



The Torch

First Unitarian Church
of Salt Lake City

September 14, 2009
Volume 52, Issue 4

Health Care Rally

We had a great Unitarian turnout for a rally on August 31st at the entrance to Millcreek Canyon where Rep Matheson was headed up to a dinner at the Log Haven Restaurant.

Photos submitted by Joan Gregory.



First Unitarian Church Annual Auction

Rice Eccles Stadium Tower 6:30 pm

October 10, 2009

Raise Your Hand

Honoring Tim DeChristopher with
The 3rd Annual Fairly Free Thinker Award

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The Train Has Left the Station

Legacy Campaign



The train has left the station and the long passage for our Legacy Capital Campaign has begun. We are gathering momentum, pledges, final architectural drafts, financial auditors, and a myriad of other details to ensure a timely, well-run, organized, and methodical approach for the expansion and sustainability of our church. We want to guarantee that we are planning for the future of generations of Unitarians.

And we want you to be in the know. Each Sunday, starting September

13th, we will have a table in Eliot Hall with information about the Legacy Campaign, along with finalized architectural renderings, and a person to answer your questions or concerns.

Haven't pledged yet? That can be easily handled each Sunday as well.

Need additional information right now?

Call or email Judy Barnett, Legacy Capital Campaign Director:
Judybarnett63@gmail.com
801-461-0616

The Torch

Next Publication Date:
September 28, 2009

Submission Deadline:
Fri. Sept. 21, 2009 9 a.m.

Events to be listed should occur after September 29th to ensure timeliness.

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drop off at church office

To subscribe/unsubscribe, notify Jennifer at 801-582-8687 ext.5



Reverently Yours

Rev. Tom Goldsmith



I remember Mr. Rogers reassuring my kids and me each afternoon as he spoke his closing words: "I like you just the way you are." In a harsh and competitive world, even for youngsters, such non-judgmental appreciation for who we are always

took the edge off whatever we had confronted during the day. Unconditional acceptance, so sincerely conveyed by this Presbyterian minister looking into the TV cameras, served as a perfect benediction to ease the soul in a cutthroat world.

Seldom do we live up to models of perfection, but we forget Mr. Rogers' dictum as we berate ourselves for our shortcomings. Liking ourselves for who we are is difficult to navigate as the media bombards us with images of what we should look like while wearing the perfect clothes. Or no clothes. Enter the new Mr. Rogers of our day, Lizzie Miller. Not wearing a cardigan or anything at all, she steps out onto the photo spread of Glamour Magazine wearing nothing but a little tummy roll. She's twenty years old, a lovely size 12-14, all smiles, and while gazing into the camera appears to be saying: "Like me for who I am because I probably resemble you."

Hers is a little flab that shook the world. Lizzie and the September issue of Glamour defied convention with a bold statement in this hypercritical era: I am comfortable with my body image and to hell with your disapproving judgment. Lizzie has received more fan mail than Mr. Rogers ever did, probably because her honest display with neither airbrush nor smoke and mirrors proved disarming in a world of false standards that no real person could claim.

Lizzie Miller just wore a smile and asked her viewers accustomed to size 2 models to love her nor-

mal imperfections. And around the world, where people are preoccupied with war, health care, and deniers of everything from the Holocaust to global warming, the refreshing public response was a gratifying: We love you just the way you are. And as a consequence, perhaps we can love ourselves a bit more, too.

Normal imperfections define us. And Lizzy Miller reminded us that the world is not a mirror of marketing techniques that limit beauty to the most stringent and unforgiving images. Maybe we can begin to love ourselves more and while mindful of normal imperfections, begin to judge others less harshly. If you wonder how far normal imperfections extend, perhaps we need to look no further than ourselves. Our weight, our age, our clumsiness, our shyness, our penchant for glancing at glamour magazines reveal some imperfections lodged deep in the reality of being human. Isn't it fascinating that neither Obama, Putin, Palin, Sarkozy, Ahmadinejad, or Cheney can reset global standards back to normal. But Lizzie Miller could, with nothing more than a little roll of flab and a smile. And we know by how she's looking at us, that she loves us, too, just the way we are. TRG

Endowment Fund News

Generous contributions have been received in memory of

David Blackbird

The donations enabled us to provide a pane for David in our memorial garden. Thank you to Leona Blackbird, Cosette Joesten, Janet Bunger, Mary Schultz, Ron and Janet Anderson, and Carol Blackwell.



