SpiritJam.



UUCE Connecting

Theme: The Tapestry

Join us for SpiritJam: A program of worship and exploration for people of all ages December 2017

12/3	Lunch Sack Jam: The tapestry is wide enough to encompass us all – we help one another with good food and good service, with Berry.	Paint Pot Jam: Paint beautiful pots to be planted – bringing fresh new life and beauty to the world. May be auctioned off!	
12/10	Basket Weaving Jam: Join Gretchen and learn how to weave your very own basket using yarn, raffia, and other natural materials.	Spider Plant Jam: Laramie will show us how to re-pot baby spider plants, using the beautiful pots painted by SpiritJammers the previous week!	Quilting Jam: There is a project underway to provide food, education, housing, and warmth to girls who have been un-housed. Learn about this project, and then make a project of your own!
12/17	School Kit Jam: Refugee children often must leave home quickly, and leave behind many things. Help make school kits for kids!	Pageant Craft Jam: The Revels Pageant will take place on Christmas Eve this year at 4:30. Be a part of the tapestry of story - help make the props to be used in the reveling!	
12/24	Merry Christmas, Happy Holidays!! Service Service: We celebrate with acts of service & love of community No SpiritJam this day!		
12/31	Happy New Year! One Room Schoolhouse today		

Middle School Meet-Up

Middle school youth group will meet 2nd and 4th Sundays of each month – we are dedicated to acts of service and leadership development within SpiritJam.

What's up in Youth Group?

12/3 – Test your knowledge of the impacts of drug use. Conversation lead by youth advisor Amber.

Also, introduction to Mysterious Benefactor! Conversation lead by youth advisor Amber.

12/10 – What's your "Love Language"? Learn more about this tool for understanding yourself, your friends, your relationships. Lead by Hannah and Amber.

12/17 – Mysterious Benefactors are revealed, and then we party like it's the holidays!!

Making Angels for the Architecture

Join Katy, Susan, Cynthius, and all our friends in making a tapestry of angels to grace our architecture for the month of December. The goal is to create large scale angels representing the wide and beautiful variety of people, cultures, lifestyles, and beliefs that we UUs celebrate with our 6 Sources and our 7 Principles. The church will provide the basic supplies – bring whatever collage materials you might want to work with and share. We'll gather in the Chapel most Saturdays from 1:00-3:00 (December 9th, meet in Room 5). All angels will stay at the church for our holiday décor!

I look forward to crafting with you!

UUCE Connecting

Harry Potter and the Sacred Text

Based on the podcast hosted by Vanessa Zoltan and Casper ter Kuile, we are hosting our very own Harry Potter and the Sacred Text group.

In their words: “Just as Christians read the Bible, Jews the Torah and Muslims read the Quran, we are embarking on a ... journey to glean what wisdom and meaning we can make from J.K. Rowling’s beloved novels. We read Harry Potter, not just as novels, but as instructive and inspirational texts that will teach us about our own lives.

...[Every other] week, we explore a central theme through which to explore the characters and context, always grounding ourselves in the text. We’ll engage in traditional forms of sacred reading to unearth the hidden gifts within even the most mundane sentences.”

Join us every other **Wednesday from 5:30-7:00 pm** at the Market of Choice on Dec. 13th (upstairs tables). Open to all people, all ages, wizards and muggles alike... we would love to have you there!

Want to know more about our group or get the next reading assignment? Contact Debra Eichner at 541-731-5899.

Want to learn more about the podcast?
Go to <http://www.harrypottersacredtext.com>

Spiritual Practices

This Beyond Inquirers class focuses on leading students through designing your own plan for spiritual practice, with options for daily, weekly, monthly, yearly and once in a lifetime experiences. Come and learn about different practices from around the world and find a fit for your spiritual life.

Find out more about what’s happening in RE by going to the UUCE website at ueugene.org.

Happy Holidays!
Katy



UUUCE Outreach

Art Gallery Welcomes Diane Sandall

My name is Diane Sandall and I am a printmaker. I specialize in relief printmaking, specifically carving linoleum and wood blocks. My prints represent a wide range of techniques; some involving precisely layering many colors and some involving intricate carving. I love illustrating and my images reflect the stories that float through my mind.



