



WELCOMING CARING SEEKING

ALL SOULS NEW LONDON

A Unitarian Universalist Congregation

19 Jay Street, New London, CT 06320

All Souls Unitarian Universalist Congregation is a liberal religious congregation that nurtures lifelong spiritual development. We covenant to create a welcoming, caring, justice-seeking community within and beyond these walls.

Words to live by: "Home is where our story begins..." Anonymous

November Ministry Theme: At Home

November 3: "Home to Stay" – Daylight saving ends. Fall back!

Two Services: 9:30 and 11:15 a.m.

Worship Leader: Ann Kadlecsek, Ministerial Intern

Preacher: Reverend David Horst, Affiliate Minister

Reverend David Horst is a case manager at the Homeless Hospitality Center, where he provides support and counseling to formerly homeless adults in supportive housing. He witnesses how stable and affordable housing transforms lives and gives individuals new hope for their future and how his own life is likewise transformed and made hopeful.

November 10: "On Belonging" – Child Dedication

One Service: 10 a.m. –Town hall meeting

Worship Leader: Reverend Carolyn Patierno

Preacher: Ann Kadlecsek, Ministerial Intern

We humans have an innate need to belong. When this need is met, we are happier, more connected, and have greater resilience to stress and illness. How does being part of this Unitarian Universalist community foster your sense of belonging? And how might we nurture and grow our understanding of what it means to belong?

November 17: "Building Community Through Music"

One service: 10:30 a.m. at Temple Emanu-El

A joint service with our Jewish siblings; we will join together for worship and song. Guest musicians Or & Feliza Zohar are Israeli musicians who have brought their sacred music to congregations throughout the world. Come on Sunday and check out all of the opportunities to experience new learning and music throughout the weekend. Details are on page 19.

Temple Emanu-El is located at 29 Dayton Road in Waterford

November 24: Annual Bread Communion Service

Two Services: 9:30 and 11:15 a.m.

Worship Leaders: Reverends Patierno & O'Brien

Each year we pause to give thanks as a congregation. We do so with a bread communion and a litany created by the congregation itself.

Bread bakers are welcome to bring a loaf to share for the communion service.

Good Neighbor Offering: Opioid Action Team of SE CT see page 17.

Food Pantry Offering: rice



Black Lives Matter
PUBLIC WITNESS ON SUNDAYS
AFTER THE FIRST SERVICE

OFFICE

Monday-Friday
9 a.m. to 3 p.m.
Telephone: 860-443-0316

WEBSITE

www.allsoulsnewlondon.org

FACEBOOK

[www.facebook.com/
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FOLLOW US ON INSTAGRAM

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BOARD of TRUSTEES

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RE DIRECTOR EMERITA

A LETTER FROM THE PRESIDENT

Stay at the Table:

Thanksgiving as Covenant

Covenant can mean numerous things. So can Thanksgiving.

Is sharing a meal around a Thanksgiving table a form of covenant?

In June of 2018 Liz Binger was stepping down as the President of the Board, but agreed to lead All Souls in a covenanting process across our congregational community. With the Capital Campaign and other changes looming, the Board agreed to put the process on hold until this year.

Coincidentally, the UUA New England Region staff started a learning community on the practice of covenanting. Liz, Reverend Carolyn, Board Secretary David Burnside, Ministerial Intern Ann Kadlecek, and I, are active participants along with four other UU Congregations. Moving forward this work will involve the entire congregation.

The word covenant can be defined in various ways. Is it referencing Abraham and God? Is it a real estate agreement?

I have heard definitions that defined it as "vow" and "promise".

Here at All Souls, we will define it together.

But first, will you please pass the turkey?

And the arroz con gandules?

The what?

In this season of Thanksgiving, in the spirit of covenant, we need to stay at the table as we share new foods and new ideas. We need to stay at the table when someone wears a MAGA cap (but, I mean could you please

remove your cap at dinner?) or asks for a revisit of pronouns when we communicate with each other. So let our Thanksgiving meal begin...

Please, pass the mashed potatoes.

What do you call these?

Brussel sprouts. Sautéed them in garlic and butter.

OK, I'll try some.

I don't eat meat, but I am happy to pass you the turkey. Do you really eat the neck?

Covenant can mean treating people with respectful empathy, it "liberates, enriches, deepens communal life" and brings us together.

That is the spirit of Thanksgiving, certainly the myth of the holiday: the version of indigenous folks and colonizers hanging out.

Pass the succotash, por favor.

Can we discuss discrimination based on sexuality or race? Or the caging of children who cross our border? Or the crass, nastiness of the Commander...

Whoops, better pass the cranberries.

Covenant does not mean sacrificing one's core values. But it does require listening better, and not 'otherizing' others.

I look forward to All Souls working on the challenges of covenant, and covenanting. Stay tuned for details.

So, ready for pumpkin pie?

I prefer sweet potato pie.

Got it.

Check out this mince meat pie!

Peace,

Maggie Clouet- Co president

A MESSAGE FROM REVEREND CAROLYN

After the Town Hall Meeting back in October, I turned to Bruce Cummings and said, "This is one of the many things I love about this congregation: no one had a meltdown."

To be clear, a meltdown wouldn't have been surprising or unwarranted. After all, you were told that two cost estimates for our building project are way more than what we had imagined. Yet to be clear, nothing about this project has been left to imagination. There has been a parade of engineers, tradespeople, construction managers and an architect at the helm designing and re-designing all in the service of having our sacred space expand in a way that will similarly expand our ministry and spirits while keeping within our @ \$1.2 budget.

The redesigns have been identified as Plan A (the original), Plan B (the one that brought the price tag down – but not down far enough) and Plan C (the one for which we're waiting on a cost estimate at this writing). While it's not unusual for a building plan to change several times, those changes do bring with them some stress and frustration.

I preached on change and transition recently. Here's what I said about dealing with both - specifically dealing with change and transition in ways that are reassuring to children and youth:

Every article I read names one thing consistently: flexibility. We all know that being flexible is easier said than done. Plan A is infinitely more elegant than any Plan B, C, or D we must face. But how often is Plan A the one that gets us to where we need or want to be? The answer is: rarely.

