Opening Words & Meditations

A Letter About Our Sponsored Sister:

With your support, your sponsored sister Heela is now finishing her fourth month of training. She has entered the second training module, titled "Health and Wellness" and we are excited to take this time to update you on what she is learning and the impact you are having on her life.

We believe that women cannot be active members of their communities if they are not well, both physically and emotionally. As they recover from both conflict and poverty, knowledge about health is a vital part of their progress toward better lives. Over the next several months your sister will be gaining knowledge about and learning methods of prevention and treatment of key health issues for herself and her family members.

This portion of her training is divided into three sections, the first focusing on the concept of health as an essential human right. This is a crucial starting point for women who live in areas where poor nutrition and preventable diseases are a part of everyday life. She will learn basic skills, nutritional information, sanitation, and disease prevention.

Following this foundation, she will begin learning about stress management and coping with post-traumatic stress disorder. Many of the women we work with are survivors of great violence, suffering, and loss. This may be the first time they are able to discuss and deal with the trauma that they have been living with. Your sister will learn to recognize stress as a normal reaction to the events she has experienced, develop tools for coping with her symptoms, and be given access to resources for additional help if needed.

The final unit of this module covers key health issues in depth. Your sister will learn about communicable diseases, sexually transmitted diseases including HIV/AIDS, sexual and reproductive health, mental health, and environmental health. In addition, she will learn about pregnancy, infant care, family planning, and hygiene. WFWI offers referrals with local partner organizations for participants requiring additional healthcare services.

Thank you again for your very generous support - thanks to you your sister is well on the way toward a new life.

All the Best,
The Sponsorship Team

Editor’s Note: Women for Women is helping women survivors of war rebuild their lives and is one of our monthly charity donations.
November/December Calendar
EVE R YONE IS INVITED TO ALL ACTIVITIES
ALL ACTIVITIES ARE AT THE CHURCH UNLESS OTHERWISE NOTED

November
17 Sunday 10:30 am Dr. Walter Kania Topic: “Reading the Mind of God.”
Knowing the mind of God was Albert Einstein’s life ambition and goal. What could God be thinking?”
Bio: Dr. Walter Kania is a licensed Clinical and Consulting Psychologist. He holds a Ph.D. from Michigan State University. He has maintained an active Clinical and Consulting practice. He also holds a Master of Divinity degree from Texas Christian University. He is ordained in the Congregational Church (United Church of Christ), and The Christian Church (Disciples of Christ). He has served on the faculties of Texas Christian University, Bethany College, The Ohio State University, and The Renaissance Academy of Florida Gulf Coast University. He is the author of four books, “Healthy Religion,” “A Believable Bible,” and “A Credible Christianity.” His newest book “Psychology and The New Paradigm for Religion, Spirituality Without Sin and Salvation” is scheduled to be available in 2013. He conducts seminars and is a frequent speaker in the fields of Psychology and Religion in Christian and Unitarian Churches.
18 Monday 6:30 pm Living Lotus Zen Sangha
20 Wednesday 7 pm Women’s Spirituality Group: Discussion led by Rev. Karen Bruno
21 Thursday 6:30 pm AA Meeting
Thankfulness for what we have received? Offering thanks and then giving (sharing)? Offering thanks for being able to give? Are we celebrating what we have received or for what we can give? Both are important! The formal definition of “thanksgiving” is “a giving or thanks” or “public celebration acknowledging divine favors.” But I think it also needs to include a celebration of our ability to share our own abundance.
Bio: Karen Bruno is part time pastoral care minister at Bellville All Souls Unitarian Universalist Church. She attended Drew Theological School and was ordained by the United Church of Christ in 2002. She also works at Flying Horse Farms, a camp for children with serious illness, in Mount Gilead. She is thrilled to have found two amazing places with which to share her knowledge, experience and to build community. Karen lived in Ohio for her high school and college years and then after many years in Colorado returned in 2011 following her early retirement from Denver Human Services. In addition, Karen has worked as church pastor, hospice chaplain and religious educator. She and her partner live in Bellville.
Following a time for Fellowship and the Potluck, Rev. Karen Bruno will lead a New Member Class. This class is for those who have indicated an interest in joining the church or who just want to gain more information while considering membership.
28 Thursday ENJOY THANKSGIVING

