

November 2017

All Souls News

All Souls Unitarian Universalist Church, 9449 Ellerbe Road, Shreveport, LA 71106 | (318) 868-3313 | www.allsousshreveport.org

Board of Directors

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Bennett Upton
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Term ends June 2019

Vice President:

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Term ends June 2018

Secretary:

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Term ends June 2018

Treasurer:

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Term ends June 2019

Member at Large:

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Term ends June 2019

Member at Large:

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Term ends June 2019

Member at Large:

Alice Normand
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Term ends June 2018

Member at Large:

Juan Villarreal
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Term ends June 2019

November Services

Worship Service starts at 11 a.m.

*Children and Youth are dismissed during the service for Religious Education.
Nursery care is available during Adult RE (9:15 a.m.) and till the service ends.*

November 5 - Rev. Barbara Jarrell is in the pulpit this morning as we continue our series on new perspectives on our Christian roots.

Board Persons of the Day: Juan Villarreal and Bennett Upton

November 12 – Continuing her series on “A New Look at an Old Path,” Rev. Barbara Jarrell is in the pulpit this morning. On this weekend of Veteran’s Day, the service will include recognition of our veterans and a look at Christian perspectives on war and peace.

Board Persons of the Day: Nicki McLain and Cindy Mandarin

November 19 – Our annual Thanksgiving service and ritual feast. We will have a shorter service in the sanctuary that continues with a procession to the social hall and a Thanksgiving communion ritual, followed by a great potluck feast.

Board Persons of the Day: Phil Boswell and Alice Normand

November 26 – On this Sunday after Thanksgiving, we will look back at the practice of “Thirty Days of Gratitude,” and have a conversation about what we learned from the practice.

Board Persons of the Day: John Allen and James Peck

Give to the Gwen Gow Music Fund



The Gwen Gow Music Fund was established at All Souls as a pass-through fund for the purpose of offering a stipend to the choir director. For years, Rev. Barbara has volunteered her talents in this capacity with her whole heart, not only directing but often accompanying the choir and writing original music for them to perform. Bob Jordan proposed and created the fund as a tribute to his late wife, Gwen Gow, for whom music was an integral and meaningful part of the worship experience. To contribute, you can write a check to All Souls for any amount and specify Gwen Gow Fund in the memo line.

OFFICE HOURS: Tuesdays through Fridays, 10 a.m. to 2 p.m.

OFFICE EMAIL office@allsousshreveport.org

OFFICE PHONE (318) 868-3313

CONTACT INFORMATION

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NEWSLETTER DEADLINE

is Tuesday, Nov 21

Early submissions are
always welcomed

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All Souls is a
Welcoming
Congregation.



FROM THE MINISTER

By Rev.

Barbara Jarrell



I was thinking ...

We are to regard the mind, not as a piece of iron to be laid upon the anvil and hammered into any shape, nor as a block of marble in which we are to find the statue by removing the rubbish, nor as a receptacle into which knowledge may be poured; but as a flame that is to be fed, as an active being that must be strengthened to think and feel — to dare, to do, and to suffer.
(Mark Hopkins, 1802 – 1887)

This morning, like every morning, I received a “Common Meditation” from Rev. Galen Guengerich of All Souls Unitarian Church in New York City. The quote above was today’s reading. This evening considering a newsletter column that quote crossed my mind as did the wonderful William Ellergy Channing quote “I Call that Mind Free” which I will include at the end of this. We spend an awful lot of our waking lives **thinking** about things (sometimes trying not to). We do creative **thinking**, critical **thinking**, analytical **thinking**, divergent **thinking**, convergent **thinking**, linear **thinking**, and holistic **thinking**—ruminating, pondering, replaying, rewriting—all in our heads.

Last week on public radio people were explaining that often we mistakenly think of our memories as recordings—that when something transpires a mental record is held intact to call up when we wish or as we are able. They explained that our memories are really more like Wikipedia. The fact is they can be rewritten and edited at any time (and are very likely to be over time) by ourselves or others. The media we or our children stay tuned to is quite literally changing our thinking. Many things influence the way we recall information. So all sorts of things we may believe to be fact from our own experience could in reality be quite different from what actually came to pass. This is why eye-witness accounts are so unreliable. We need to be “mindful” of who and what we allow to influence and rewrite our thoughts. Are they contributing to our capacity for Love, understanding, compassion, inclusion, creativity, unity, openness, courage, faith and being deeply at peace? If not—you may do well to redirect your intellectual diet, change what fuel we are feeding our mental flames.

