

# All Souls News

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

## MARCH 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.*

**March 5**—In celebration of Women's History Month, we welcome **Dr. Jaya McSharma** to our pulpit with, "The Not-So-Accidental Activist." *Board Persons of the Day are Melissa Gibson and Jocelyn Lanham.*

**March 12**—We welcome our neighbor from up the street, **Rev. Juan Huertas** from Grace Community Church. *Board Persons of the Day are James Peck and John Allen.*

**March 19**—Today we present **Lois Scheib** with the 2017 Ralph Waldo Emerson Award. Lois works with the League of Women Voters and Northern and Central Louisiana Interfaith. For many years, she has worked tirelessly to improve race relations in the Shreveport-Bossier community. Most recently, Scheib co-founded Together We Win (TO-WWN), a monthly breakfast group meeting to have honest discussion on the racial climate in our community and ways to improve it. TO-WWN has planned storytelling events and social events as well. Previously, Scheib founded Faith and Community for Racial Unity and has been a part of several efforts to unite youth from predominantly white and predominantly African-American churches for conversation seeking deeper understanding. At Scheib's request, **Rev. Barbara Jarrell** will give the Emerson sermon. *Board Persons of the Day are Alice Normand and Nicki McLain.*

**March 26**—**Rev. Barbara Jarrell** is in the pulpit. *Board Persons of the Day are Eric First and Phil Boswell.*

**OFFICE HOURS** Tuesdays through Thursdays, 10 a.m. to 2 p.m.

**OFFICE EMAIL** [office@allsousshreveport.org](mailto:office@allsousshreveport.org)

**OFFICE PHONE** (318) 868-3313

## All Souls Seeks Master Plan for Outdoor Spaces

**Cindy Mandarino** wants your input in developing a Master Plan for the outdoor spaces around the church. Our natural setting is one of our church's powerful assets.

For many of us these surroundings nurture our spiritual journey. As a small congregation, with a great much to do, and a considerable outside area to maintain, it would benefit us to come to an agreement of intent of how we want to use and care for these natural spaces.

In addition to incorporating our values as UU's, we can create a guide for the future so that we are working smarter and not harder and reducing misunderstandings, duplication of effort and labor, and unintentional sabotage of our outdoors.

The process of developing the Master Plan will be ongoing. It will begin this month and include the following areas over the next couple of years:

- Identify and interview All Souls community members who are interested in offering input and support in developing the plans for outdoors
- Identify existing plantings throughout property
- Create a map of the grounds that illustrates areas by use and plantings
- Consider/make recommendations for maintenance techniques and hardscape additions to assist with upkeep
- Offer educational opportunities for the All Souls Community and other community members to learn basic gardening skills including weeding, pruning, propagation, etc. with an emphasis on organics, permaculture, and low maintenance.
- Identify a core group of participants who commit to develop and adhere to a maintenance plan that is seasonally based and is in the interest of furthering the goals set for the grounds during this process.
- Make design adjustments to grounds, where and when and as feasible, to facilitate more efficient maintenance and enhanced use.

To this end, we will be having our Master Plan kick-off meeting after the church service on Sunday, March 26. **(Continued on Page 2: GROUNDS)**

## CONTACT INFORMATION

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OPEN

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### Pledge Drive Committee

OPEN

### Social Justice Committee

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## NEWSLETTER DEADLINE

Tuesday, March 28 by 8 p.m.

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All Souls is a  
Welcoming  
Congregation.



# FROM THE MINISTER

## Dignity Offers Ways to Unite and Common Ground

By Rev.

Barbara Jarrell



Lately I have been particularly caught up with trying to encourage folks to read the book *Dignity: The Essential Role it Plays in Resolving Conflict*.

Because the deepening and disturbing division in our country is not something we can long afford I see a very real need for new and courageous tactics to resolve or beginning healing it. There are things that can be done and there is far more cause for optimism than you may currently recognize.

The best route for a way forward that I see comes with two necessary parts. They are both mindfully discussed in the book with fascinating stories and examples from international settings and circumstances. One asks us to develop the depth of character and spirit to navigate unfamiliar terrain with

more compassion and clarity grounded in new considerations and understanding. The second piece of growing new solutions lies in becoming more aware of our own counter-productive instincts and then doing the admittedly difficult work of changing that behavior.

The book offers one view of how and why we have evolved to most favor survival patterns that are no longer the most beneficial course of action.

