



SEE THE ONLINE CALENDAR FOR MORE INFO

MARK YOUR CALENDAR

Business meetings and special events of general interest; Covenant Group activities are listed on p. 6

October 4

Special Parish Meeting
12:30pm

October 17



Helping Hands Gleaning Network
Yam Jam
See page 9

October 24

Ernest Archer Memorial Service • 2:00pm

October 24

Labyrinth Walk Coffee House • 8:00pm

October 27

6:30pm - Coordinating Council Meeting
7:30pm - Board Meeting

October 31

UUCOC Fall Festival



Photo © 2009 Michael Marshall. Used with permission.

Sunday Services • 10am–11am

The Five Smooth Stones of Liberal Religion

We will continue through October sharing homilies on the pillars of Liberal Religion, using the works of theologian James Luther Adams.

October 4th – *Obligations of a Liberal Faith* – As members of a liberal religion, we are obligated, morally and ethically, to affirm and direct our efforts to establishing a just and loving community. Are you ready? Rev. Mark Walz will preach the sermon.

October 11th – *Blessing of the Animals* – Our tradition continues. Pets are welcomed. (See page 2 for more information.)

October 18th – *The Power and Form of Righteousness* – We deny the immaculate conception of virtue: Good things are brought about by hard work done by human hands.

October 25th – *Ultimate Abundance, Ultimate Optimism* – Resources are available, both human and divine, that can help to bring about the changes we seek. These resources are a cause for ultimate optimism.

HIGHLIGHTS

Green News.....p. 3 & 4	Adult RE.....p. 6
Plastic Bags Neededp. 4	Children's RE.....p. 7 & 8
Member Newsp. 5	Social Justice.....p. 9
Covenant Groupsp. 6	Pride Parade Picts.....p.10



Blessing of the Animals

Sunday Service • October 11

Our tradition continues! All well-behaved pets are welcome, but please keep them leashed or caged (as appropriate!) Is your pet shy or not a good traveller? Photos are welcome stand-ins. Note that teddy bears have also been blessed in previous years.



The Ingathering Picnic had to move inside because of the rain, but we still had one big ray of sunshine, and lots of fun. Thanks, Gene!!

Cottage Meetings Continue

We are gathering in small groups to share a brief outline of our individual religious journeys to this point, and then to recall the events in our lives when we have felt an encounter with the holy, or sacred, or divine, or transcendent; perhaps the moment when we found connection for this human voyage; or the 'Ah-ha' event that inspired our passion and direction in life. We are getting to know each other in deep and profound ways. The church we envision requires our individual stories be a part of the "Oral DNA" of our congregation. Upon this we can build a Loving Community. Meetings are available Sundays at 1PM or Thursdays at 7PM. Sign up soon, or call to be included! 214-755-4315.

See you Sunday – *Mark*

OCTOBER BIRTHDAYS

Gene Dailey	Mary Leggitt
B. Davis	John Ulibarri
Mary Ann Masterson	Nancy Johnstone
Linda McRae	Jase Donaldson
Samantha Masterson	Joanne Hunter
Mark Walz	Chelcy Wadell
Sally Jones	Alice Crawford
Mary Lou Smith	Janetta Schmassmann
Sue Coates	Alice Crawford
	Gabrielle West



YOUR GREEN TIP *By Dee Stofko*



Why vegetarian? I am frequently asked that question, since I have recently become one of the over 7 million people in the United States who don't eat meat, fowl or fish, but include dairy products and

eggs in their daily diet. First, there are the obvious health benefits. Numerous studies over the years have shown that large amounts of red meat in the diet increase the risk of heart disease, diabetes, and prostate and colon cancer, while eating several servings of vegetables and fruit per day decrease these risks—by 25% to 35%. Because of these benefits, vegetarians tend to live longer. Of course we are not talking about those who eat a “junk food” vegetarian diet—high in fat and sugar—but a varied diet of fruits, vegetables, grains, nuts and seeds.