We can be preoccupied with **thinking** about all manner of subjects great and small -- believing the whole time that with our minds we hold the key to these challenges of the human condition, that our **thinking** is our path to peace, love, understanding, and deeper meaning all around. But I **think** we may be **thinking** about it entirely too much or at very least **thinking** disproportionately to feeling, sensing, and perceiving (three other Myers-Briggs headings).

We can get so far into our heads that we begin to shut down those
(continued on page 4)

REsources for the REsistance

“30 Days of Gratitude, DRE Edition”



By Susan Caldwell,
Director of Lifespan Religious Education

Over the past few years on social media, a November trend has sprung up that has people expressing gratitude for something different for each day of the month. In present-day America, it sometimes seems harder than ever to find reasons for gratitude, and thus more important than ever to seek them. Therefore, here is my attempt to get a jump on the month: Thirty Days of Gratitude in the Life of a DRE. Chronological order does not necessarily reflect order of importance, because I am immensely grateful for all of them.

1. Everyone who has ever taught a religious education class here at All Souls.
2. Everyone who teaches every year.
3. Everyone who teaches more than one pillar every year.
4. Everyone who signs up to teach in the blanks that are still left on our teacher chart for the rest of this year.
5. Everyone who loves one class in one particular age group enough to stay with them throughout the entire year, providing precious relationship and continuity.
6. Every parent who brings their children to church on a regular basis, as often as family schedules will allow.
7. Every parent who brings their children, ever.
8. Every parent who brings their children because their children asked to come.
9. Every parent who brings their children even on the days they aren't particularly crazy about coming.
10. Every non-parent who teaches a religious education class because you understand that as a faith community, we all have children, and you choose intentionally to be a part of their village.
11. Every *parent* who teaches a religious education class, because in addition to the more-than-full-time job of raising your own children, you choose to be a spiritual guide for other children in your community.
12. Every person who teaches for a living during the rest of the week and thus chooses not to do so on Sundays, but continually finds many other ways to serve this multi-generational community.
13. Every person who has ever led or assisted in leading a summer RE activity.
14. Our current nursery workers, Marie and Kayla, our subs, Rita and Loretta, and everyone who has ever worked in the nursery, creating a safe and welcoming

place for our Small Souls.

15. Every member of the choir, for creating music and community in every rehearsal and every performance.
16. Our minister, Barbara, who ministers to all ages with compassion and love and *music*, always calling us to be our best selves.
17. Our children, always growing in wisdom and faith, and always teaching if only we are willing to listen and learn.
18. The members of our Board, many of whom serve tirelessly in addition to full-time jobs and full-time lives.
19. Everyone who has ever served on the Board, or as a committee chair or committee member.
20. Everyone who has ever chaired a big event like the Gala, and all the volunteers who have served with them.
21. Everyone who has ever planned a potluck.
22. Everyone who has ever brought a dish to a potluck.
23. Everyone who has ever served as a Worship Associate.
24. Every child and youth who has ever served as a Bearer of Light and Tradition, always with dignity and respect for the tradition they uphold.
25. Everyone who has ever visited a congregant in the hospital.
26. Everyone who has ever participated in a meal train, either by cooking, picking up takeout, or paying for someone else to do so.
27. Everyone who has ever attended an Interfaith meeting, a City Council or Commission meeting, a courthouse rally, or a statewide meeting in Baton Rouge to stand for the issues that have heart for us.
28. Everyone who has ever volunteered to help with World Religion Day or Taste of Interfaith, or has simply attended and participated in either or both, taking time to get to know our multi-faith partners and neighbors.
29. Everyone who has ever volunteered at the Highland Blessing Dinner
30. Everyone who has attended Adult Religious Education classes and has made a conscious effort to learn about white supremacy culture and how we work to dismantle it.

(continued on page 5)

(From the Minister, continued from page 2)

other (and potentially more reliable) portals for learning sometimes even devaluing their significance. It is in the balanced synthesis of all these things—the integration of our input sources and neural networks-- that creativity is possible and new ideas and solutions can be born.