Lifespan Classes for Fall

Lifespan Religious Education

“To foster inquiry, shared interest and dialogue within the First Church Community”

Many classes will be offered this fall and winter. Below are the titles of some of the upcoming classes. For class descriptions, dates, times and locations, please look for a more detailed brochure that will be included in your Order of Service for the next couple of Sundays, or see the Lifespan table in Eliot Hall after services.

- **The Three Marriages: Reimagining Work, Self and Relationship** by David Whyte book discussion, facilitated by Tom Goldsmith.
- **Gourmet Black Box Dinner** with Chef Christian Dimaano.
- **Reason and Reverence** book discussion group. facilitated by Hugh Gillilan.
- **This I Believe Writing Workshop** facilitated by SLCC Community Writing Center.
- **Open Minds Book Group** facilitated Tana Monaco.
- **Beginning Yoga for Men:** An Introduction to your Toes with Jennica Davis.
- **Knitting Together** facilitated by Patty Horton, Sonia Decker, Joan Johnson, Chris Twite.
- **Introduction To Meditation and Zen** facilitated by Clea Holdridge.
- **Star Party** facilitated by Paul Ricketts of the University of Utah Physics Department.
- **Stewardship: Giving 'Til It Feels Good** facilitated by Chriss Meecham.
- **Environmental Ministry** Lifespan classes (see pages 6-7 for more information).



Congratulations to Diane Johnson and Bill Reed on their recent marriage.

More photos of the Johnson/Reed wedding can be found at: orangeblossomphotography.com/dianebill/index.htm.

Photos submitted by Neil W.





Religious Education - News for the Village

Religious Education (RE) DATES TO REMEMBER:

September 12th - RE Teacher training 10:00 a.m.-1:00 p.m. (lunch provided) at the church. **We are still looking for teachers!** Please contact Nicole (ndrotisch@gmail.com) or Mary(maryuure@gmail.com) if you are interested in teaching.

September 13th - Ingathering Sunday and First day of RE classes.

Please bring all kids to the front lawn before the service, teachers will be there to collect the children for our annual In-gathering service.

September 17th - Parent Orientation 7-8:30 p.m. at the church. All parents/guardian's of children in the RE program should plan on attending this informative night.

September 20th- Coming of Age (COA)
* mandatory parent meeting will be held between the 9 and 11 services.

September 20th - annual Kick-off-Karnival will be held for each service. We are looking for games, cup-cake bakers, and volunteers please contact Mary or Nicole if you are interested.

*Please Note the Coming of Age (COA) class has changed a bit for this upcoming year. COA will be held at the 9:00 a.m service AND will be both 7th and 8th graders. There will be a Junior High class at the 11:00 service but will not be the COA curriculum. COA is a unique Unitarian Universalists curriculum helps youth discern for themselves what is means to be a Unitarian Universalist, individually and as part of the larger faith community. It involves individual activities, family participation, and working with a mentor. This class culminates with students writing their faith state-

ments and presenting them to the congregation. Students and families can choose to attend this class at the 9:00 service or the regular Jr. High class at 11:00.

JOB OPENING: Religious Education Assistant

Religious Education (RE) is looking for a Part-Time RE Assistant (hours some weeks will be less than 20 but never more.)

Job Duties:

Assist the acting DRE's with all aspects of the RE program including but not limited to:

- Substituting in classes,
- Making copies,
- communicate with families, teachers, and children,
- assist in RE special events,
- classroom set-up,
- activity set-up and clean-up,
- assisting teachers with supplies.
- etc.

Successful candidates will:

- love working with and for children of all ages,
- have good communication skills,
- have a good work ethic,
- be available on Sundays,
- be able to attend evening RE functions, and
- have fun!