UUUCE Outreach

Below the Surface

... an exhibit which will celebrate the wonders of medical technology and will inform us of the many humans amongst us whose pain has been eradicated or whose lives have been altered or extended.

I'm announcing a "call" for x-rays of metal in peoples bodies for an exhibit collage which I'd like to create in the gallery as a show in May 2018. For example, I have received five separate metal parts (knees, ankles, arch and a hip) and I have a rogue's gallery of x-rays. I know of others in the congregation who also have assorted metal items lurking under their skin. I know I have gotten DVDs of some of my x-rays and I will need to print black and white copies of them. Some are accessible from on line medical "Records". Please feel free to talk to me in the Gallery area after church services or call Martha Snyder, 541-484-0197 to let me know if you'd be willing/interested to take part.

Thank you, Martha



March is National Youth Art Month

It's not too early to save art work for our 4th annual youth art show for kids 17 and younger. All children, whether members or not, are invited to show their work.

Contact Scott Hovis scotthovisfineart@gmail.com



UUCE Outreach



We Need Jobs

How would YOU like to do something good for our dear EARTH? Please act on this and share, especially with others in the State of Oregon.

CAP and INVEST: SB 1070

This Bill, if passed will put a cap on carbon 'pollution'. It will provide funding for statewide renewable energy projects. This in turn will provide jobs related to these projects. OREGON NEEDS THOSE JOBS!

Information:

Go to Oregon Legislative Information System: OLIS.

Click on 2017 Bills

Put in SB 1070

Click on expansion of summary which is the plus

+ sign

There is much support, by Legislators, including our Governor. But there is now much push back from the opposition who do NOT want to pay for their Carbon emissions.

Please contact YOUR State Senator and State Representative if you wish to support this Bill. They

really need to hear from us by the end of December.

Please also contact the Heads of the Environmental Committee to tell them of your support.

Senator Dembrow Sen.MichaelDembrow@State.or.us
503-986-1723

Representative Helm rep.helm@oregonlegislature.gov
503-986-1434 and also thank Governor Brown for supporting this Bill. Put in Governor Kate Brown which brings up website. Then, share your opinion.
503-378-4582

Please also share this with friends, neighbors, and especially with friends, etc. across the state of Oregon. WE NEED JOBS!

Sue Craig

UUUCE Outreach

Donate school supplies for children in refugee camps: now through 12/31



Kit contents: (4) 70 page spiral notebooks, 8 unsharpened Ticonderoga pencils, 12-pack Crayola colored pencils, 12" flexible metric/standard ruler, and a big eraser bundled in a drawstring, canvas cloth bag

Help Refugee Children During this Season of Giving

Yes! You, too, can help children in refugee camps by donating school supplies during our Fall Campaign!

Children in refugee camps need a sense of normalcy. Over 8 million children live in refugee camps in Jordan, Turkey, Greece, Lebanon, and many other countries. Basic schooling is a humanitarian right, just like water, sanitation, food, shelter, and security. According to a recent UNICEF report, the majority of primary and secondary school-aged children say they want to go to school. But families fled their homes with only the barest of essentials.

The Mennonite Central Committee (MCC), who initiated the school supply project, shipped 70,652 school supply kits to Jordan, Herzegovina, Ethiopia, Iraq, Serbia and several other countries last year. Now, UUUCE is joining the MCC's effort with a modest campaign goal of 100 kits by the year's end. The Mennonites will ship all of the kits that we collect and will oversee its distribution.

There are two ways to support this project: purchase school supplies (specific items and brands), and/or make a monetary donation toward the purchase of school supplies.

Pick up a shopping list at the Refugee Sanctuary table. Donations are accepted every Sunday immediately prior to and after service (9:45 - 11:30) until December 31.

The Refugee Sanctuary team, the UU Sewing Group, and other volunteers are sewing cloth bags, and children in RE will assemble kits. Now we just need the supplies!

Thank you for bringing joy to these children who so desperately want to attend school.

Information about UNICEF's efforts on educating refugee children:

<http://www.globalpartnership.org/blog/education-second-largest-refugee-camp-world> <http://www.unhcr.org/en-us/education.html> More about the Mennonite project: <https://mcc.org/get-involved/kits/school>

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UUCE Outreach

Interfaith Night Shelter

Empowered by love, we transform ourselves and serve our world. As UUCE we aspire to create sanctuary where all hands are held. Part of our vision in this wonderful facility is to serve the greater community of Eugene.