This world and our own country are in great need for expansive vision and outside all boxes solutions. I encourage each of us to exercise those portals we use least so that profound synthesis and integration can begin and continue first within us, then among us, and finally beyond us. We need to build relationships not walls. I think those in our Sunday morning Adult Education classes are finding many new ways to consider circumstances. We are coming along well with the efforts we have made so far. May they continue and grow and may many of you join us in that journey, as well.

Yours in ever-evolving faith,
Barbara

I Call That Mind Free

I call that mind free which masters the senses, and which recognizes its own reality and greatness:

Which passes life, not in asking what it shall eat or drink, but in hungering, thirsting, and seeking after righteousness.

I call that mind free which jealously guards its intellectual rights and powers, which does not content itself with a passive or hereditary faith:

Which opens itself to light whencesoever it may come; which receives new truth as an angel from heaven.

I call that mind free which is not passively framed by outward circumstances, and is not the creature of accidental impulse:

Which discovers everywhere the radiant signatures of the infinite spirit, and in them finds help to its own spiritual enlargement.

I call that mind free which protects itself against the usurpations of society, and which does not cower to human opinion:

Which refuses to be the slave or tool of the many or of the few, and guards its empire over itself as nobler than the empire of the world.

I call that mind free which resists the bondage of habit, which does not mechanically copy the past, nor live on its old virtues:

But which listens for new and higher monitions of conscience, and rejoices to pour itself forth in fresh and higher exertions.

I call that mind free which sets no bounds to its love, which, wherever they are seen, delights in virtue and sympathizes with suffering:

Which recognizes in all human beings the image of God and the rights of God's children, and offers itself up a willing sacrifice to the cause of humankind.

I call that mind free which has cast off all fear but that of wrongdoing, and which no menace or peril can enthrall:

Which is calm in the midst of tumults, and possesses itself, though all else be lost.

(William Ellery Channing, 1780-1842)

Membership Matters

Newcomers Welcomed to Information Session

The Membership Committee will be facilitating an Information Session following the church service on November 12. These sessions are held monthly to provide visitors and guests with a better understanding of our Unitarian Universalist faith. We will watch a short DVD from our Boston Headquarters providing some history of our movement with

a focus on our Principles and Purposes that we Covenant as a Denomination. Questions are encouraged and a sharing of spiritual growth journeys is welcomed as we get to know each other in a safe and supportive environment. Should you have any questions regarding Membership please see me in the church foyer or give me a call.

Thanks,

Ron Thurston
Membership Chairman
318-300-9509



Join Us for Thanksgiving Potluck! - Sunday, Nov. 19, and on Thanksgiving Day at 2 p.m.

Every Thanksgiving, All Souls celebrates with a Thanksgiving Service, which includes a communion ritual in the social hall and concludes with a stupendous potluck meal. Please bring a dish (or two or three) to share—main dishes (turkeys, hams, etc.), side dishes, breads, appetizers, desserts, etc. If possible, please mark food as gluten-free and/or vegetarian/vegan. Please note that on Thanksgiving Day, November 23, Ron Thurston will host a Thanksgiving meal at the church at 2 p.m. Please speak to Ron for more information.



DENOMINATIONAL EVENTS

3-5 November 2017 Heart of Texas YRUU Youth Rally (First UU Church, San Antonio TX). For youth ages 14 to 18. For more information, contact the church office.

3-5 November 2017 U-Bar-U Men's Retreat (U-Bar-U Camp - Kerrville TX). The costs for this retreat is \$125.00. The retreat will be facilitated by Rev. Mark Skrabacz. For more information, contact Sheri Phillabaum, dlre@uusat.org, 210-344-2431. To register, go online to ubaru.org.

10-11 November 2017 Southern Region Fall Conference (First Unitarian Church, Dallas TX). For more information, go online here: <http://www.uua.org/southern/calendar/region/tx-southern-region-fall-conference?month=2017-11>

12-14 January 2018 Gulf Coast YRUU Youth Rally (Emerson UU Church, Houston TX). For youth ages 14 to 18. For more information, contact the church office.

23-25 February 2018 SWUU Women's Conference (Austin TX). For this year's conference, the keynote speaker is Texas State Representative Donna Howard, the featured musician is Kiya Heartwood, and the featured minister is Rev. Meg Barnhouse. For more information, go online here: <http://swuuw.org/conferences/2018>

Submitted by Steve Caldwell, Denominational Affairs

(REsources for REsistance, continued from page 3)

I could probably go on and, of course, I have the feeling I have left out someone or something VERY important, but I am also extremely grateful to Rovenia for editing this newsletter, and I know this article will give her enough problems with space. Happy Thanksgiving, and may you find your own list for your own Thirty Days, and so much more!