And the answer is: preparing and gracefully accepting Plan B (or C) is reassuring to children and youth ... and in truth, to grown ups, too. It's why we say, "We'll figure it out" so much around here. We bumble around, bump into walls, and with each toe jamb we look at each other, shrug and say, "We'll figure it out." And most of the time, we do. (Sermon - September 15, 2019)

I am confident that we'll figure it out. We'll figure it out and sure enough, in time, we'll be celebrating our shared accomplishment as we dedicate new space and the potential that may be realized.

Leaders gathered last night to untangle some of the difficult features of the process at this point. As ever, it was an excellent conversation. It wasn't without disagreement, but the discussion was always respectful and by the end was uplifting and encouraging.

The town hall meeting on November 10 will provide a forum for further discussion and information sharing at this important juncture of what will be All Souls' history. I hope that you'll make every effort to be there.

The Building Team will be staffing a table after each service on November 3. They did the same last week and were swamped with Souls wanting to learn more, see the latest revised plan (Plan C), and offer suggestions. I'm grateful that you are so invested and open-minded.

I'm grateful to be serving a congregation that is not risk-adverse yet approaches big decisions with practicality and care.

And because 'tis the season, I'll say here and again that I am ever grateful and honored to be serving as your minister. Your generosity of spirit is always inspiring, especially in these "we'll figure it out" kind of days.

A good and heartening Thanksgiving to you, dear Souls.

With Love and blessings to all, Carolyn



A MESSAGE FROM YOUR AFFILIATE MINISTER

My family and I moved to Norwich on a hope and a prayer.

I had completed 20 years of congregational ministry at five Unitarian Universalist congregations in Boston, Nantucket, and northern New Jersey — serving congregations in transition but committed to their shared ministries and visions for the future. Although my ministries were successful and personally satisfying, I knew in my heart that time had come for me to make a transition myself, to a new ministry and vision, from a ministry of preaching and worship to a ministry of social service and spiritual guidance.

Members of my family, too, were ready for a change: My spouse, Alyson Gaylord-Loy, was eager to pursue her art-making and selling; our daughter, Domnica, was off to her first year at Landmark College in Vermont; our son, Darly, was beginning his high school career. We didn't move to Norwich following job opportunities; in fact, neither my spouse nor I had employment when we arrived. We moved to southeastern Connecticut because we wanted to: We liked the location, the cultural and racial diversity, the arts community, the housing affordability, Norwich Free Academy (NFA) high school, the beauty of the countryside and coastal areas, and the history. We made a good choice.

Our two months of unemployment in July and August certainly focused our minds. I applied for many human services jobs without success until Rev. Carolyn introduced me to Cathy Zall, Executive Director of the New London Homeless Hospitality Center (HHC). Cathy suggested I apply for a case worker position at HHC, and I did. Although I had no social work experience or training, I brought a background in pastoral care and a strong commitment to social justice advocacy. I interviewed for the position and accepted the offer. I quickly realized the usefulness of my pastoral and advocacy skills in providing counseling and support to formerly homeless adults now in

supportive housing. Knowing that the early and ongoing support of HHC by the members of All Souls and Rev. Carolyn makes my involvement even more meaningful.

Alyson is moving forward with her online Gaylord-Loy Gallery with a dream of opening a bricks-and-mortar space and continuing her painting. She is also a substitute teacher at the Integrated Day Charter School in Norwich, drawing on her education degree and years of classroom teaching. Domnica is thriving at college and making new friends. Darly has quickly become part of the NFA community and is active in arts and sports programs. Darly has also joined the All Souls Youth Group. I'm proud that both Darly and Domnica received their sexuality education (through *Our Whole Lives*) in a Unitarian Universalist congregation as well as completing their Coming of Age journeys.

In my role as Affiliate Minister at All Souls, I will have the opportunity to preach several times throughout the year; offer an Adult Faith Formation class; provide back-up pastoral care, attend monthly staff meetings, and be a presence in All Souls' vibrant and welcoming congregational life.

I made my début at the Blessing of the Animals service on October 13, presenting a brief sermon, leading the prayer, and blessing many lovely animals including a couple of ball pythons! I'll preach again at on November 3, reflecting on my experience at HHC.

I want to thank my ministry colleagues Carolyn, Caitlin, and Perry for their warm welcome as well as all of the staff who have been kind and generous. I also extend my thanks to Co-Presidents Maggie Clouet and Laurel Holmes and members of the Board of Trustees for their support.

My family and I are very happy to be new Souls to All Souls! Hopes and prayers do come true.

Peace and blessings,

Reverend David Horst

What I'm Learning

Ann Kadlecek, Ministerial Intern

We are all longing to go home to some place we have never been – a place half-remembered and half-envisioned we can only catch glimpses of from time to time. Community. Somewhere, there are people to whom we can speak with passion without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up as we enter, voices will celebrate with us whenever we come into our own power. Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter.

A circle of healing. A circle of friends. Someplace where we can be free. Starhawk

The other day I was counting up how many times I have moved in my life. I came up with nineteen. That's twenty different addresses, neighborhoods, and views from my window. This might help to explain why I'm consistently baffled by that standard getting-to-know-you question at school: "Where is home?"

I'm drawn to Starhawk's framing of home as more "how" than "where." Part reality and part aspiration, this home is defined by our relationships, our actions and our sense of self. We experience home to the extent that we are at home in ourselves and joined by others where we are.

Such a home is not just the object of our individual longings – it's also the direction of our congregational aspirations. Even as we seek home for ourselves, we also seek to join others in their search for home. In the few short weeks I've been with you, I've seen this happen here in amazing and varied ways, like Elder Journey lunches, your welcome and care for people seeking asylum, and the kindness and acceptance that I have experienced here.

As we explore the theme of "At Home" together this month, I invite you to reflect on your experience:

- Where/when/how are you most at home? Why is that?
- What would it take for you to be more fully at home?
- How might Unitarian Universalism and this congregation help?

