



# The Covenant Sound

All Souls Unitarian Universalist Community  
Lacey, Washington

November 2009

## Sunday Services at 11:00 am

November 1 "The Religion of our DNA" Out of our genetic structure emerges behaviors and characteristic that defines us as primates, as human. The beliefs that evolve from these behaviors lay the foundation for human religions, and our very survival. This sermon will explore religion that emerges from our genes and the ways it affects how we love, fight, touch and sing every day. Presented by Rev. Jim Anderson, UU Community Clergy.

November 8 "Others Beyond Self" Join us as we pay homage to the Men and Women of the Military forces in celebrating Veteran's Day. Having been in the military, plus continuing to work for the military as a civilian, Richelle Lanning has first-hand knowledge of the sacrifices that are being made.

November 15 "Morality and the Selfish Gene" If evolution always favors the strongest, how is it that a concept of ethical or moral behavior could emerge? This service will examine some computer simulations, reported by Doug Hofstadter, which shed some light on the question.

November 22 Unitarian Universalist Service Committee "Guest at Your Table". Each year our congregation participates in the UU tradition of Guest at Your Table. By bringing home a Guest at Your Table box, families and individuals learn about how the UUSC puts our shared principles into action in the United States and around the world. Sharing our blessings through Guest at Your Table ensures that UUSC's human-rights work continues.

November 29 "We Respond To The Cry of the Poor", Selena Kilmoyer, Community Advocate, We the citizens of Thurston County who are invested in Responding to the Cry of the Poor, vision together what Thurston County will be like without homelessness. As people of faith, we can join together pro-active effort to dare to end homelessness in Thurston County. Our Charity of the Month for December will be to donate items needed by the homeless community.

By Jay Davidson      **Thoughts About Gratitude**      Reprinted from the November 2001 "Gazette"

This is a sign I saw for the first time in San Francisco on October 6, 2001: AMERICA – OPEN FOR BUSINESS. The graphic is an American flag with shopping bag handles on the top of it. The message, as I interpret it, is that when we really want to get out of the national depression that was caused by the World Trade Center tragedy just one month before, we do what any patriotic American really ought to do ---we go shopping. That's where the term "retail therapy" comes from, isn't it?

My concern is with the implied message that this is sending to our children. This approach is teaching them that happiness can be purchased. Feeling good depends on having the right new shoes, the watch that goes with the outfit, the latest hairstyle.

No wonder people have confused the concepts of "need" and "want." Everything they want is something they "need." They need it to fit in, to be respected, to be in with the in crowd.

Kids are masterful at zeroing in on what they don't have and what they think they have to get. Thanksgiving is a good time to challenge that line of thinking – to help them appreciate what they have rather than mourn what they are missing. Since parents have been on the planet much longer, you have a wider perspective than the children. This is a good time to share your wisdom with your little ones.

Every household chore is an opportunity to serve as a reminder of the appreciation. While washing the dishes, focus on gratitude for the meal just eaten, the family members with whom we shared it, and the kitchen in which it was prepared. While making the bed, be grateful for the bed itself. Doing the laundry makes me think about having a selection of clothes to clean, as well as the family members who wear each item. Children will not necessarily see these connections; it is up to us to point them out.

We have a choice about how we look at our lives. I choose to focus on what I have, as opposed to what I want. When we think about what we have, we always have enough. When we think about what we want, we never have enough.