For questions or a copy of the job descriptions please contact Nicole Droitsch, Acting Co-DRE, at ndrotisch@gmail.com





High School Group's Mission Trip to New Orleans ~ August 2009



RE Contact Info

 **Mary Kroener-Ekstrand**
801-582-8687 ext. 3
MaryUURE@gmail.com

Nicole Droitsch
Co-Acting Director of RE
801-582-8687 ext. 6
ndroitsch@gmail.com 





Environmental Ministry News

Environmental Ministry

The Bounty of the Garden Cooking Class

Saturday, September 19th from 1-4:00 p.m. in Eliot Hall.

Join Wasatch Community Gardens (www.wasatchgardens.org), Slow Food Utah (www.slowfoodutah.org), and the First Unitarian Church Garden Group (gardenslcuu.blogspot.com) for a cooking class on using your garden harvest to make delicious meals. Suggested donation \$5. Seating is limited. To reserve a seat, please email Krystal Rogers at educator@wasatchgardens.org or call 801-359-2658 x12. Registration is required.

Back to School Triple R – another successful event

We shared our excess with each other, the neighborhood, IRC families and the Crossroads



Urban Center . Thank you to all those who brought stuff, took stuff, helped with set-up and dismantling and with transportation. Special thanks to Ron Anderson, Sandy Hardy, Gwen Latendresse, Cynthea ofthedesert, and Rick Gregory and their families for their help with setup, boxing, dismantling, publicity, and transportation. Next Triple R will be in mid-November, just before the holiday shopping frenzy begins.

Environmental Ministry Classes Offered for Religious Education Lifespan

Join us for lively discussions which typically lead to consequential action on environmental issues. This fall, Environmental Ministry will facilitate the following discussions.

Environmental Issues Book Discussion Series:

[The Transition Handbook: From Oil Dependency to Local Resilience](#) [Author: Rob Hopkins]

Facilitator: Jim French

Description: We live in an oil-dependent world using vast reserves of oil without planning for when the supply runs short (or becomes prohibitively expensive). But, the inevitable and profound changes ahead can have a positive effect: leading to the rebirth of local communities, local currencies, and local skilling-up. [The Transition Handbook](#) is the manual which will guide communities to begin this “energy descent” journey.

Date/Time: Tuesdays, September 29, October 6, 13, 7:00 pm

Location: Room 205, RE Building

Communicating Climate Change – [Carbon DeTox: Your Step-by-Step Guide to Getting Real about Climate Change](#) [Author: George Marshall]

Facilitator: Hans Ehrbar

Description: If you have ever tried to have a meaningful one-on-one conversation with a family member, friend, or colleague about the seriousness of climate change and the urgency of consequential action, you know how notoriously difficult it can be to have these conversations. Join us as we explore ways to communicate climate change so that others will listen.

Date/Time: Wednesdays, October 14, 28, November 11, 7:00 pm

Location: Room 208, RE Building



Bioneers Video and Discussion

Environmental Ministry



Video and Discussion: Nature's 100 Best: Top Biomimicry Solutions to Environmental Crises

Join the Salt Lake Bioneers
Chapter, First Unitarian

Church Environmental Ministry, and Citizens for Sustainability on **Friday, September 18, 2009 at 7 pm in Eliot Hall** for an opportunity to learn about and discuss innovative solutions to environmental crises.

Video: Nature's 100 Best: Top Biomimicry Solutions to Environmental Crises (Janine Benyus)

Janine Benyus, author of *Biomimicry: Innovation Inspired by Nature*, and founder of the Biomimicry Institute reminds us that our prime directive as living beings is always to seek to create conditions conducive to life. What are Nature's 100 Best (her book in progress), revolutionary solutions to the world's most vexing challenges? Janine Benyus

offers an insight into the technologies that are likely to generate the green jobs of the future. These technologies have the potential to steer business towards sustainability, as well as to stimulate entrepreneurship, especially amongst the young, eager to shape the economy of the future.

Discussion: Biomimicry is the process of finding sustainable ideas by echoing nature. **Dr. Russell Stewart, Associate Professor, Bio-engineering, University of Utah**, and his research team have been inspired by sandcastle sea worms who secrete their own natural glue. The team has been able to copy and synthesize the glue and hopes that, in the future, it will replace pins, screws and such in mending broken bones. Come explore the possibilities of biomimicry with us.