And I hope you'll share your thoughts!

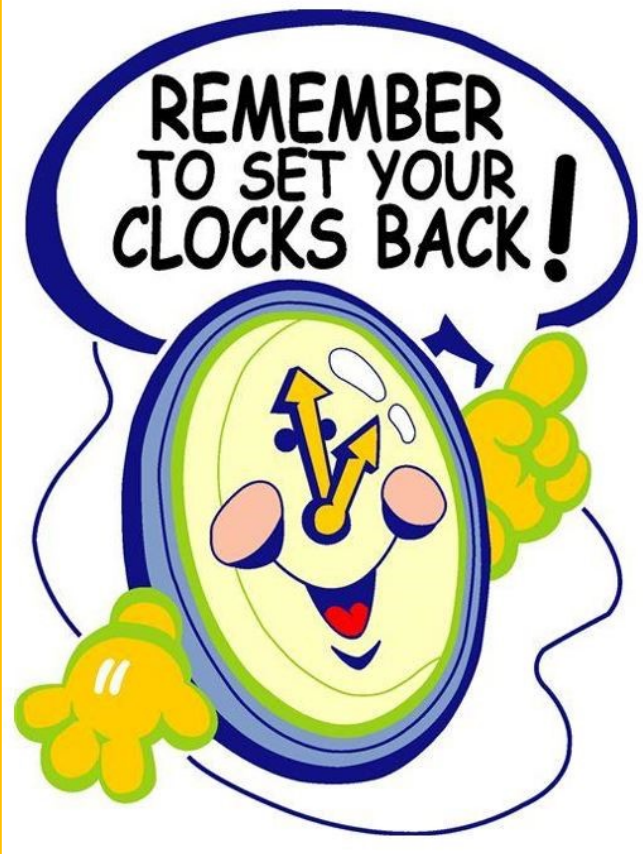
In faith and love,

Ann

I welcome the opportunity to meet with you, please email me to arrange a time to talk.

intern@allsouls.net

November 3



Faith Formation Perry's Ponderings

A wise person once told me, "You can do it all, just not all at once." We have the tendency in today's culture to want to do everything all at once. Our schedules are filled with a multitude of activities and obligations that we think are all necessities. In doing so, we then feel the effects of being overscheduled and overwhelmed. If we take time to discern what activities are priorities and how we want to be engaged in them, we reclaim the soulful piece of our movement through each day.

I have been hearing youth say that they feel the pressure of perfectionism and easily fall into thinking they are a disappointment when they do not meet those expectations. Many are engaged in overfull schedules that impose a high bar for success. Sadly, youth are being deprived of the time to absorb the world around them, process their experiences, and find their core self. Having that time is vital to our well-being and emotional growth.

When I ask parents at All Souls how they are doing, they almost always name the issue of being too busy. Longer work days, youth sports leagues, and the inundation of tech communication are contributing factors. However, there is also an overriding feeling in our culture that if you are not busy, then you are going to fall behind or not maximize the opportunities in your life. In reality, we are selling ourselves spiritually and emotionally short.

Brene Brown theorizes that we have learned to keep ourselves busy to avoid dealing with our inner work. She says, "Crazy-busy' is a great armor, it's a great way for numbing. What a lot of us do is that we stay so busy, and so out in front of our life, that the truth of how we're feeling and what we really need can't catch up with us." When we slow down we can allow ourselves to reflect and feel what we need for true fulfillment. In working through this, we are more able to be fully present and live authentically.

As a faith community, we have the potential to support one another in this endeavor. All Souls is a place to have the conversation about life overwhelm and how that might shift for your family. On Friday, November 15, we are inviting families to join us for a dinner and conversation about this topic. Part of the evening includes prepping a meal that you can take home to freeze and one for our Caring Team to deliver when someone is going through difficulty. Self-care and caring for others go hand-in-hand. We are able to offer our best selves to do good in the world when we are sure to nurture our physical and emotional well-being.

Thank You ...

Amye Stoddard and Kaitlyn Elliott for helping to plan the annual Children's Halloween Party. Youth and families who assisted with activities and/or who donated refreshments.

John and Linda Sargent for hosting the Coming of Age retreat and the youth sleepover at their beach home.

Heidi Veltheim and TK Kenyon for chaperoning the youth overnight.

Emmy Franklin and Lynette Gardner for substitute teaching in our 7th-8th grade class.

Erin Tudisco for substitute teaching in our 1st-3rd grade class.

Katie Van Dyke for purchasing and arranging our first aid kits.

Child Dedications: Every year in November, we take time to name and dedicate children in our midst. While families often choose to dedicate their children when they are babies, children and youth of all ages are welcome to experience this blessing. It is a ceremony that honors a child's place in their family and in the community of All Souls. For more information on Unitarian Universalist child dedications go to: <https://www.uua.org/beliefs/what-we-do/celebrations/births>

Please be in touch with me at dirfaithformation@allsouls.net or 860-443-0316 x3, if you would like your child(ren) to be dedicated at the 10 a.m. service on Sunday, November 10. It is such a beautiful opportunity to name, bless, and honor our children and commit to their faith formation.

Faith Formation Happenings

Faith Formation Calendar:

November 3: (Daylight Savings; don't forget to turn back your clocks!). PreK-8th Faith Formation Classes, 9:30a.m.; Youth Group, 11:15 a.m.; Coming of Age, 12:30 p.m.

November 8-10: Coming of Age Boston UU Heritage Tour

November 10: Child Dedications Service. One 10 a.m. service. PreK-Youth Group Faith Formation Classes, 10 a.m., Town hall meeting immediately following the service.

November 17: Multi-gen worship at Temple Emanu-el, No Faith Formation Classes, except COA after the 10:30 a.m. worship

November 24: Multi-gen Thanksgiving Service and Bread Communion, No Faith Formation Classes, except COA at 12:30-2 p.m.

Questions? Perry at dirfaithformation@allsouls.net or 860-514-2434

Family Faith Friday - Nov. 15, 5:30-7:30 p.m.