With thanks for all of you,

Susan

Fellowship Dinners

All All Souls members and those contemplating membership are invited to get together over a shared meal in one of our member's homes. We haven't done this in a while and the Committee on Ministry felt it was high time we did. These dinners are always rewarding; a good opportunity for interested visitors and new and older members to get to know each other.

The dinners will take place on various dates between November 4th and November 18th (mostly Saturday evenings). The menu will consist of a main dish provided by the host and side dishes provided by participating members. Visitors need only bring their appetites. We currently have five households who have volunteered to act as hosts for this event. We would like to have a few more. There will be a sign-up sheet available this Sunday 10 in the Foyer and at the Potluck lunch following the service.

Brought to you by the Ad-hoc Fellowship of the FFF-COM-CME. You may volunteer to host or direct questions to Phil Boswell on my cell - [318 573-3295](tel:3185733295) or my email: philboswell98@gmail.com. I can also be reached through the church office - [318 868-3313](tel:3188683313).

The New U U

Tuesdays, 6:00—7:30 P.M. in the Social Hall from Nov. 7– Dec. 19

Join **Rev. Barbara Jarrell** and **Susan Caldwell** for this introductory overview of the history, heritage, and current practices of our faith tradition and our own congregation. Although you are likely to gain more from both the content and the community of the group if you attend every class, each class does stand well on its own, and you are invited to join us when you can. **This class is open to all, whether new members, interested newcomers who have not yet joined, or longtime members, whether you have taken the class before or not.**

November 7 - Theology and Worship

November 14 – Where Do We Come From? Unitarian Universalist Roots

November 28 - How We Grow in Faith – Philosophy of Religious Education

December 5 – Social Justice Philosophy and Practice

December 12 – How Are Decisions Made? Governance and Polity

December 19 – Membership

We will not have class November 21, during Thanksgiving week.

Together Louisiana's Meeting with Governor Edwards Postponed to November 9
Rich State, Poor State: Two Philosophies of Economic Development, Part II
How We Change from a Rich State Full of Poor People to Building an Economy of Shared Prosperity
12:00—2:30 p.m. University Baptist Church, [5775 Highland Rd. Baton Rouge](https://www.google.com/maps/place/5775+Highland+Ave,+Baton+Rouge,+LA+70805/@30.333,-90.067,15z)

Our Public Assembly with Governor John Bel Edwards is now scheduled for November 9, 12:00 – 2:30 p.m., and will still be on the theme of reforming the Industrial Tax Exemption Program, or ITEP. Last year, Governor Edwards made history when he became the first sitting governor to attend a meeting of the Board of Commerce and Industry, and the first to use his powers under the state constitution to bring more accountability to the ITEP application process. We want to change the narrative of economic development in Louisiana from one of giving away the store in tax exemptions to large corporations to a model of investment in our greatest resource: *our citizens*. We are not anti-business, nor are we opposed to tax exemptions as one tool for encouraging economic development. What we want, however, is some accountability in the process: namely, that 1.) the company applying for an exemption will create new, *permanent* jobs, 2.) the exemptions per job will not exceed \$200,000; and 3.) there will be a clawback provision to recover back taxes if the promised jobs do not materialize. Right now, we are in the process of encouraging and assisting local parish taxing bodies (school boards, sheriff's departments, and parish commissions or police juries) to develop resolutions enacting these three provisions we have proposed. **Interested in attending this meeting? Email Susan Caldwell at dre@allsoulsshreveport.org or text her at 318-465-3427. Or, just register at togetherla.org**

Volunteer of the Month— Richard Denton

Our Volunteer of the Month for November is best known not only as the World's Greatest Fan of both Pink Floyd and the Green Bay Packers, but most notably as the Patriarch of the Denton Tie-Dyenasty. This is the one patriarchy we would never want to smash, although his tie-dye creations are pretty smashing! And Richard doesn't just walk around as a tie-dye fashion statement, he helps all the children and any adults who want to create their own at our annual Tie-Dye Sunday in June. He also teaches origami each summer, and learns something new each summer to teach the children and youth about that ancient art of paper folding. In past years, Richard has taught regular Religious Education classes and was a special favorite of the PreK kids. When he's not helping children and youth create super-cool works of art, he is lending his terrific bass voice and legendary humor to the choir, or making hungry people feel welcome as a table host at the Highland Blessing Dinner. For all he has done and all he *is*, we are happy to award the Parking Spot of Honor to Richard Denton and whoever gives him a ride to Sunday service, Wednesday choir practice, or any other church event during the month of November. Congrats and THANK YOU, Richard!