I am trying to get all kinds of people, all over town and beyond to read the book so that we might at least begin our construction and communications across the great divide from a place of higher potential that the players will remain engaged in the efforts and therefore make us far more likely to achieve some useful end.

I am again asking that you read this book. Ask the others in your household, family, circle of

friends, co-workers to read the book. It's an easy read.

Even if it presents notions along the way with which your relations and associates may not agree (like evolution) the tools included could ultimately facilitate that discussion, as well. I am already hearing stories from among our members about the effect the book is having in and on their lives.

My intention is to develop a number of programs from this common ground.

Please join us. This effort married with the others around town like the YWCA sponsored Dialogues on Race can really be game changers. If you care to be part of the solution (the healing waters, if you will) and not simply flooded with frustrations—jump in. We have wondrous work to do.

Yours in ever-evolving faith,

Barbara



## ALL SOULS MEDIA SALE

FRIDAY & SATURDAY, April 21 & 22, 10 a.m. to 1 p.m.

SUNDAY, April 23—12:30 to 1:30 p.m.

**BOOKS! DVDS! VINYL! CDS! & MORE!**

**NOW ACCEPTING YOUR UNWANTED MEDIA**

Please drop off your donations at:

9449 Ellerbe Road

Shreveport, LA 71106

[www.facebook.com/allsoulsshreveport](http://www.facebook.com/allsoulsshreveport)

Please message us to make arrangements to pick up or drop off.

DIRECTIONS: Take Line Avenue/Ellerbe Road south past Bert Kouns. All Souls is on the left, directly across from Kroger, before you get to the CVS on Flournoy-Lucas.

Paperbacks 50 cents, Hardcover \$1 (unless otherwise marked)

Sunday: \$5 a bag (anything you can fit in a bag for \$5)

**NOW COLLECTING YOUR UNWANTED BOOKS & MORE!**



# Corner Office with a View

## A Lenten Practice for Unitarian Universalists



By Susan Caldwell,  
Director of Lifespan Religious Education

“What? I thought we didn’t do Lent,” you may be thinking. And it’s true that as a faith tradition, we have no prescribed observance of the season, but for different reasons, many of us view it as time to pause, take stock of our lives, and choose in some manner or another to live more intentionally.

The season of Lent is a part of the Christian liturgical calendar, representing the 40 days that Jesus went into the desert to grieve and pray before the crucifixion.

The season lasts from Ash Wednesday (the day after Mardi Gras) till Easter, not including Sundays. (This last part is disputable for some, but I learned that Sunday always celebrated the Resurrection.)

Christians (including many UUs who follow a Christian path) see it as a time of sacrifice in memory of the ultimate sacrifice made by Jesus. Other Unitarian Universalists may find meaning in the symbolism of that sacrifice as a call to spiritual discipline.

The most common observance of the season, and the one probably most familiar to most people, is the idea of “giving up” something, usually something one likes a lot, such as chocolate, sugar, alcohol, or bread, or perhaps a habit one is trying to break, such as swearing, gossiping, or negative thoughts. While this type of sacrifice is certainly in keeping with the Lenten season, I like to think of the season as not only a chance to “give up” something, but as a chance to “take on” something as well.

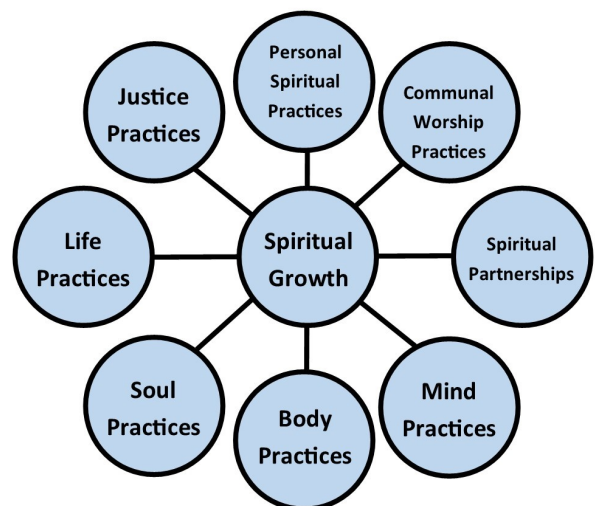
As I’ve thought about the shape this might take, I’m reminded of the Adult RE class Barbara and I taught last year, “Spirit in Practice.” The course took us week by week through different kinds of spiritual practice as a balanced and integrated approach to spiritual growth. You may not do all of these, every day, but they might give you an idea of activities you hadn’t necessarily considered as spiritual practice, or even help you to look at things you are already doing with a more intentional mindset.