Care for Yourself and Others

Before the holidays, in the Age of Overscheduling and Overwhelm, join us for an evening of self-care and finding balance.

- **Dinner** for all will be provided.
- **Conversation** circles for all ages focused on life stress and coping strategies.
- **Cooking** together to have a meal for your freezer and one for the Caring Team.

RSVP (or questions) to faithformation@allsouls.net

Interplay

Tuesdays at 6 p.m.

Running through November 19

What is InterPlay? An active, creative way to unlock the wisdom of the body.



It exercises our whole selves body, mind and spirit. It adapts to our abilities. It can clear you out, free you up, fill you up and make you laugh. It has structure. It's a way to have fun and connect with other people. It gives us room to be ourselves. It is incremental and respectful of our inner authority. It notices the good. It's a way to be improvisational with movement, sounding, words and stories.

InterPlay came into my life at a difficult time. It has given me a time and place to connect with my generative and playful self, giving me grace in living without ever trying to "fix me." I have recently become a certified leader and I would like to share this gift with All Souls.

Questions? Linda Sargeant at lindaesar@gmail.com or 860-389-5427

Membership News

Sign-the-Book-Sunday, December 8

On Sunday, December 8 between services there will be an opportunity to become a member of All Souls by signing our historic membership book in the presence of Rev. Carolyn and the membership team.

We are reaching out to congregants for whom this would be a good opportunity!

Is this you?

- Your search for a religious community has led you to All Souls and....
- You've been attending services at All Souls for a while now and you consider it your religious home and/or....
- Your children have been attending Faith Formation classes and they consider All Souls to be their religious home or....
- You have been a member of a Unitarian Universalist congregation elsewhere and have recently moved to the area or....
- You have intended on becoming a member but attending at our day-long workshop in the spring doesn't work in your schedule and/or....
- You attended the workshop previously and are now ready to become a member and/or...
- You are ready to deepen your commitment to this congregation and faith tradition

Here's what you need to do. Show up on Sunday, December 8 after the first service and you will be joyfully welcomed into membership as you sign the membership book. You will also be given a folder of membership orientation materials.

If December 8 doesn't work for you, we will be offering the same opportunity on Sunday, January 12, 2020.

Also, for those who are newer and want a more in-depth experience, we will be offering our Considering Membership Workshop on Saturday, April 4. More about that in future newsletters.

Questions? Contact Lynn Tavormina, Membership Chair bltavo@atlanticbb.net or 860-389-3859

Caring Team

All Souls has a team of volunteers who offer meals, transportation, phone calls, check-in visits, and pastoral meetings with congregants to extend the reach of our mission to one another as a "welcoming, caring, and justice seeking community." Please contact Rev. Caitlin if you would appreciate this kind of support, or if you know a souls who would benefit.

Questions? Reverend Caitlin O'Brien at associate.minister@allsouls.net

All Souls Unitarian Universalist Congregation

Town Hall Meeting

Sunday, November 10, 2019.

Immediately following the 10 a.m. service

We had originally thought that this would be a formal, congregational meeting that would include a vote on building options going forward. Because we will not yet have the cost estimate for the re-design we are postponing the vote but going ahead with a town hall meeting.

There will be a congregational meeting—and vote—in December. Details will be forthcoming.

For more information about the building project, see pages 3 & 13.



Treasurers Report

Financial Review

Good news! We received our financial review from the accountant in October. This review, the first ever in the history of All Souls, indicates that we are in good financial shape. It is the most important tool in our kit when seeking a construction loan for our building project.

From research for the review, we learned that we own not only the property at 19 Jay Street, but also 0 Franklin Street, 62 Huntington Court, the Memorial Garden, and the 5-6 parking spaces area adjacent to the lower level at 62 Huntington Street.

We are roughly half way to paying off our 20-year adjustable-rate mortgage.

Operating Account

September marked the end of the fiscal year's first quarter. Income of \$155,695 for the three-month period July-September, exceeded expenses of \$46,107, with your financial commitment and Sunday offering contributions as the major source of income. Heartfelt thanks to all who continue to front-load your pledge commitments and also respond to our Sunday offering requests!

Operating Account Budget

The budget that we ratified at the annual meeting in June was designed specifically and carefully for our anticipated vacancy of 19 Jay Street during fiscal year 2019-20. As plans to start our building project have changed, it does not make sense to apply this budget to this fiscal year, as we are remaining in our home. There are a few income and expense areas that need to be revised to reflect our true budgetary guidelines for the fiscal year 2019-20. The current and past treasurers will work on revisions. The revised budget will then be provided to the congregation. We hope to achieve revisions before the end of October, schedules permitting.

Capital Campaign

Because of your deeply-appreciated attention to your Capital Campaign commitments, we are seeing a steady increase in income for this fiscal quarter. This increase will enable us to purchase one or two more 7-month CDs at 2.30% interest, adding to the five CDs purchased earlier this Fall.

Jay Street Ministries, LLC

We have received a new month-to-month lease and paperwork from the City of Norwich Human Services for 25 Jay Street. As Jay Street Ministries LLC will be assuming all operating costs for 25 Jay, including insurance and taxes, the lease is for \$900 per month, with a refundable \$900 deposit.

New tenants, Jozelaine and Nicki were moved in during the last weeks of October and understand that we may be moving into the building sometime next Spring. The Facilities Team has been working hard to make 25 Jay Apt #1 accessible.

Questions? Tina DuBosque, Treasurer at treasurer@allsouls.net or 860-705-3151

Board of Trustees Notes

The Board of Trustees met on Thursday, October 17, 2019. Highlights of the meeting include:

- A report from Neal Overstrom about the progress on our building project. There will be a town hall meeting Sunday October 20 to explain the various options available to the congregation for the building project.
- A report from Rev. Patierno about 25 Jay Street. Our new tenants have signed their lease and will be moving in soon.
- The art sale was very successful.

For complete minutes go to www.allsoulsnewlondon.org. Click on "About Us", then "Board of Trustees and Governance".

The next meeting of the Board of Trustees will be Thursday, November 21 at 5:30 p.m. in the Vail Library. All meetings of the Board of Trustees are open to the congregation as observers, except in those cases when it goes into executive session.