Families with children who are unhoused in the Eugene/Springfield area look to First Place. As they go to First Place they have children who need to be in school and parents who want to make the steps toward having their own sheltering home. At First Place and within this program they can be sure their children's educational needs are being met while the adults look for work and housing. The families are vetted during this process. Those who are truly on the road to a more secure life are able to participate during the school year in the Interfaith Night Shelter program.

Through the Interfaith Night Shelter Program, joining more than 30 participating faith communities in the Eugene/Springfield area, we will offer shelter for a week to these families. During our week we can expect

from 20-40 individuals in this group. Our week will be January 8-15, 2018. Members of the Justice Network made a request of the UUCE Board which is in support of this work, and it was affirmed by the congregation during our Annual Meeting. We will provide a safe sleeping space as well as breakfast, dinner and hospitality to families who are dedicated to their paths as they become contributing members of the community.

This will be a wonderful opportunity for many volunteer efforts from our congregation. We will need donations of eggs, bread, milk, juice, cereal, casseroles, roasts, and vegetables; all the items for breakfasts and dinners for a week. Food remaining from dinners will be sent with the families to First Place during the days so they can have lunches. We will need volunteers to serve breakfasts and dinners, some who are willing to clean after each meal is finished, as well as those who will act as hosts and provide evening hospitality. Families will arrive around 5 p.m., have dinner about 6 each evening and return to First Place

before 8 the next morning. We will need van drivers to help transport families to and from First Place each morning and evening. First Place does have a person who will spend the night at UUCE, but we hope we will also have two volunteers who will be up for this service each night. Bring a sleeping bag and a pillow! Let's work together to provide healthy, delicious meals



and hospitality in our inviting and safe environment.

More specific information and opportunities to sign up are available after services in December or electronically via Signup Genius see *page 6*.

Barb Prentice, Janell Heidenreich, Christina Wagner



UUUCE Outreach



Community Offering for December

'Tis the season for giving. And on December 17, the Community Offering will be given to Community Supported Shelters, the local nonprofit organization that operates rest stops for the unhoused and has also built nearly 70 Conestoga huts, including the ones next to our church.

"We're giving people another chance and that can be the difference between life and death," says co-founder and co-

director Fay de Buhr. "The more we can do to help people stabilize their lives, the stronger the whole community is."

Our donation will help pay for everything from fixing roofs and replacing broken doors on the Conestoga huts to providing the insulation that is so crucial on chilly winter nights. Learn more at: <http://communitysupportedshelters.org/> Valerie Elliott, community-offering@uueugene.org

Food for Lane County Food Rescue Night Thursday December 28 from 6:30-8:45 770 Bailey Hill Rd

Are you looking for a volunteer activity to do with family and friends over the holidays? Volunteers must be 14 or over OR 12-13 accompanied by an adult. Wear a ponytail or hat and closed toe shoes. Contact Berry Broadbent, Justice Network at 541-344-9037 or hunger@uueugene.org OR JUST SHOW UP!

Don't forget our FFLC donation barrel at church, which is now located across from room #1 at UUUCE.



UUCE Outreach

Reflections On the Season

These writings are from two people who eloquently express thoughts and feelings for the season.

First, from Dan Misleh, founding executive director of Catholic Climate Covenant

"I dread this time of year when our national identity as wasteful consumers shifts into hyper-drive; the TV ads, the storefronts, the craziness of Black Friday. I've nothing against gift-giving or for companies making a profit. But it seems to me that this over-consumption is symptomatic of a much larger problem: that of our core relationships, including with our planet.

There remains so much apathy towards our Common Home. Too many have yet to truly connect the demands of our faith with care for Creation and the poor. Let's each consider how this Christmas might be different. It must start with prayer and an honest assessment of our priorities. And it must include time to examine the quality of three integrated relationships for an authentic Christian life: with God, with one another, and with our earth. Let us together make this holiday season one where we shift our focus to what truly matters."