Questions: Contact Joan Gregory, green@slcuu.org, 802-582-7783.

Environmental Ministry News (cont.)

Agenda for a New Economy: From Phantom Wealth to Real Wealth [Author: David Korten]

Facilitator: Joan Gregory

Description: Can Wall Street be fixed? Is economic recovery just around the corner? Agenda for a New Economy offers bold economic reforms that attack the underlying cause of the current economic collapse, not just its symptoms and outlines an agenda for bringing into being a new economy—locally based, community oriented, and devoted to creating a better life for all, not simply increasing profits.

Date/Time: Tuesdays, November 24, December 1, 8, 7:00 pm

Location: Room 201, RE Building

Choices for Sustainable Living [Northwest

Earth Institute Discussion Course]

Facilitator: Kathy Albury

Coursebook: \$20 – Available for purchase at the Environmental Ministry Table

Description: Explore the meaning of sustainable living and the ties between lifestyle choices and their impact on the earth. Learn steps that can be taken to move toward ecologically sustainable organizations, lifestyles, and communities.

Date/Time: Thursdays, October 22, 29 November 5, 12, 19, 7:00 pm

Location: Room 205, RE Building

-submitted by Joan M. Gregory
Environmental Ministry



Why Does Kitty Do That?

Animal Ministry



The social behavior of cats is wonderful in its complexity. By listening and watching your pet, you can learn more about moods and needs, and maybe learn to talk back!

- Why does my cat lick me?

Grooming is a demonstration of love and caring since kittenhood. So, if your cat occasionally washes your hair or licks your face, he is showing you his acceptance and caring of you as a fellow feline.

- Why does my cat inevitably go to the visitor who doesn't like cats? When one cat is threatening another, it stares boldly, sometimes hisses, and frequently moves in toward the other cat. Usually, the person who doesn't like cats avoids looking at it, doesn't talk to it, and sits quietly, hoping to be ignored. The cat, therefore, sees the person's behavior as "cat-friendly" and practically inviting. (According to Roger Tabor, in his book, *Cat Behavior*, "(Slowly) blinking is a very powerful communication as a reassurance signal and is commonly used between cats...." It's also a great way to say "I love you!" to your cat.

- Why does my cat take a small bite on my arm or cheek and hold on for a few seconds? Some cats, when they are very happy and feeling extremely affectionate toward the Big Unfurry Cat, will gently take a piece of human skin between their teeth and hold it for a few seconds. Think of it as the feline equivalent of kissing.

- Why do cats roll over on its back? Cats roll over for a variety of reasons: if your cat flops down in front of you and rolls over on his back for a belly scratch, it's a sign of his complete trust in you that you won't ever hurt him. Other times, he wants to play.

- Why do some cats insist on drinking from a dripping faucet? Cats prefer their food and water

fresh. Too, the motion of water coming out of a faucet is probably appealing to their sense of hearing and sight. Some cats will even put their paw into their water dish and "swirl" it around so they can drink "running" water.

- Why does a cat spend so much time grooming? Besides the obvious purpose of hygiene and the social aspects, grooming helps cats cope with confrontation or embarrassment (if a cat accidentally falls off a chair, the first thing he does is nonchalantly wash himself, as though he intended to get down in the first place.)

- Why do some cats tip over their water dish, or take food out of the dish and drop it on the floor to eat? Most cats do not like to eat or drink out of bowls if the sides touch their whiskers. A wider, shallower bowl will probably eliminate this behavior.

As you can see, cats are one of the many intriguing animals. The more you come to understand their behavior, the more fascinating they are.

Cat Adoption Special

Salt Lake County Animal Services (511 West 3900 South, SLC, Utah 84123 801-559-1100)

Mon-Sat 9:30AM - 5:30PM

Cats 1 year of age or older: **FREE!** (No gimmicks, just lots of feline friends looking for their new forever home). Kittens under 1 year of age: \$35

Next Animal Ministry Meeting

October 7th at 7 p.m. in Room 201. See you there!

-submitted by Tresa Stitely

"In order to keep a true perspective of one's importance, everyone should have a dog that will worship him and a cat that will ignore him."