David Burnside, Secretary

Questions? David Burnside at davidburnside1962@gmail.com or 860-984-9041

Tina's Two Cent\$ for November 2019

Do you know about RMDs? When you reach age 70½, you're required to withdraw a certain amount of money from your retirement accounts each year. That amount is called a required minimum distribution, or RMD.

RMD rules apply to tax-deferred retirement accounts: Traditional IRAs, Rollover IRAs, SIMPLE IRAs, SEP IRAs, most small-business accounts, and most 401(k) and 403(b) plans. The deadline for taking RMDs is December 31 each year. If you have an IRA, you may delay taking your first RMD (and only your first) until April 1 of the year after you turn 70½. If you choose to delay your first RMD, you'll have to take your first and second RMD in the same tax year. To understand how delaying your first RMD impacts your taxes and future RMDs, review your options.

For your workplace retirement accounts, if you are still working and don't own more than 5% of the business you're employed by, you may be able to delay taking an RMD until April 1 of the year after you retire. Keep in mind, this rule does not apply to IRAs or plans with companies you no longer work for.

Don't miss your RMD deadline, because regardless of your account type, the IRS penalty may be severe—50% of the amount not taken on time.

Consider creating a retirement income strategy for taking withdrawals that includes all of your retirement income sources.

If your contributions to All Souls are made using this strategy, directing payment, a check or EFT, from your retirement account to All Souls is probably not a taxable activity for you. I am not a tax accountant, so you can ask your financial wizard about RMD rules applicable to your personal situation.

Questions? Tina DuBosque treasurer@allsouls.net or 860-705-3151

Stewardship On Gratitude

“(G)iving liberates the soul of the giver”

Maya Angelou

As is likely true with many Souls, I routinely take stock of all the things for which I am grateful. I do this when I am in a great mood. I especially do this when I am feeling sad or disappointed. I do this throughout the year, especially at the beginning of each season. And at no time do I do this as frequently as during Thanksgiving.

Taking stock of my many blessings – the studied practice of gratitude – never fails to raise my spirits; to appreciate anew the people, circumstances, and features that are part of and give meaning to my life. To create perspective (yup, there are lots of bad things and actors in the world, but oh so much more burns brightly on the side of possibility, reconciliation, and renewal); and to banish any hint of self-pity.

Taking stock of one’s blessings is good to do any day or month of the year, but I find I am especially predisposed to assaying this technique around the Thanksgiving-Christmas-New Year interval. But no matter the time of year, I never fail to appreciate anew the many positives in my life, among them: All Souls!

If you are not already a “practice gratitude” adherent, consider trying it.

So, on behalf of the Stewardship Committee, I invite each and every one of my fellow Souls to consider Maya Angelou’s observation: “I have found that among its other benefits, giving liberates the soul of the giver.” As you think about what’s important to you, about where to find acceptance, community, and meaning in your life, think about what All Souls means and gives to you in sustenance, in purpose, in meaning and by providing both the context to understand – and a bulwark to withstand – the challenges of being a citizen of the world today.

To paraphrase Maya Angelou, by giving to All Souls, you liberate the soul of the giver.

Sincerely,

Bruce D. Cummings

Support All Souls While You Shop

Did you know that you can support All Souls when you shop at Amazon? It’s an easy way to help that doesn’t cost YOU anything. Here’s how:

- Instead of the regular Amazon go to smile.amazon.com
- Sign in to your existing account or create an account.
- From the drop down menu at the top select All Souls Unitarian Universalist Congregation, this allows you to support All Souls!
- Once you set this up, always access Amazon through the link above.

That’s it! Amazon donates a percentage of your purchases to All Souls. Thank you!



THE HOME PAGE

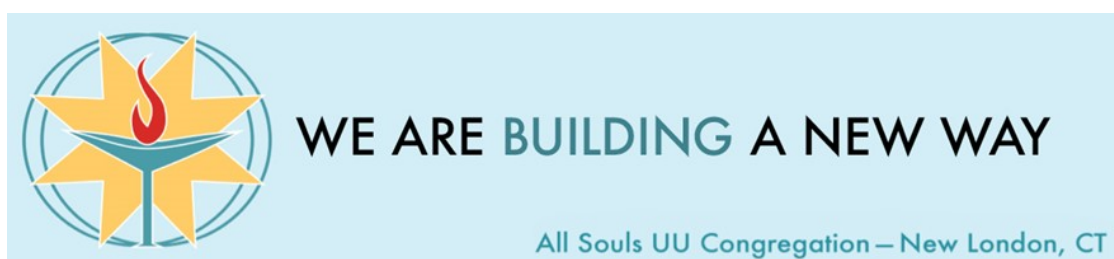
To keep you updated on all things building project!

On October 20 the Building Team reported to the congregation on the latest round of cost estimating for the current design of the expansion project. As in prior estimates, the numbers greatly exceeded our budget, prompting additional design studies aimed at significantly reducing the building scope and footprint while preserving the functions and spaces dedicated to the community room and kitchen. Architect Dan Glynn has produced two additional versions for analysis, the latest reducing the project to just these core elements (the kitchen, community room, and narthex). The Committee welcomes all input.

The Board, building team chair Neal Overstrom; capital campaign chairs Henrietta Mountz and Tom Lescoe; and the two board chairs who served during the 2006/07 capital campaign Clare Evento and Joel Ackerman met on 10/29 to take stock of where we are now in the decision-making process and discuss how we might best go forward. To these leaders at least, it seems certain that the original plan (cost: @ \$2.4 million) and the revised plan (cost: @ \$2 million) are out of reach financially and therefore, alternatives were discussed. When the vote does take place (most likely in December) it will likely be a simple up/down vote on a single motion (rather than a vote for one of several options). All of this information will be presented for discussion at the town hall meeting on November 10 immediately following the 10 a.m. service.

Questions? Neal Overstrom at bc@allsouls.net, or 860-639-8535

See pages 3 and 9 for more information on the building project.