# November

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

<p><b>1</b> 9:30 ARE: In Search of the Soul 11:00 am " The Religion of Our DNA " 12:30 Road Clean Up!</p>	<p><b>2</b> 10:00 Monday Tea Time 1:00 Beginning Comp. Class 7:00 ARE: In Search of <b>the Soul...Free Will</b></p>	<p><b>3</b> Election Day 7:00 Writer's Group</p>	<p><b>4</b></p>	<p><b>5</b> 6:30 Choir Practice</p>	<p><b>6</b> 4:00 Embroidery Circle 6:00 Qi Gong 6:30 TGIF</p>	<p><b>7</b></p>
<p><b>8</b> 9:30 ARE: In Search of the Soul 11:00 am " Others Beyond Self " 12:30 New Member Orientation</p>	<p><b>9</b> 10:00 Monday Tea Time 7:00 ARE: In Search of <b>the Soul...Free Will</b></p>	<p><b>10</b> 6:59 pm Role Play Group</p>	<p><b>11</b> Veterans' Day 7:00 Board Mtg</p>	<p><b>12</b> 6:30 Choir Practice</p>	<p><b>13</b> 4:00 Embroidery Circle 6:00 Qi Gong 6:30 TGIF</p>	<p><b>14</b></p>
<p><b>15</b> 9:30 ARE: In Search of the Soul 11:00 am " Morality and the Selfish Gene "</p>	<p><b>16</b> 10:00 Monday Tea Time 7:00 ARE: In Search of <b>the Soul...Free Will</b></p>	<p><b>17</b> 7:00 Writer's Group</p>	<p><b>18</b> 7:00 Worship Committee</p>	<p><b>19</b> 6:30 Choir Practice</p>	<p><b>20</b> 4:00 Embroidery Circle 6:00 Qi Gong 6:30 TGIF</p>	<p><b>21</b></p>
<p><b>22</b> 9:30 ARE: In Search of the Soul 11:00 am " Guest at Your Table " 12:30 Member Services Committee Mtg.</p>	<p><b>23</b> 10:00 Monday Tea Time 7:00 ARE: In Search of <b>the Soul...Free Will</b></p>	<p><b>24</b> 6:59 pm Role Play Group</p>	<p><b>25</b> 7:00 Pastoral Counseling</p>	<p><b>26</b> <i>Thanksgiving</i> 6:30 Choir Practice</p>	<p><b>27</b> 4:00 Embroidery Circle 6:00 Qi Gong 6:30 TGIF</p>	<p><b>28</b> 4-7 Hindu Prayer Group</p>
<p><b>29</b> 9:30 ARE: In Search of the Soul 11:00 am " The Cry of the Poor "</p>	<p><b>30</b> 10:00 Monday Tea Time</p>					

## Charity of the Month

As our charity of the month for November, we have chosen the YWCA of Olympia OTHER BANK program. The YWCA of Olympia is the only agency in the South Puget Sound area that provides a comprehensive distribution of personal and household hygiene and cleaning supplies to women, men and their families in Thurston Mason and Lewis Counties. The program distributes the following items to hundreds of low-income people every week:

- Tampons Sanitary Pads
- Deodorant Bar Soap
- Toilet Paper Condoms
- Toothbrushes Toothpaste
- Shampoo Dish Soap
- Laundry detergent Shaving Crème
- Razors Dental Floss

Each year, The Other Bank provides approximately 15,000 individuals with these hygiene supplies. None of these items can be purchased with food stamps. We will be collecting these necessary items the month of November. The next time you are in the grocery store, consider buying an extra toothbrush, toothpaste or some of the other items listed. Working together, we can make a difference.

## Celebration of Thanks – Celebration of Giving

Interfaith Works 26th Annual Interfaith Thanksgiving Celebration will take place at Temple Beth Hatfiloh on Sunday, November 22, 2:30 to 4:30 p.m. Through words and music, presenters from many spiritual traditions will express gratitude for the gifts we have received, and will reflect on ways we might respond in giving. Gifts given through the free will offering will be shared with the Interfaith Works and Thurston County Food Bank.

Children are welcome at this interfaith celebration. Presentations are short and varied, and the program will be followed by a reception with light refreshments and the chance to meet friends old and new. Please come and invite your friends and family.