December
1 Sunday 10:30 am Rev. Karen Bruno Topic: “It’s that time again!”
The struggle to find a spiritual meaning in the midst of the Holiday Season. How can we translate the images and songs we hear into a positive experience (instead of something that annoys us!)? Where do we find the true meaning of the many holidays celebrated in December? Peace, Love, Joy, Hope and Justice, and LIGHT in the midst of darker days!
8 Sunday 10:30 am Demaris Davis Topic: Secrets of the (Winter) Solstice
Since the birth of humankind, the most powerful time of the year has been that awesome standstill between the dark and the light. It can be a difficult season indeed for many of us! This is a celebration of the peace within the mystery.
Bio: Damaris Davis, activist, actor, and English professor, presented programs on history and human rights for years before she became a UU in 2001, after her experiences on 9/11. She is now a member of the Olmsted UU Congregation in North Olmsted, Ohio, with four years of Commissioned Lay Leadership training. She preaches, speaks, and performs programs on human rights and human nature, and the historic background of today’s issues. She also is now coaching speakers and writers. And she commutes to Connecticut and Canada.
15 Sunday 10:30 am Dr. Walter Kania Topic: TBA
22* Sunday 10:30 am Holiday Service (details as they develop) Church Potluck/visit from Santa to follow!
24 Tuesday 7:30 pm Christmas Eve Service (in the liberal religious tradition; more details as they develop)
29 Sunday 10:30 am Rev. Karen Bruno Topic: TBA
*Whole Church Worship/Kenya Coins Collection #Potluck Luncheon

Birthdays for Late November and December
N 25 Carol Bernhardt December 15 Cheryl Church 28 Sandra Macpherson
26 Eric Sargent 1 Alex Brown 17 Mel Wagner 31 Krista Pirog-Gerhart
NOTES FROM THE PREZ

Some Church-running items to call to your attention:

**Big item:** The Board approved the hiring of Shelley Mauk as a part-time (5 hours a week) secretary who will be assigned a number of small tasks to keep information flowing between members and friends and Rev. Bruno.

Shelley’s duties will include: updates by e-mail and Facebook on church events (as well as phone trees for those members who are not internet connected); follow-up with visitors and guests and inviting them back; making sure Rev. Bruno is up-to-date with individuals needing calls or visits; answering phone messages and fulfilling requests for church information; responding to and scheduling requests to use the church (meetings, concerts, weddings, funerals, etc.); following up with members or friends who are not at Sunday services for a few weeks to see if there are concerns; and of course the infamous “other duties as assigned.”

More information on how to contact Shelley will be out soon as she officially begins on December 1.

**I’ve mentioned this before but I can not stress this enough:** if you have computer access you should be regularly checking out our Facebook page (https://www.facebook.com/pages/All-Souls-Unitarian-Universalist-Church/116740701707381) and our web page (http://www.allsoulsuuohio.org). If you are not already on our e-mail list (google group), please let me know. Those are the **three best ways** to catch up on the latest with the goings-on at the church. The website is frequently updated, including the calendar and the audio tracks from our weekly speakers. If you know of something you’d like to see added, drop me a line by using the contact form (heck of a way to let me know if your e-mail address changes, too).

**Christmas Service/Christmas Eve Service:** If you saw the calendar you may have noticed that we changed up the holiday services this year. We will have a regular service on December 22 and the church will provide the main dish for the Potluck following that service. A visit from Santa is in the works. Then on Tuesday, December 24, we will have a Christmas Eve Service at 7:30 pm.