Green Sanctuary

Come join us on November 12 at 7p.m. as we move forward in the reaccreditation process, and reserve the second Tuesday of each month from 7 to 8 p.m. to be a part of our recommitment as a congregation to Green Sanctuary.

We need to apply Green Sanctuary themes to our new building expansion and become a continuing Green Sanctuary Congregation. The specialty tasks are worship and celebration, religious education, environmental justice, sustainable living, and solar grants.

So far, All Souls members solar panels have saved CO2 in the equivalent of planting 600 trees.

Questions or solar panel production numbers? Jonathan S. Harger at hejeharger@atlanticbb.net or 860-739-4224.

Sharing Circles

The Fall session of Sharing Circles is in full swing with several different ongoing groups! For those 60 and older there are three groups which deal with topics of particular interest to that age bracket. There is also a category for adults of all ages which deals with a variety of topics and another for parents of youth participating in the Coming of Age.

Sharing Circles are small groups in which members can share perspectives on various topics in a supportive environment. For information or suggestions about Sharing Circles schedules or programming, please contact any member of the Sharing Circle Team listed below.

Questions? Susanne Colten-Carey at ssc-c@comcast.net or 860 - 434-9999
Kathy Fleissner at kathyandbetty@comcast.net or 860 - 381-5551
Carol Irwin at irbaldery@sbcglobal.net or 860 - 889-6594
Carol Cassidy at calway@comcast.net or 860-326-5863



If you arrive after the service begins on a Sunday morning

Our greeter team thanks you for waiting at the back of Unity Hall until a transition break in the service.

The greeter will let you know when you may enter the sanctuary. The last two rows will be reserved for late seating.

Elderjourney Holiday Party

It's the most wonderful time of the year!

Tuesday, December 3 at 12:00 p.m.

Lunch will be served, there will be music and carols, and of course, a Yankee Swap! (gag gifts \$5 or less. Must be tacky / funny / cheap!) A joyful time will be had by all!

GOOD WORKS-Holiday Adopt-a-Family

We will purchase requested items and gift cards for three families this year. The Christmas tree posters (with the tags) will be posted in the hallway Sunday, November 24.

Here's the way it works: Select a tag that contains the name, family number, and item an individual is requesting. Purchase the item, wrap and label it with the recipient's name (including their family number) and return to All Souls no later than Sunday, December 8).

Important!! With three families it is especially helpful to include the family number on your wrapped gift. We have been asked by the organizer to do this since it aids proper distribution of the gifts when they are separated by family to prepare for delivery.

Questions and drop off arrangements, Pat Murphy at 860-460-0160.



Join us for one of All Souls' most popular intergenerational events for nearly 40 years!



All Souls

Holiday Craft Fair

For adults and children

Saturday, December 7

10 a.m. until 3 p.m. in Unity Hall

Join us for this most popular event.

Bring relatives, friends and neighbors.

☆☆☆☆They will all thank you! ☆☆☆☆

☆☆This is a different kind of craft fair!☆☆

Have a fun & relaxing holiday experience.

☆☆☆☆Come for an hour, for the day or ☆☆☆☆

★★★ just at noon for a delicious homemade lunch.★★★

For a minimal price, supplies will be available for you to make:

A CANDY HOUSE ☆ A GIFT ☆ ORNAMENTS

A TOY ☆ DECORATIONS

A WREATH ☆ & MORE

★★★★

☆☆☆☆☆☆

Helpers are needed

Little or no experience is necessary!

Volunteer Elves are needed to help with the following: Selling tickets, sitting at a table and organizing the supplies while adults and children make a gift or decoration, make sandwiches in the kitchen and put out the donated soups for lunch. Donate evergreens branches from your yard for wreath making. Bake some finger desserts for the lunch.

Come to All Souls on Friday morning, Dec. 6, to set up tables and put out the supplies.

Or just help where needed!

Sign up with Sandy at the display in the hall table on Sunday mornings.

If you can't help this year, please come for the fun or for the lunch and some good conversation. Bring your friends and neighbors. They will thank you.

Questions! Sandy Geaman at geaman@hotmail.com or 860 739-6798

Opportunity for Service: Community Meal

we continue our ministry to feed our neighbors at the New London Community Meal Center on Montauk Avenue in New London in November. Youth 14 and older are welcome. .

Your help is needed!

Please consider signing up to work one of the following regular shifts:

Wednesday, November 13

Serve food from 4 to 6 p.m.

Saturday, November 16

Prepare the food from 9 to 11:30 a.m.

Serve and clean up from 11:30 a.m. to 1:30 p.m.

We will also be serving the meal on the **fifth Saturday, November 30**, on Thanksgiving weekend.

We need people to perform the following tasks:

- On Saturday, November 30
Pick up the baked goods donated by BJ's, before 9 a.m. This will require calling the BJ's receiving dock on the Wednesday before to let them know you are coming on
- On Saturday, November 30
Prepare the food from 9 to 11:30 a.m.
Five to six people needed
- On Saturday, November 30
Serve and clean up from 11:30 a.m. to 1:30 p.m. – We need 5-6 people.

Questions? Carol Irwin at 860-822-3391 and leave a message or send an email to meals@allsouls.net to be put the list to receive the Doodle invitation. Or just show up and help! Youth 14 and older are welcome.

Attention All Souls

Do you have a good idea for fundraising events? Ways to connect to the larger community while also working to support All Souls' mission?

If you want to be part of the brainstorming mission to explore what we might do please contact Laurel Holmes at laurelghr@yahoo.com or 860-287-7756 or Maggie Clouet at maggieclouet@yahoo.com or 203-215-6227.

Good Neighbor Offering

November's Good Neighbor Offering supports the work of the Opioid Action Team of Southeastern Connecticut. This organization seeks to prevent opioid-related deaths in our region by providing recovery navigator services for those struggling with addiction.

All are welcome to make suggestions for Good Neighbor Offering recipients.

September's GNO raised \$1,367.00 for the Refugee and Immigration Center for Education and Legal Services (RAICES).