Look them over and see what you think. *This list is paraphrased from Spirit in Practice, a Tapestry of Faith by Rev. Erik Walker Wikstrom, with additional suggestions available in our church or local community.*

- **Personal Spiritual Practices:** These are practices done alone and, perhaps, daily—such as meditation, dream work, journaling, prayer, and so on. They’re what most people think of when they hear the words “spiritual practice.” **Larry Androes** offers sessions of sitting Buddhist meditation followed by a teaching

every Saturday morning at 10:30 a.m. at All Souls, open to all.

- **Communal Worship Practices:** Although Unitarian Universalists affirm the uniqueness and individual nature of a person’s spiritual path, covenantal community is also an essential part of that path, and regular communal worship supports and enriches this part of the path. Attending services weekly, as well as attending interfaith worship opportunities such as the “Together Tuesday” gatherings under the Texas Street Bridge, are all ways to fulfill this practice.
- **Spiritual Partnerships:** Spiritual development is hard work, and most faith traditions affirm the usefulness of companions on the journey. A spiritual partnership can take the form of participation in a small group, a one-on-one relationship with another congregant or someone from another faith to explore spiritual issues, spiritual guidance with a minister or spiritual director, or one’s own personal therapy. What matters most is the intentional relationship with another person and a mutual commitment to the journey.
- **Mind Practices:** The intellectual component of spiritual practice, including book studies such as our current offering of *Dignity: Its Essential Role in Resolving Conflict*, film discussions, lectures, adult forums, scripture studies, courses in UU history, and other RE offerings.
- **Body Practices:** We know that mind, body, and soul are interconnected. A physical practice might be yoga, running, sitting, gardening, tai chi, or anything else that keeps us in touch with the miracle of our physical selves. **Valerie Loridans** teaches yoga at All Souls at 5:45 p.m. every Thursday evening.



(Continued on Page 6: PRACTICES)

# Join Us on Thursdays for Yoga at All Souls

All are invited to join Valarie Loridans for yoga on Thursdays at 5:45 p.m. at All Souls. 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.

"Yoga has changed my life, strengthened my body and calmed my mind. I have a strong desire to share with others the heal-

ing benefits of yoga," Valarie said.

She has attended numerous 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.



## UUA Announces The Third Reconstruction as 'Common Read'

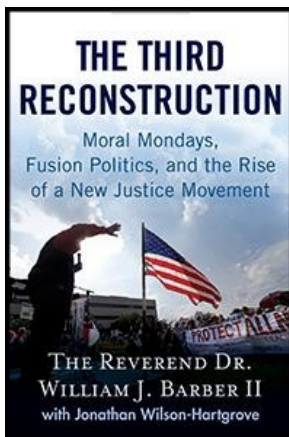
Unitarian Universalists were electrified at General Assembly 2016 by Rev. Dr. William J. Barber II's call for building and sustaining a movement for justice for all people. The UUA Common Read selection committee believes that this is a moment for Unitarian Universalists to answer that call.

*The Third Reconstruction* offers helpful, practical guidance for engaging with justice movements born in response to local experiences of larger injustices. Drawing on the prophetic traditions of the Jewish and Christian scriptures, while making room for other sources of truth, the book challenges us to ground our justice work in moral dissent, even when there is no reasonable expectation of political success, and to do the hard work of coalition building in a society that is fractured and polarized.

Rev. Barber said recently during his speech at the Democratic National Convention, "Some issues are not left versus right, or liberal versus conservative, they are right versus wrong."

Check out Rev. Barber's full speech from the DNC on YouTube.

At a time when divide-and-conquer politics are exacerbating racial strife and economic inequality, Rev. Barber offers an impassioned, historically grounded argument that Moral Mondays are hard evidence of an embryonic Third Reconstruction in America.



## 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): March 2, April 6



# Membership Matters

## Newcomers Welcomed to Information Session

By Ron Thurston,  
Membership Committee



Join us for this month's Newcomer Information Session on Sunday, March 12 at about 12:15 p.m.

Grab a cup of coffee after the service and join us in the middle/high school classroom—the one with the

couches.

The meeting is open to anyone interested in exploring more about Unitarian Universalism and membership at All Souls.