~ Dereke Bruce



Attention General Assembly Participants

If you participated in one of this year's General Assembly UU University Tracks, please contact Andrea Globokar at anglobe@comcast.net or 801-518-7461. We are looking for ways to bring these great ideas home to First Unitarian Church. The 6 Tracks were Stewardship, Multigenerational, Multicultural, Governance, Justice and Theology.

If you have other ideas from General Assembly you'd like to share, please feel free to contact Andrea as well.

-submitted by Chriss Mecham

Small Group Ministry Groups Now Forming

A new church year brings a new cycle of Small Group Ministry. The program has been a smash hit over the years in providing opportunities for groups of 6-12 to discuss meaty questions that far exceed normal coffee hour superficiality. It builds a wonderful sense of community and allows

an avenue for new people to the church to connect fully with others.

The small groups meet monthly, and you will have your choice of evening or day when you fill out the registration form below.

Small Group Ministry Registration

Please drop off registration at the church office or mail it in. For those new to our church, Small Group Ministry is a great program for fellow Unitarians to meet once a month in a small group to discuss a variety of things from religion to morality to human stories. It is not a political discussion group, book group, or therapy group. It's small group ministry in which we have an opportunity to connect with one another more meaningfully.

Which night do you prefer? Please circle

Monday

Tuesday

Wednesday

Thursday

Which day do you prefer? Please circle

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Name _____

Address _____

Phone _____

email address _____

Would you be willing to be a facilitator? Do you want to be a young adult group?



Congregational Briefs

Activities Fair Date Change:

The Activities Fair is coming up on September 27th! The fair will be held after both services, on the lawn between the Chapel and Elliot Hall. This fair aims to help publicize all church-sponsored activities and events, as well as to enlist volunteers for the coming church year. If you would like to reserve a table for your group or event, contact Cléa Major at clea.major@gmail.com.

Federal Health Care Reform Discussion.

Dr. Norman Waitzman, PH.D., Dept. of Economics, Univ. of Utah, a Health Care specialist as well as a UU member and Dr. Harold Decker, retired pediatrician, and others will join us after the Sept. 27, 11-12:00 Sunday gathering from 12:20 to 1:20 pm in the Parlor above Elliot Hall.

We invite your questions on economic issues, medical care issues, and consumer benefits. Call Kira Kilmer 801-359-8929 for info.

Auction News



From the first Sunday of the Church year through Sunday, September 20, the Auction Committee will be supplying ideas and bags for individuals and groups to fill that will be made into baskets for the Church auction on October 10, 2009 at Rice Eccles Stadium

Tower. Please stop by the Auction Table - pick up a bag to fill and buy your tickets in support of this great annual event. Tickets will be \$45/person which includes music and dance following the live auction by Lee Shuster and the Stratford Street Big Band. For any questions, please contact Teresa Dieringer at tdieringer@caregiversupportnetwork.com or Barbara Pence at barbarapence@comcast.net. Thank you!

Dialogue for Peace Invites you to hear John Dear

John Dear will be speaking on "The Road to Peace: Gospel Non-violence in a World of Violence" on Sunday, September 20th at 7 P.m. at the St. Ambrose Catholic Church, located at 1975 South 2300 East in Salt Lake City. Admission is free, donations are accept. John Dear is a Jesuit Priest, author of mor than 20 books and an advocate of peace and active non-violence. Dear believes the key to spiritual life is not just finding inner peace, but also bringing that peace to bear on the outside world. Dear was nominated for the Nobel Peace Prize in 2008 by Archbishop Desmond Tutu. For more information on this even, please call 801-483-2245.

If you have a Facebook account . . .

. . .add the First Unitarian page to keep up with events, information, and photos.

Circle suppers

In response to requests for more Circle Suppers this year, we hope to sign up hosts for at least two events per month from October through May. Circle Suppers are social events to facilitate meeting new people and developing new friendships. You need not be a church member to participate in this fun activity. One or two people offer to host a Circle Supper at their home, designating the time and number of guests they can accommodate. Those wanting to attend sign up on the sign-up sheets displayed in Elliot Hall every Sunday. The meal comes easy since everyone contributes to the menu, potluck style. Visit our table at the Activities Fair on Sept. 20th and be first to get your name on the calendar as a host. For more information contact Tom or Kate Price at 801-883-9574 or e-mail kate-price@cybermesa.com.