Thank you for your generous donations! 🔥

Questions? Karen Gonzalez-Rice at karen.gonzalez.rice@gmail.com or 919-699-5954.

G.R.A.C.E

November 26

Soup supper at 5:30 p.m.

Movie at 6 p.m.

GRACE is presenting a showing of *Crash*, an academy award winning film made in 2005. *Crash* interweaves several connected stories about race, class, family and gender in Los Angeles in the aftermath of 9/11.

This event is on Tuesday instead of our usual scheduled Thursday meeting due to the Thanksgiving holiday. There will be soup, bread, and other snacks for those who would like to eat together before the movie. Note: the soup will not contain, meat, poultry, fish or dairy.

Questions? Nicolo Festa at nicolofesta@outlook.com or 860-437-3373

Follow us on

Instagram!

@allsoulsnewlondon

GET CONNECTED!

Elderjourney *Tuesday, November 12 at noon*

Join the group of All Souls' members and friends 65 and older for lunch and fellowship. Bag a lunch and join us at noon every second Tuesday of the month. Dessert and program is provided by monthly volunteers!

Questions? Tammy Barber, Office Administrator at office@allsouls.net or 860-443-0316

Book Club *Monday, November 18 at 1 p.m.*

This month the book club will discuss, *White Fragility*, nonfiction, by Robin Deangelo
All congregants are welcome .

Questions? Mary Rioux at maryrioux@icloud.com or 860-271-1037 or Pat Abraham at plat915@gmail.com or 860-434-5758

Meditation The meditation group meets twice a week every *Tuesday's at 7:15 a.m. at All Souls and every Wednesday at 5:30 p.m. at Harkness Chapel on the CT College Campus.*

Everyone is most welcome! Basic guidelines are offered to all newcomers and guided meditation is offered during some of the sessions. No experience necessary

Each session includes 30 minutes of silent sitting meditation, 10 minutes of walking meditation, and 15 minutes of dharma sharing, in which folks, if they choose, may share their meditation experiences.

Attendance is free but donations are gratefully accepted.

The Tuesday morning group, The New London Community of Mindfulness Meditation Group in the Thich Nhat Hanh's Plum Village Tradition, meets every Tuesday from 7:15 to 8:30 a.m.

This group is suitable for those both with and without experience in meditation. We practice sitting meditation, walking meditation, reading from Thich Nhat Hanh, and Dharma sharing.

Questions? Nick Evento at nickevento@gmail.com or 860-908-5906

The Wednesday evening group now meets at Harkness Chapel on the campus of Connecticut College, which is just inside the college west entrance, across from the Arboretum on Old Norwich Road. Parking is available along the entrance of the Arboretum.

Visit us on Facebook: New London Community of Mindfulness

Questions? Pamala Lewis at pamalalewis@comcast.net or Jean Jerbert at

j.jerbert@yahoo.com or Sean Kane at sean.kane@conncoll.edu or (860) 442-6152

Craft Circle *Every Wednesday 7 p.m.*

Craft Circle meets every Wednesday, 7- 8:30 p.m. Do you knit, crochet, quilt, cross stitch, scrap-book, _____? (fill in the blank.) Bring your current projects to work on as we have a social gathering. We may have someone with the know-how if you are seeking a new craft or have questions for a current project.

[Please refrain from wearing scent. Some of us are highly sensitive/allergic.]

Questions? Carol Bunting at 860-460-3373 or cbeema@sbcglobal.net



Building Beloved Community through Sacred Music

For all time, music has brought people together. Join us in joy as we build community through a shared musical experience with Feliza and Rabbi Or Zahar. Based in the Galilee, this husband-wife team have been sharing their original sacred love for over a decade, using it as a powerful tool for bringing people together and promoting a more pluralistic and progressive society in Israel. Feliza and Or have been touring the US to share their music with congregations throughout the country. Their original melodies are known, loved and used in various congregations around the world.

FRIDAY NIGHT AT TEMPLE EMANU-EL

7:30 p.m. Kabbalat Shabbat and Oneg

SATURDAY MORNING AT TEMPLE EMANU-EL

9:30 a.m. Breakfast

10 a.m. Musical Sabbath Service

10:30 a.m. Clergy Panel Discussion: The Prophetic Experience-

Rev. Carolyn Patierno and Rabbis Or, Sahar, Polly Berg, Marck Ekstrand

SATURDAY EVENING AT ALL SOULS

7 p.m. Saturday Evening Concert*

7 p.m. Doors open, 7:30 p.m. Concert

SUNDAY MORNING AT TEMPLE EMANU-EL

9:30 a.m. Breakfast

10:30 a.m. Multigenerational Interfaith Service



For more information call

Temple Emanu-El: 860-443-3005

The concert is free but donation will be gratefully accepted to benefit Music City Strings. Which offers music lessons and instruments free of charge to New London students who don't have access to string programs in the public schools.

Friday Night Folk

Bringing Folk Music to New London since 1989

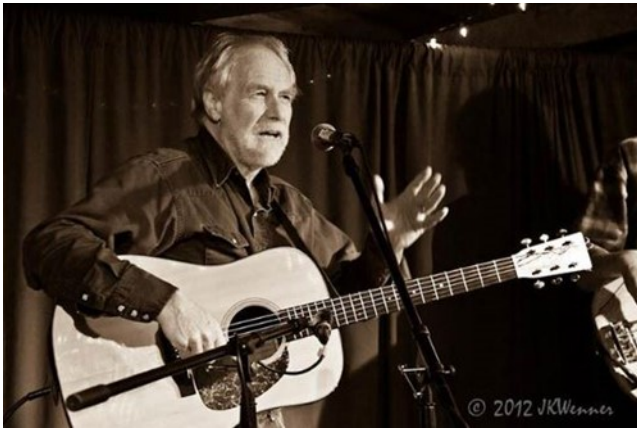


Friday Night Folk is BACK at All Souls but still on Saturday!

Presents: Dave Mallett

November 9

Doors open at 7p.m., show starts at 7:30 p.m.