We will watch a short DVD from our Unitarian Universalist Association headquarters, spotlighting our principles, our history, and our ongoing mission in the world.

We will also share ongoing activ-

ities at All Souls, ways to get involved, and our membership process.

Staff and members will be present to answer questions, and we will share spiritual journeys, as you are comfortable.

If you have questions regarding membership or would like to join the Membership Committee, please see me before or after church or contact me at (318) 300-9509.

## Cindy Mandarinino is March's Volunteer of the Month

Cindy Mandarinino and her family have jumped head-first into All Souls.

Cindy has taken on kitchen duty on more than one occasion and helped Committee Chair **Jocelyn Lanham** setup and run the All Souls Fundraising Gala in February (which raised more than \$7,000).

Cindy, as an experienced landscaper, is now organizing the Master Plan for the grounds of the church (Page 1).

Each Sunday, Cindy and her family travel up from Natchitoches (about an hour away) to attend, usually winning the "Who Drove the Farthest to Get Here" award; now they can also enjoy the closest parking space to the church entrance.

Cindy, **Michael Matthews**, and **Zoey** thank you for being part of our All Souls family!

### DENOMINATIONAL EVENTS March 2017 & Beyond

**17-19 March 2017 Dallas – Ft. Worth Area YRUU Youth Rally** (Community UU Church – Plano TX). "UUnity Rally" – This event is for high school youth ages 14 to 19. For more information, go online here: <http://www.ntuuc.org/events/current-events/ntx-uunity-rally-2017>

**7-9 April 2017 UUA Southern Region Spring Gatherings** (Location TBA). This event will be held concurrently in the four Southern Region geographic areas formerly known as "districts" (Florida, Mid-South, Southeast, and Southwest). More details to follow.

*Submitted by Steve Caldwell, Denominational Affairs*

## BAKE SALE

**All Souls 2nd-5th Class  
Raised \$325 for Red River  
Wildlife Refuge!**

Thanks to all who made the  
bake sale a success!



**UUA GENERAL ASSEMBLY**

**June 21 to 25**

Details available at:

**[www.uua.org/ga](http://www.uua.org/ga)**

**If you are looking for ride share and/or room sharing information, check out the All Souls Shreveport Caring Connections Facebook Page or contact the Church Office**

## PRACTICES:

- **Soul Practices:** These are the practices that exercise our creative selves—drawing, painting, sculpting, music, poetry, and other creative endeavors. It has been said that the Biblical expression that humans are “made in the image of God” means that we are made to be creative. Follow the #UULent hashtag to learn more about a daily photography practice for the season. Sites such as 750words.com offer a framework for daily journaling, as do books such as *Writing Down the Bones* by Natalie Goldberg, and *The Artist's Way* by Julia Cameron.
- **Life Practices:** “Religious traditions from around the world agree that we eventually need to take what we do in private and in our congregations and bring it out into the rest of our lives—in our relationships with our family members, in our workplaces, in our interactions with strangers.” Again, I point you back to our current book *Dignity*, and in particular, the 10 Essential Elements of Dignity (good habits to practice in our interactions with others), and the 10 Temptations that can derail us into violating our own dignity and that of others.
- **Justice Practices:** From Rev. Wikstrom: “A fully mature spirituality does not stop at the goal of transforming oneself, but must extend beyond oneself—to others—and include a vision of transforming the world.” As **Imam Orsen El Amin** has recently reminded us, this is a wonderful time in our history to engage in Justice Practice, and this also happens to be the season in our church year when we celebrate Peace, Social Justice, and the Interdependent Web. Attend meetings of Interfaith, PACE, NOW Shreveport-Bossier, Louisianans for Prison Alternatives and other justice-seeking organizations. Write or call your state and federal representatives every day about an issue that is dear to your heart. Louisiana Progress and other organizations send out legislative alerts on a regular basis, and we try to publish a lot of them on our church's Facebook page. Purposefully connect and regularly converse with someone of a different political mindset than yourself – refer back to the 10 Essential Elements of Dignity and consciously practice those in the conversation.

## Join NOW Shreveport-Bossier for Women's Day Celebration

For International Women's Day 2017, we're asking you to *#BeBold-ForChange*. Call on the masses or call on yourself to help forge a better working world - a more inclusive, gender equal world!