Highway Cleanup Coming Up on October 3rd. More details coming soon!



September/October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
13 Ingathering Sunday Sunday Services 9:00 & 11:00 a.m. (pg. 12)	14 Board of Trustees Meeting Room 201 7 pm	15	16 Choir Rehearsal 7:30 p.m.	17 RE Parent Orienta- tion (pg. 4)	18 Bioneers Film and Discussion with Envi- ronmental Ministry 7 pm Eliot Hall (pg. 7)	19 Bounty of the Gar- den cooking class 1 pm Eliot Hall (pg. 6)
20 Sunday Services 9:00 & 11:00 a.m. Coming of Age Parent meeting between ser- vices (pg. 4) RE Kickoff Carnival (pg. 4)	21 Torch Submissions Due (9 a.m.)	22	23 Choir Rehearsal 7:30 p.m. Salvation Army Sandwich Making 4:30 pm Church Kitchen	24	25	26 Food Co-op pick up (see below)
27 Sunday Services 9:00 & 11:00 a.m. Activities Fair after both services (pg. 10)	28	29	30 Choir Rehearsal 7:30 p.m.	October 1	2	3 Highway Cleanup (more info soon)
4 Sunday Services 9:00 & 11:00 a.m.	5	6	7 Choir Rehearsal 7:30 p.m. Animal Ministry meeting 7pm room 201 (pg. 8)	8	9 Food Co-op orders due (see below)	10

UU Lunch Bunch

A family-friendly group for anyone and everyone who would like to get together for lunch and chat with like-minded people. Meet at the Restaurant on Sundays at about 12:45 p.m. For more information contact Tresa at 801-671-2858.

September 13: **Café Niche** 779 E. 300 S.
September 20: **The Oasis Cafe** 151 S. 500 E.
September 27: **Café Med** 420 E. 3300 S.

Community Food Co-Op

First Unitarian Church is an official host site for the Community Food Co-Op of Utah, helping people get access to affordable, nutritious food. September shares can be picked up at the church from 9 to 10 a.m. on September 26th. Please order October shares by Friday, October 9th.

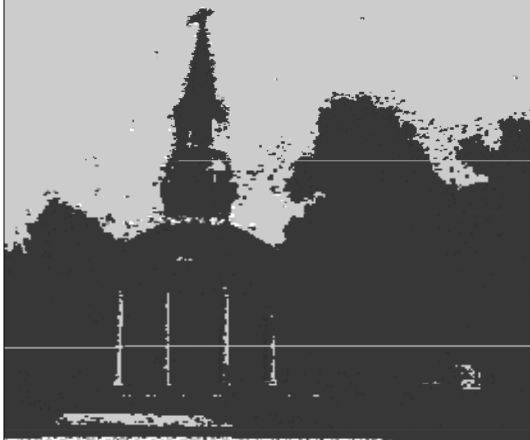
Order forms are available online at www.foodco-op.net (please note new web address). Place orders by mail -- 1469 S 700 W, Salt Lake City, UT 84104; phone - (801)746-7878; or fax - (801) 975-0336. For more information, contact Nancy Lindsley at 583-8566 or RNLIND-SLEY@MSN.COM.



First Unitarian Church
of Salt Lake City

569 South 1300 East
Salt Lake City, Utah 84102

801-582-8687
www.slcuu.org



Please Recycle Your Torch

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Sunday Services

Sunday, September 13th - Ingathering Sunday

9:00 and 11:00 a.m.

"Religion for Contemporary People"

-Rev. Tom Goldsmith and the First Unitarian
Chancel Choir

Sunday, September 20th

9:00 and 11:00 a.m.

"Love, Marriage, and Desire"

-Rev. Tom Goldsmith

Sunday, September 27th

9:00 and 11:00 a.m.

**"Killing Grandma and Other Health Care
Spiritual Concerns"**

-Rev. Tom Goldsmith

Please join us after each service for the Activities
Fair.