...singing with the conviction that folk can still be heroic. – The New York Times

Like Maine lobsters, smooth Kentucky bourbon and 57 Thunderbirds, Mallett has proved himself to be a true American treasure. – Richmond Times Dispatch

David Mallett hails from a small town in northern Maine. In a career that spans four decades, his music has traveled to all corners of the world. His songs have been recorded

by Pete Seeger, Alison Krauss, John Denver, Emmylou Harris, and even the Muppets. His "Garden Song" has become an American folk classic.

He has performed across America and Europe in addition to Barns of Wolf Trap, Newport Folk Festival, and *Prairie Home Companion*. The Bangor Daily News recognized him as one of the most memorable Mainers of the 20th Century.

Advance tickets on [EventBrite](#) are \$20, or call All Souls UU 860-443-0316 and leave a message with your name and request to be put on our advance reservations list. Without advanced reservations \$25 at the door.

[Dave Mallett's website](#)

[Dave Mallett's music](#)

Coming next in our 2019-20 Concert Series:

Dec. 14 : The Vox Hunters: *Armand Aromin and Benedict Gagliardi*

Jan. 11: Geoff Kaufman and Judy Gorman a double bill

Feb. 1 : Pete Seeger tribute benefit concert (donation)

March 14: Atwater Donnelly Trio: *Aubrey Atwater, Elwood Donnelly, and Cathy Clasper-Torch!*

April 4: The Nields: *Nerissa and Katryna*

May 9: Braiden Sunshine and Jake Kulak

To be added to our guest list, please email ffolk@gmail.com or call 860-443-0316.

The mission of Friday Night Folk at All Souls is to joyfully support social and environmental justice by bringing live traditional, contemporary and multicultural folk music to the larger community in a welcoming and accessible performance space.



November 2019

Updates at: www.allsoulsnewlondon.org



<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>10/27/2019</u> 9:30 AM *Worship 11:15 AM *Worship 12:00 PM *Coming of Age Sharing Circle	<u>10/28/2019</u> 6:30 PM *Covenant Learning Group 7:00 PM *Big Book Study	<u>10/29/2019</u> 7:15 AM *Meditation 1:00 PM *New 60+ Sharing Circles 5:30 PM *Board Meeting 6:00 PM *InterPLAY *Nami 7:00 PM *NL LGBTQ AA	<u>10/30/2019</u> 4:00 PM *Finance Meeting 6:30 PM *Choir Practice 7:00 PM *Craft Circle	<u>10/31/2019</u> 8:00 AM *Building Team	<u>11/1/2019</u> 7:00 PM *Alanon	<u>11/2/2019</u>
<u>11/3/2019</u> 9:30 AM *Worship 11:15 AM *Worship 12:30 PM *COA 12:45 PM *Sanctuary Group Turn clocks back one hour!	<u>11/4/2019</u> 7:00 PM *Big Book Study	<u>11/5/2019</u> 7:15 AM *Meditation 1:00 PM *Original 60+ Sharing Circle 5:00 PM *Ministerial Internship Committee 6:00 PM *InterPLAY *Nami 7:00 PM *NL LGBTQ AA	<u>11/6/2019</u> 5:30 PM *Board Meeting 6:30 PM *Choir Practice 7:00 PM *Craft Circle	<u>11/7/2019</u> 8:00 AM *Building Team 6:30 PM *Six Session Sharing Circle	<u>11/8/2019</u> 8:30 AM *COA Boston Trip 7:00 PM *Alanon	<u>11/9/2019</u> 8:30 AM *COA Boston Trip 7:30 PM *Friday Night Folk
<u>11/10/2019</u> 8:30 AM *COA Boston Trip 10:00 AM *Worship Town Hall Meeting 3:00 PM *Fresh New London	<u>11/11/2019</u> 7:00 PM *Facilities *Big Book Study	<u>11/12/2019</u> 7:15 AM *Meditation 12:00 PM *Elderjourney 1:00 PM *New 60+ Sharing Circles 5:30 PM *Executive Committee 6:00 PM *InterPLAY *Nami 7:00 PM *NL LGBTQ AA *Green Sanctuary	<u>11/13/2019</u> 4:00 PM *Finance Meeting *Community Meal New London Meal Center 5:30 PM *Stewardship Committee 6:30 PM *Choir Practice 7:00 PM *Craft Circle	<u>11/14/2019</u> 8:00 AM *Building Team 7:00 PM *Choir Rehearsal	<u>11/15/2019</u> 7:00 PM *Alanon	<u>11/16/2019</u> 9:00 AM *Facilities Work Party *Community Meal New London 7:30 PM *All Souls/Temple Emanu-el Concert
<u>11/17/2019</u> 10:30 AM *Worship Temple Emanu-El 12:30 PM *COA	<u>11/18/2019</u> 1:00 PM *Book Club 7:00 PM *Big Book Study	<u>11/19/2019</u> 7:15 AM *Meditation 1:00 PM *Original 60+ Sharing Circle 6:00 PM *InterPLAY *Nami 7:00 PM *NL LGBTQ AA	<u>11/20/2019</u> 4:00 PM *Caring Team Meeting *Choir Practice 7:00 PM *Craft Circle	<u>11/21/2019</u> 8:00 AM *Building Team 5:30 PM *Board Meeting	<u>11/22/2019</u> 7:00 PM *Alanon	<u>11/23/2019</u>
<u>11/24/2019</u> 9:30 AM *Worship 11:15 AM *Worship 12:30 PM *COA *Coming of Age Sharing Circle	<u>11/25/2019</u> 5:00 PM *Friday Night Folk Meeting 7:00 PM *Big Book Study	<u>11/26/2019</u> 7:15 AM *Meditation 5:30 PM *G.R.A.C.E 6:00 PM *Nami 7:00 PM *NL LGBTQ AA	<u>11/27/2019</u> 6:30 PM *Choir Practice 7:00 PM *Craft Circle	<u>11/28/2019</u> Office Closed  Happy Thanksgiving!	<u>11/29/2019</u> Office Closed 7:00 PM *Alanon	<u>11/30/2019</u> 9:00 AM *5th Saturday Community Meal