



THE UNITARIAN CHURCH IN FALL RIVER

309 North Main Street
Fall River, Massachusetts 02720
508 678-9700 • unitarianchurchfr.org

April 2016

Dear Friends,

Here we are at the beginning of Spring, the crossroads of two seasons. Most of us look forward to the Spring season. It's the epitome of a time of anticipation and hopefulness, new life and new birth. Who among us doesn't look forward to the planting of a new garden (even if we aren't the one who plants or tends it).

Once upon a time I raised canaries, helping Momma and Poppa Red Factor canary raise a new brood of singers. In my opinion there is nothing so sweet as the trilling of a canary, or their version of "Dueling Banjo's" when a roomful of canaries compete for the attention of the females of the clan.

Maybe you too have fond memories of the spring of the year. Indulge your memories and your dreams of a bigger and better garden or?

May your dreams be a new start and a new attitude about your life and the opportunities before you. And may our fellowship facilitate your dreams and aspirations.

Warmly,

The Rev. Dr. David H. Reinke, D.Min., MS
Chair, Standing Committee

Upcoming Service Leaders:

April 3 – Rev. Paul Sprecher

April 10 – Rev. John Burciaga

April 17 – Rev. Judith Wright

April 24 – Sam Teitel

*"And Spring arose on the garden
fair,
Like the Spirit of Love felt every-
where;
And each flower and herb on
Earth's dark breast
rose from the dreams of its wintry
rest."
- Percy Bysshe Shelley*

CHURCH HAPPENINGS

Call to Meeting

The Unitarian Society in Fall River
Aka The Unitarian Church in Fall River

Notice is hereby given that the Annual Meeting of The Unitarian Society in Fall River will be held on Sunday, May 1st, 2016 at the church located at 309 North Main Street, Fall River 02720. The Annual Meeting will commence after a shortened service and pot luck luncheon between 11:30 am and 12:00 Noon.

The Annual Meeting shall attend to the normal business matters of the Church as posted on the agenda. These shall include but are not limited to the acceptance of new members, proposed budget, slate of officers, other reports and activities. All interested may attend but only members in good standing may vote.

Attest: Eric H Darling, Moderator

Volunteers Needed!!! We are looking for volunteers to help give our building a “Spring Cleaning”, both inside and out. If you have any time to help out, please email Eric Darling at ehdarling@comcast.net, or talk to him anytime at the church.

We are also always looking for donations of supplies, so please help out with that if you can. We always need napkins, paper towels, dish detergent and cleaning supplies, plastic utensils, small paper plates, sugar, coffee, etc. We greatly appreciate all donations!

PROMOTING A HEALTHIER WORLD

Smart and Easy Tips to Reduce Food Waste by Laura Newcomer

At a young age, we learned to feel guilty for wasting food while other people don't have any. And maybe we should. Because here's something astounding: **The amount of food waste produced globally each year is more than enough to feed the nearly 1 billion hungry people in the world.**

But does that mean we should stuff ourselves even when we're full? Nope, that's not helping anybody. So what's a pea-hating child-turned-adult to do? First of all, don't let the guilt paralyze you. Cutting back on food waste is incredibly easy. Here are some tips designed to reduce food waste at the grocery store, at home, and during meals.

Waste Not — Your Action Plan

At the Store

1. Shop smart. Plan meals, use grocery lists, and avoid impulse buys. This way, you're less likely to buy things you don't need and that you're unlikely to actually consume. Buy items only when you have a plan for using them, and wait until perishables are all used up before buying more.
2. Buy exactly what you need. For example, if a recipe calls for two carrots, don't buy a whole bag. Instead, buy loose produce so you can purchase the exact number you'll use. Likewise, try buying grains, nuts, and spices from bulk bins so you can measure out exactly what you need and don't over-buy. (Just note that there's a difference between buying in bulk and buying from bulk bins; the first one can actually create more waste if we buy more than we can realistically use). Bonus: This tip will save some cash, to boot.
3. Be realistic. If you live alone, you won't need the same number of apples as a family of four (unless you really like apples). If you rarely cook, don't stock up on goods that have to be cooked in order to be consumed (such as baking supplies or dried grains and beans).

At Home

4. Practice FIFO. It stands for First In, First Out. When unpacking groceries, move older products to the front of the fridge/freezer/pantry and put new products in the back. This way, you're more likely to use up the older stuff before it expires.
5. Monitor what you throw away. Designate a week in which you write down everything you throw out on a regular basis. Tossing half a loaf of bread each week? Maybe it's time to start freezing half that loaf the moment you buy it so it doesn't go stale before you're able to eat it.
6. Take stock. Note upcoming expiration dates on foods you already have at home, and plan meals around the products that are closest to their expiration. On a similar note, keep a list of what's in the freezer and when each item was frozen. Place this on the freezer door for easy reference and use items before they pass their prime.
7. Designate one dinner each week as a "use-it-up" meal. Instead of cooking a new meal, look around in the cupboards and fridge for leftovers and other food that might otherwise get overlooked.
8. Eat leftovers! Brown-bag them for work or school for a free packed lunch. If you don't want to eat leftovers the day after they're cooked, freeze and save them for later (just remember to note when you froze them so you can use them up in a timely fashion).
9. Use it all. When cooking, use every piece of whatever food you're cooking with, whenever possible. For example, leave the skin on cucumbers and potatoes, sauté broccoli stems along with the florets (they taste good too; we promise!), and so on. Bonus: Skins and stems often have provide additional nutrients for our bodies.
10. Store better. If you regularly throw away stale chips/cereal/crackers/etc., try storing them in air-tight containers — this should help them keep longer (or, of course, just buy fewer of these products).
11. Repurpose leftovers scraps. Use vegetable and meat scraps in homemade stocks, and use citrus fruit rinds and zest to add flavor to other meals.