**And then, of course, there is this:**

Newest Addition to All Souls

**Archer Brave Sargent**
Son of members Eric Sargent and Teasha Sprague.
Brother to Chloe and Lillian.
7 lbs 14 oz. All are doing fine.
Born 11/12/13 at 3:16 pm. (A date and time easy to remember).

We would like to provide Teasha & Eric with a few meals these first few weeks as "new" parents. If you are interested in providing a meal, please talk with **Liz Hansen** to arrange a date & for meal suggestions. We may also need a couple folks who would be willing to drop off the meals at their home (after church) for those who aren’t able to make the drive!

Not much more to add to that. Let me know if there’s any way I or a Board Member can assist you. -- Reed Richmond, Board President, 419-631-7912 (cell).
RELIGIOUS EDUCATION

Religious education taking a holiday . . .

Religious education for both adults and youth will take a break between Thanksgiving and the New Year. Sunday, Nov. 17th will be the last day of class before the break. We are planning to have a couple activities for the kids during worship service, such as going to visit the nursing home residents and a holiday craft. If you'd like to help out please talk with Liz Hansen.

If anyone is interested in helping facilitate adult RE, please let Liz or Jenny know. We’ve had a great run of programs this past year, but we are in desperate need of people to help facilitate. If you let us know your comfort level in facilitating we can make sure to have a program that would work well for you; i.e. if you aren’t very comfortable as a facilitator, but want to help, there are video courses with questions built right in, so all you’d have to do is set up and hit play and pause to discuss! And if you really enjoy facilitating we’ll set you up with a program through the UUA that you can tailor for the needs of the group.

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Thank you. From Rev Karen.

How can I adequately thank so many of you for your help with our move to Bellville? You may not realize, but because of all your help we saved about $700 in moving costs and a million brain cells that I would have lost to stress! You truly demonstrated amazing care for us and I will always be grateful!

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**September 2013 Financial Report**

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<td>Huruma Foundation (Kenya Coins)</td>
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**Expenses**

| Expenses* | 2,664.20 |
|           | - 328.94 |

Expenses this month included $159 for a two-year upgrade to the website to allow recording of talks to be added and quarterly insurance payment of $568.75. All other expenses were normal monthly expenses.

Average Attendance in October: 48

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**October Pledge Report**

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**2013-2014 Fiscal Year Final Total**

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**2013-2014 Pledges**

Although the Church pledges were collected in July for the 2013-2014 fiscal year, there is never a deadline for renewing, starting or increasing your pledge for the work of the Church. Please see Mike Garber for more information.
Multicultural Training
The OMD is pleased to offer Building Capacity for Authentic Diversity on January 11 at the UU Fellowship of Wayne County with Rev. Renee Rutchozke and Evin Ziemer. This training is for leaders to learn how to build relationships effectively across differences including ethnicity, class, sexual orientation, gender and more. It is ideal for leaders of congregations who both have racial and ethnic diversity and those who do not. Details and registration available on the OMD website at http://www.ohiomeadville.org/omdevents/648-diversity

Sunday Music
All Souls is fortunate to have many talented musicians playing for Sunday services.
Ayesha Fry plays the historic Felgemaker organ on alternate Sundays.
The Carol Bernhardt trio plays the other Sundays.
Whatever Sunday you visit, music is always a listening pleasure.

Contacting Rev. Karen Bruno
email: revkarenbruno@gmail.com phone: 419-612-9318

Spirit First Pastoral Care
Non-Traditional Weddings and Funerals

District Assembly 2014 will take place at the Avalon Hotel and Conference Center, Erie, PA March 28-29, 2014 with the Rev. Meg Barnhouse at the keynote speaker. Regionalization will undoubtedly be a topic of discussion. Put this date on your calendar, you won’t want to miss it!

Beth Casebolt
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The Principles of the Unitarian Universalist Association
We, the member congregations of the Unitarian Universalist Association, covenant to affirm and promote:

- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty and justice for all;
- Respect for the interdependent web of all existence of which we are a part.