And that is only the tip of the iceberg. With the increasing shift to CAFOs (concentrated animal feeding operations), or factory farms, in the United States and other countries (including the huge beef supplier, Argentina), the meat we eat is becoming progres-

sively more dangerous and unhealthy. The animals that become our food are fed almost exclusively genetically modified products to fatten them up, and then they're shot full of antibiotics to keep them from getting sick. Is it any wonder we have an obesity epidemic—American eat 4 times as much meat and dairy as the rest of the world.

Secondly, a vegetarian diet saves animal lives. If we cut back our meat consumption, fewer animals die. The insatiable human desire for meat equates to animals living in more deplorable conditions and more animals being slaughtered. Right now demand for meat worldwide is predicted to rise 25% by the year 2015.

Thirdly, there is a belief that vegetarianism and spirituality go hand-in-hand. Some Eastern religions believe that when we ingest animal meat, that animal's fears affect our emotions and psyche. Some believe that eating meat makes a person more aggressive, while eating fruit makes one more peaceful. Some even go so far as to say that eating meat prevents a person from achieving deep meditative states because it ties you to your senses.

But how many vegetarians give “saving the planet” or “becoming more environmentally conscious” as a reason for their refusal to eat meat

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DEMO GARDEN UPDATE

Ichiban Eggplant is blooming; and basil is thriving. Yes, we have tarantulas, but they'd rather munch on crickets and caterpillars than us. RE is planning on spending at least one class weeding the plot—soon.

YOUR GREEN TIP continued

products? Did you realize that our food system consumes 19% of U.S. fossil fuels? Here's a fact for you—a pig produces 4 times the amount of waste as a human. Put tens of thousands of pigs in one CAFO and you have a whole lot of you-know-what. That waste is disposed of in open-air lagoons that contaminate creeks and rivers before it makes its way to large bodies of water. These pollutants produce dead zones in oceans and bays—where virtually no living thing can survive—and these dead zones are becoming more massive every year. CAFO practices are killing aquatic life of all kinds.

There are some positive signs on the horizon. Because of documentaries like “Food, Inc”, people are becoming aware of the problems. Jim Cramer of Mad Money suggested recently that the Justice Department might be ready to take on Monsanto because of its monopoly on seeds. The U.S. Department of Agriculture is funding a new program called “Know Your Farmer, Know Your Food,” which is aimed at supporting local agriculture.

Common folk are writing their Senators and Congressmen and demanding change. This past November in California, voters actually passed a proposition that prohibits the practice of putting farm animals in spaces so small they are unable to lie down and turn around. Farms like Niman's in Bolinas, California, raise animals for food the right way—grass fed, no antibiotics, plenty of open air and a three-year life span. Restaurant chains like Chipotle's buy their meat from Niman's, and most of their produce is organic.

If you are interested in finding out more, I highly recommend the August Time Magazine article “Getting Real About the High Price of Cheap Food” that can be found at

<http://www.time.com/time/health/article/0,8599,1917458,00.html>. It is an excellent piece designed to open the eyes of the public to the environmental issues surrounding our unhealthy dietary practices.



Wondering what that is growing in the center of the demo plot? Most likely, it's Texas Croton (AKA goatweed), a wildflower very popular with honey bees.

WE NEED PLASTIC BAGS!

Anita Mills has brought a wonderful idea to the Common Threads Covenant Group—crocheting or knitting tote bags from plastic bags! Even those of us who've purchased reusable totes still tend to accumulate piles of plastic bags. So keep a small stash for litter-box and dog-walking duty, and donate the rest to UUCOC! Look for the large bin in the lobby on Sunday morning.





Child Dedication Ceremony • September 27, 2009

Charlotte Emma Lyon

“A new life has become part of our world, so today we shall give this child a gift. We will welcome her into our hearts and our lives and bless her and bless the name her parents have given her.”



A Gift of Flowers – Peggy Hookey

Please consider bringing a gift of flowers to the Sunday service. If you can let Gene know in advance, he will announcement your gift; and if they are a tribute to someone, he'll announce that also. This can be a birthday tribute, or the gift of a couple celebrating an anniversary or an individual acknowledging an accomplishment by self or others. Consider a gift of sharing flowers.

In Memoriam

UUCOC founding member **Ernest Archer** died peacefully at his home on Wednesday, September 23. A memorial service will be held on October 24 at 2:00pm. at the church. Friends and family are encouraged to bring photos and memories for sharing.