12. Preserve produce. Produce doesn't have to be tossed just because it's reaching the end of its peak. Soft fruit can be used in smoothies; wilting vegetables can be used in soups, etc. And both wilting fruits and veggies can be turned into delicious, nutritious juice.

13. Donate what you won't use. Never going to eat that can of beans? Donate it to a food kitchen before it expires so it can be consumed by someone who needs it.

14. Understand expiration dates. Turns out those expiration dates don't always have to do with food safety; rather, they're usually manufacturers' suggestions for peak quality. If stored properly, most foods (even meat) stay fresh several days past the "use-by" date. If a food looks, smells, and tastes okay, it should be fine. If any of these elements are off, then it's time to toss it.

During Mealtime

15. Split the dish. If eating out, split a dish with a friend so you don't waste half of the giant portion sizes found at many restaurants.

16. Take home leftovers. Even if you're not into splitting meals, those portion sizes don't have to be wasted. Just ask to take leftovers home (bonus eco points if you bring your own reusable container!), and you've got yourself a free lunch the next day.

17. Share. Made a quadruple recipe of a casserole you ended up disliking? Gift it to friends, family, or neighbors — they're likely to be grateful for the saved money and time.

*“What's the use of a fine house if you haven't
got a tolerable planet to put it on?”
— Henry David Thoreau, Familiar Letters*

You are invited to join the Spring Gathering of Womensphere, a Sacred Circle Gathering for Women through the New England region of The Unitarian Universalist Association. This year's event is

NURTURING THE CREATIVITY IN YOU

In this workshop we will explore writing as a practice towards self-knowing, compassion and love.

We will experiment with physical movement as writing's sister, engaging with our bodies to understand, document and translate our external and internal worlds.

Saturday May 7, 2016

9:30am – 3:30pm

The First Universalist Society of Franklin (FUSF)

262 Chestnut Street, Franklin Ma 02038

For details and registration go to www.uuwomensphere.com

OPPORTUNITIES FOR SPIRITUAL GROWTH

Beyond the Walls of Our Congregation

As Unitarian Universalists, we often find ourselves wishing we could live in a world that more closely reflects our values. We want more of what we share within the walls of our congregation to exist outside the walls. Many of us dedicate our lives to creating small pockets of community that reflect our values.

It can come as a surprise to many Unitarian Universalists that there is already an established network of such communities throughout the United States and Canada. It's our Unitarian Universalist Camp and Conference Centers. And they have formed an alliance to help spread the word, the Unitarian Universalist Alliance of Camp and Conference Centers (UUACCC).

Each center is a unique place, often located in a spectacular natural setting. Most operate year-round or close to it, offering retreats, conferences, and summer camp experiences that reflect our UU values. They offer similar experiences to the summer institutes and assemblies but because they are center based they are able to do so on a continuous basis throughout the year with a great many opportunities for learning and growing in community.

Adults and families are often surprised to learn what a wide range of opportunities for fellowship, self-discovery, and learning Camp and Conference Centers provide throughout the year. And all take place in natural settings of unparalleled beauty.

For those of us with children, the centers that offer summer camp experiences for youth are especially important. It can be challenging for our children to find peers who share their values, and a place to belong where they can live those values. Unitarian Universalist Camp and Conference Centers are often a home away from home for young people.

In the words of a camper from Unirondack, a UU summer camp in the Western Adirondacks of New York State:

" You taught me to seek out the innate goodness in every human being. You taught me that there is no fully good person, and no consummation of evil...that everybody is a rainbow. You just have to pick which colors to see,...You taught me how to love. You taught me that love doesn't have to be between man and woman...that any two people can love each other. Love is holding hands, love is sitting together, reading together, singing together, holding each other up, holding each other back, and letting each other go. Goodbye Unirondack. I love you. And now I'm ready to go love some more."

Transformative UUnique experiences like this young person describes are an everyday occurrence at our Unitarian Universalist Camp and Conference Centers. There is something for everyone: youth, families of all kinds, and adults. Visit the UUACCC website to find links to UU experiences beyond the walls of our congregation.

For anyone wanting a UU reference in their own library:

A Chosen Faith

An Introduction to Unitarian Universalism

Authors: [Forrest Church](#), [John A. Buehrens](#)

Product Code: 6045

ISBN: [9780807016176](#)

Format: Paperback

Publisher: Beacon

Publication Date: 5/1/1994

Pages: 240

Availability: In stock.

Price: **\$16.00**

Can be purchased at the UUA Bookstore in Boston, or uuabookstore.org

"To really change the world, we have to help people change the way they see things. Global betterment is a mental process, not one that requires huge sums of money or a high level of authority. Change has to be psychological. So if you want to see real change, stay persistent in educating humanity on how similar we all are than different. Don't only strive to be the change you want to see in the world, but also help all those around you see the world through commonalities of the heart so that they would want to change with you. This is how humanity will evolve to become better. This is how you can change the world. The language of the heart is mankind's main common language."

— Suzy Kassem, Rise Up and Salute the Sun: The Writings of Suzy Kassem