Try Yoga at All Souls

All are invited to join Valarie Lorigans for yoga on Thursdays at 5:45 p.m. at All Souls. There will be no class on Thanksgiving Day.

Bring a mat, if you have one, otherwise Valarie has a few loaners. Class fee is "by donation."

Valarie began her yoga journey in 2007 and is eager to share its benefits with others. She has attended numer-

ous workshops on yoga and completed a 200-hour Yoga Alliance teacher training with Ally Ford. She considers yoga a remarkable tool for building a sense of sharing and support among friends and family, and loves to watch others grow, finding strength and balance through yoga.

Valarie also teaches at Aspire Yoga Studio.



2018 Pledge Drive Are You IN?

INcluded, INvested, INVolved

Give Away the Plate

All Souls "gives away the plate" on the last Sunday of every month.

Give Away the Plate recipients are selected by the Board of Directions.

Do you have a suggestion? Contact your favorite board member with the name and mission of your selected charity.

Building & Grounds Work Day



Second Saturday of
Every Month

9 a.m. to 1 p.m.

All ages and abilities
encouraged to
participate!

Highland Blessing Dinner

All Souls Unitarian Universalist Church co-hosts the Highland Blessing Dinner on the first Thursday of every month. On months with five Thursdays, all sponsoring churches are asked to send volunteers.






The intent of the meals is to serve individuals and families who may "fall through the cracks" of social services. Currently, more than 120 meals are being served each Thursday.

Volunteers are needed to host tables, serve, and help in several other capacities—but the cooking is already done.

Sign up with Susan Caldwell or just show up at the Highland Center, 520 Olive Street, at 5 p.m.

Upcoming Meal(s): Nov 2 and Dec 7



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						
			1 5:30PM Choir	2 5PM Support Group 5PM Highland Blessing Dinner (Page 7) 5:45PM Yoga	3 7PM Game Night 	4 10:30AM Meditation 3PM ADF
5 9:15AM Adult RE 11AM Worship/RE 1:30PM LTA 5PM Course in Miracles	6	7 6PM Together Louisiana Under the Texas St. Bridge 6PM The New UU 7PM TED Talks Discussion Group	8 5:30PM Choir	9 5PM Support Group 5:45PM Yoga	10	11 9AM to 1PM Building & Grounds Work Day 10:30AM Meditation 3PM ADF 
12 9:15AM Adult RE 11AM Worship / RE 12PM Newcomer Info Session (Page 5) 5PM Course in Miracles	13	14 6PM World Religion Day Planning Meeting (P6) 6PM The New UU 7PM Committee on Ministry 7PM TED Talks	15 5:30PM Choir	16 5PM Support Group 5:45PM Yoga 7PM Interfaith Leaders' Meeting	17 6 PM wedding rehearsal 7PM Game Night 	18 10:30 AM Meditation 3PM ADF 3 PM wedding
19 11AM Worship 12:00PM Thanksgiving Potluck 5PM Course in Miracles	20 6:00 PM—Board Meeting	21 7PM TED Talks Discussion Group	22 5:30 PM Choir	23 Thanksgiving 2 PM Thanksgiving Meal at All Souls	24	25 10:30AM Meditation 3PM ADF
26 9:15AM Adult RE 11AM Worship/RE 5PM Course in Miracles	27	28 6PM The New UU 7PM TED Talks Discussion Group	29 5:30 PM Choir	30 5PM Support Group 5:45PM Yoga		



2018 Pledge Drive

Are You IN?

INcluded, INvested, INvolved

Watch your phone for a call from our 2018 Pledge Chair, Melissa Gibson. and your mailbox for your 2018 Pledge Envelope. If needed, you can speak to Melissa on Sundays after the service—she'll be in the middle school/high school room (the one with the couches). If you have already submitted your 2018 Pledge Form, thank you!