And secondly, from our own local Katherine Dean Moore of OSU

"Turn off the lights. Go outside. Shut the door behind you. Maybe the rain has fallen all evening and the moon, when it emerges between the clouds, glows on the flooded streets and silhouettes leafless maple trees lining the curb. Maybe the tide is low under the docks and warehouses, and the air is briny with kelp. Maybe cold air is sinking off the mountain, following the river wall into town, bringing smells of snow and damp pines. Starlings roost in a row on the rim of the supermarket, their wet backs blinking red and yellow as neon lights flash behind them. In the gutter, the same lights redden small pressure waves that build and break against crescents of fallen leaves.

Let the reliable rhythms of the moon and the tides reassure you. Let the smells return memories of other seas and times. Let the reflecting light magnify your perception. Let the rhythm of the rushing water flood your spirit. Walk and walk until your heart is full. Then you will remember why you try so hard to protect this beloved world, and why you must."

From Earthkeepers

Donations For the Gift Bags we will assemble on the 24th at 10 am during our "Service Service

socks
hand warmers
band aids
Chapsticks
nail clippers
combs
cough drops or gum
ibuprofen
travel-sized deodorant
packs of Kleenex or baby wipes
toothbrushes/toothpaste
bottled water
granola bars
trail mix
beef jerky
packs of crackers with peanut butter or cheese
tuna and crackers
fruit snacks
gift certificates to grocery stores
Shoebboxes (to hold the plastic bags filled with these good things)



UUUCE Outreach

Local Partnerships for Addressing Your Carbon Footprint and Contributing to Local Restoration

If you have ever worried about your carbon footprint or wanted to support local ecological restoration, the new partnerships developed by St. Mary's Earth Stewards (ES) will enable you to make a difference. Carbon offsets are when an individual funds the implementation of an activity that leads to the sequestration/storage of atmospheric carbon to offset their lifestyle choices that release carbon into the atmosphere.

Looking into local options for counterbalancing carbon outputs and for restoring local habitat led to ES working with local organizations to develop the necessary relationships, ES agreed that the Long Tom Watershed Council (LTWC) and McKenzie River Trust (MRT) would be the two most appropriate organizations (due to geographic overlap, mission, efficacy, capacity, etc.). As a result of these relationships, the Faith Community-Long Tom Carbon Planting Fund and a similar fund at the McKenzie River Trust were created and will support activities and materials for planting, plant establishment (maintenance of plantings), and plant conservation in the Long Tom Watershed Council's and McKenzie River Trust's service areas. It will provide much needed local matching funds for LTWC's and MRT's important work in local watersheds.

Trees, shrubs, and other plants have the ability to absorb and store carbon from the atmosphere. Planting and maintaining trees serves to address concerns for many people about their carbon footprint.* Native vegetation can support numerous native organisms, keep streams cool, stabilize banks, and more. Both organizations have pages on their websites dedicated to allowing faith community members to donate to these funds (LTWC's www.longtom.org/faithcommunityfund MRT's www.mckenzieriver.org/faith-community-fund. Donation slips with the organizations mailing addresses are available at St. Mary's and other congregations.

There are numerous ways to calculate carbon impacts depending upon your assumptions and what you value. The Nature Conservancy and others have calculators that may be of help in determining your carbon footprint.

Additionally, many estimates exist on the amount of carbon that an individual tree can absorb. A tree may absorb up to 48 pounds of carbon per year, reaching a ton over 40 years. The exact amount of carbon absorbed and sequestered varies based on plant species, age, and several other factors. LTWC and MRT plant a diverse variety of native tree and shrub species. The average cost of the planting and establishment of a tree or shrub is approximately \$4 per plant.

The International Civil Aviation Organization (www.icao.int/environmental-protection/CarbonOffset) estimate (and estimates of other airlines) for carbon emissions from a round trip air flight between Portland, OR and New York, NY, range from 1159 to 1955 pounds of carbon. Given these estimates and calculations, one may wish to enable the planting of three to five trees to address their carbon impacts from that trip. This traveler or one making a similar trip may choose to donate \$12-20 to one of the Faith Community-Carbon Planting Funds for a cross-country trip.

If you calculated your annual carbon footprint to be 43 tons of carbon released per year, you may wish to sponsor the planting of 43-53 trees. You may wish to donate \$172-\$212 to one of the Faith Community-Carbon Planting Funds for your annual carbon contributions.

**These local grassroots partnerships are not regulated by, nor participate in the international Verified Carbon Standard program or any other certified program.*

From Earthkeepers