NOW Shreveport-Bossier invites everyone to celebrate International Women's Day on Wednesday, March 8 from 5:30 to 7:30 p.m. in the parking lot of the Hope Clinic at 210 Kings

Highway, on the corner of Centenary and Kings Highway. Volunteers will have cake and refreshments and there will be a bounce house for the kids!

Community organizations will be on site sharing information on their groups and on upcoming events.

Participants are encouraged to wear their Women's March t-shirts, other feminist-themed shirts, or the color red to show solidarity.

For more information, visit the NOW Shreveport-Bossier Facebook page at [www.facebook.com/nowshreveportbossier](http://www.facebook.com/nowshreveportbossier).



## International Women's Day





# Expanding Sanctuary Today

“Sanctuary” is a word that many faith communities are engaging heavily with since Election Day. This word means many things to many different people. For some, it is about making sanctuary in our places of worship. For some it refers to policies that create sanctuary for undocumented people in cities and towns. For others, it signifies the kind of organizing communities are taking on to protect and defend Muslim communities, undocumented communities, LGBTQ communities, and Black Lives Matter activists who are being targeted by

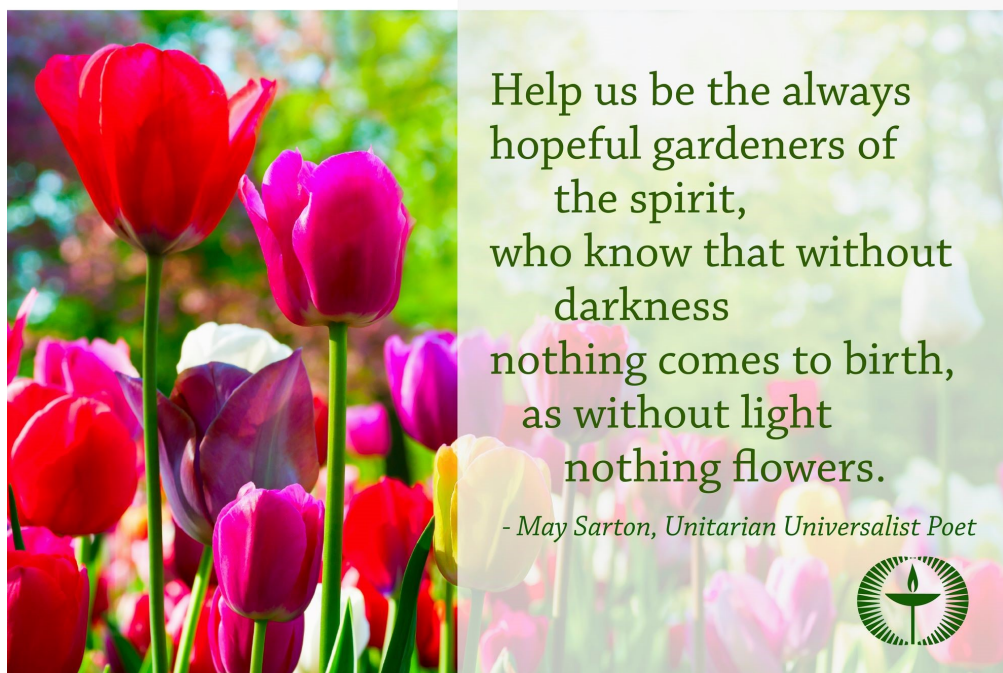
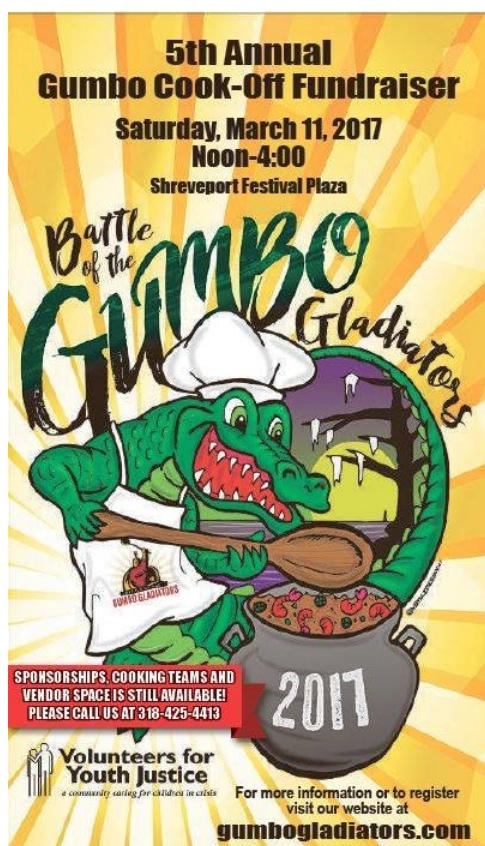
Trump’s administration. However, we are defining the word - we all have questions. The questions are basically stemming from a place of love, as we try to concern how we can show up for ourselves, our families, our neighborhoods and communities as specific communities are targeted for attack, violence, and removal.