Thanks very much  
**Kathy Erlandson**  
Executive Director

Interfaith Works  
Office Hours: 9-2, Monday-Thursday  
360-357-7224  
[www.interfaith-works.org](http://www.interfaith-works.org)

## WA UU Voices For Justice Annual Legislative Conference, November 7

Join WA State UU Voices for Justice at its 4<sup>th</sup> Legislative Conference, November 7, 10 am-3 pm, at the Olympia UU Congregation.

Representative Dave Upthegrove (33<sup>rd</sup> Legislative District) is the keynote speaker. He serves as chair of House Ecology and Parks, and a member of the Capital Budget and Transportation committees. He also is a member of the Washington State Climate Advisory Team, which brings together lawmakers, business leaders, and climate experts to identify ways this state can fight climate change.

On November 7 advocates will speak briefly on issues that will come before the 2010 Legislature, and explain why those issues should be on WA UU Voices' legislative agenda. Following small group discussions, congregational representatives will prioritize issues for the 2010 session.

Coffee, bagels, and socializing begin at 9:30 AM; the conference opens at 10 AM. Lunch will be provided. Contact Carol McKinley at [coordinator@uuvoiceswa.org](mailto:coordinator@uuvoiceswa.org) for information and to register.

Regular updates on the Legislative Conference will appear at [www.uuvoiceswa.org](http://www.uuvoiceswa.org)

## A Lighter Approach to Thanksgiving

A traditional part of the Thanksgiving meal is sweet potatoes and yams. These are usually done up with brown sugar and sometimes marshmallows. If you are hunting for a lighter approach to Thanksgiving fare, try this new way to cook the healthy subterranean veggies. You don't always need sugar to entice kids to eat healthy.

Cut sweet potatoes or yams into French fry size pieces. Use a vegetable spray to lightly coat the cookie sheet and the veggies while they are still in a bowl. Sprinkle veggies with Seasoned Salt and cinnamon. Toss and spread onto cookie sheet. Bake at 350 degrees for 30 minutes. Watch the little fries, as they cook more rapidly.

*The mission of All Souls Unitarian Universalist Community is to build a warm, friendly and joyful home from which we respond to the spiritual, intellectual, ecological and social justice needs around us. We embrace diverse ideas and lifestyles as exemplified by Unitarian Universalist principles and stated in our by-laws.*

OUR MEETING PLACE  
6326 Martin Way E, Suite 103  
Lacey WA 98516  
360-481-2379  
[www.asuuc.org](http://www.asuuc.org)

Directions: We are located on the NW corner of Martin Way & Carpenter Road (2 story dark green bldg.).

- From I-5 take the Martin Way exit (#109)
- Head east on Martin Way through 2 traffic lights
- Turn left (north) into the parking lot – last driveway before Carpenter Road (third traffic light)

Use the door at the right -- the one with our phoenix chalice on it!

Choir practice is Thursday evenings starting at 6:30. Songs of the winter and Christmas seasons are the current focus of the gatherings.

Qi Gong is a gentle breathing and arm movement approach to fostering life giving Qi (chi) or "the breath of life". The 20 minute video can be followed standing or sitting. It is healthful, stress relieving yet invigorating. Join us any Friday evening at 6 for Qi Gong, or come earlier for a visit/craft sharing.

### NOVEMBER QUOTE

November woods are bare and still;  
November days are clear and bright;  
Each noon burns up the morning's chill,  
The morning's snow is gone by night..

Source: Helen Hunt Jackson - Taken from World Book Millennium 2000

### Don't Blame the Turkey

Many people report drowsiness after eating Thanksgiving dinner. While turkey often receives the blame, studies suggest that carbohydrate-rich meals may cause sleepiness by increasing the number of tryptophans in the brain. It is the unusually large, multi-coursed, carbohydrate-rich meal most people eat on Thanksgiving that is more likely the cause of the drowsiness. So just eat the turkey and the vegetables and you may not feel drowsy. What, no stuffing, potatoes, rolls, or pie? [www.foodsource.com](http://www.foodsource.com)



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