In recent weeks and months an abundance of new and updated resources have been created to respond to these questions, to the call for local community defense networks, and the call to scale up the skills of folks across the country. It is important that we draw from tools people who have first hand experience with this kind of community work and organizing - after all people’s lives and livelihoods are at stake, and we must take great care to not share tools that are not grounded in experience. We would not let a surgeon who had never performed surgery before operate on a loved one. We must value experience in this case as well. Thus, we take special care to share tools here that come from leaders who have organized in communities--across red states and blue, across race, and across age.





We are working with the UUSC and UUA on long term opportunities for Unitarian Universalism to support, flank and resource expanded sanctuary campaigns being launched across the country.

In the meantime, we have compiled [just a few helpful resources](#) on expanded sanctuary, action planning and know your rights as well as a number of organizing tools for your local work. Do you know about something we should consider adding here? Please email us at [love@uua.org](mailto:love@uua.org).

*From the Standing on the Side of Love E-Newsletter, February 20, 2017; Caitlin Breedlove, Campaign Director and Nora Rasman, Campaign Coordinator*



*“For most of history, Anonymous was a woman.” -Virginia Woolf*

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>MARCH</b>						
			<b>1</b> 5:30PM Choir	<b>2</b> 5PM Support Group 5PM Highland Blessing Dinner (Page 4) 5:45 Yoga	<b>3</b> 7PM Game Night 	<b>4</b> 10:30AM Meditation 3PM ADF
<b>5</b> 9:15AM Adult RE 11AM Worship/RE  1:30PM LTA  5PM Course in Miracles	<b>6</b>	<b>7</b> 7PM TED Talks Discussion Group	<b>8</b> 5:30PM Choir 5:30 to 7:30PM Women's Day Event (Page 6)  International Women's Day	<b>9</b> 5PM Support Group 5:45 Yoga	<b>10</b>	<b>11</b> 9AM to 1PM Building & Grounds Work Day (Page 6) 10:30AM Meditation 3PM ADF 
<b>12</b> 9:15AM Adult RE 11AM Worship / RE 12:15PM Newcomers Info Session (Page 5)  5PM Course in Miracles	<b>13</b>	<b>14</b> 7PM Committee on Ministry 7PM TED Talks Discussion Group	<b>15</b> 5:30PM Choir	<b>16</b> 12PM Interfaith Lunch Meeting 5PM Support Group 5:45 Yoga	<b>17</b> 7PM St. Patrick's Day Party at All Souls (Details Below) 	<b>18</b> 10:30 AM Meditation 3PM ADF
<b>19</b> 9:15AM Adult RE 11AM Worship / RE 12:15PM Emerson Reception  5PM Course in Miracles	<b>20</b>  <i>Spring Solstice</i>	<b>21</b> 6PM Board & Council Meeting 7PM TED Talks Discussion Group	<b>22</b> 5:30 PM Choir	<b>23</b> 5PM Support Group 5:45 Yoga	<b>24</b>	<b>25</b> 10:30AM Meditation 3PM ADF
<b>26</b> 9:15AM Adult RE 11AM Worship/RE  5PM Course in Miracles	<b>27</b>	<b>28</b> 7PM TED Talks Discussion Group 8PM Newsletter Deadline	<b>29</b> 5:30 PM Choir	<b>30</b> 5PM Support Group 5:45 Yoga	<b>31</b>	

# St. Patrick's Day Party

Friday, March 17, 7 to 10 p.m.

Live Music from

*Jim Suckabay*

*Bob Jordan*

All Souls Unitarian Universalist Church  
9449 Ellerbe Road, Shreveport

**\$15 at the door, includes live  
music and heavy appetizers.**

*Suggested Donation*

**Family-friendly event.**

Guinness, Baileys Irish Cream,  
Baileys Ice Cream, and more  
available at the bar.

*All profits benefit All Souls.*