ADULT RELIGIOUS EDUCATION



Study of Sacred Texts: The Bible

Wednesday evenings at 7:00 PM in Hope Chapel. Feel free to join the group any time! We alternate between the Old and New Testaments. See Mark or Marcia for info.

Deepening Group: *Building Your Own Theology*

Watch for a sign-up sheet for the next Deepening Group. See DRE Marcia Shannon for more information.

Sunday in the Yoga Room 11:15am – noon

Exercise Class – On the first Sunday of the month, Tanja Evans leads an exercise class.

Singing Bowl Meditation – Songwriter, mystic poet, and spiritual folksinger Heather Hood leads a Singing Bowl meditation the fourth Sunday of each month.

Guided Meditation – On the remaining Sundays, Vivian Walz leads a Guided Meditation class.

ON OUR CAMPUS

KADAMPA MEDITATION CENTER – TEXAS

Mondays 7pm - 8:30pm • Hope Chapel

with Buddhist teacher David High



Meditations for Relaxation

Learn meditations from the Buddhist tradition to relax body and mind, and achieve both inner and outer peace. Everyone is welcome and you can start at any time.

\$10 per class, \$5 for seniors and students

For more information: www.meditationintexas.org

YOGA CLASSES

For all levels

Did you know that Cheryl Johnson offers yoga classes several days

a week at UUCOC? See our online calendar for dates and times.



ONGOING ACTIVITIES



NEW COVENANT GROUP!

Claudia & Jim Klipp will host the first "Movie Night" covenant group in their home at 945 Cannady Circle, Cedar Hill on Saturday, Oct. 3rd, 7:00pm.

Call Claudia with questions at 972-291-7102.

COMMON THREADS

Every Sunday, explore the art, science, and therapeutic value of knitting. Group meets at 11:15am in the Hope Couch Room, but if you're not free until 12:15pm, come then! See news on page 4.

GAMES NIGHT • 2nd Saturday October 10 at 6:30pm. Home of Barbara Kalley. Bring HEALTHY snacks. RSVP Barbara 972-572-7445 or another_uu@sbcglobal.net

SOCIAL JUSTICE • 2nd Sunday October 11 at 12:15pm in the Sanctuary. See Stephen or Rachel for more information.

WOMEN'S BIRTHDAY DINNER 2nd Sunday - October 13 at 6:30pm, Toshio's in Duncanville Please RSVP to Mary at (972) 891-2830.

A COURSE IN MIRACLES

Mondays at 7:30pm in the Faith lobby. Dee Lewis: (214) 337-3946.

CHILDREN'S RELIGIOUS EDUCATION

Special Presentation: "Consent, Not Coercion"

A Service Dog Among Us: Learning why we ask before we pet!

New member Lindsay Neill and Grady, the Wonder Dog, were special guests in RE on September 27. We learned about the many things that service dogs can do to help people: guiding and providing support for those with vision or balance problems; alerting to a pending seizure, retrieving items, opening doors, using their weight to calm someone during an anxiety attack—the list goes on.

After spending time with the children, youth, and teens, Lindsay and Grady paid a visit to the nursery. What a fun and educational day for us all!



How do you pet a service dog? Ask for permission from their human!



Above: Grady demonstrates *his* self-control by waiting for permission to eat the cheese resting on his foot.

Left: Lindsay brought photos of other service dogs she knows, and told their fascinating stories.

Grady usually works in a harness, but here models a service dog vest and bandana. (Yes, he knows he's handsome!)



CHILDREN'S RELIGIOUS EDUCATION



COLORS OF THE RAINBOW IN NATURE

The children had no problem finding things that matched the paint swatches they were given. (RE, September 20)



OCTOBER ACTIVITIES

We'll continue with the idea that children can help be keepers of the earth and animals and help them explore the messages of the five smooth stones (theology of Unitarian Universalism).

The teens will be exploring the five smooth stones using a Credo group structure. They will post more information on the large bulletin board in Hope as they continue to manage their Kiva loans.

October 4

Bird Feeders and Bat Houses!

October 11

Parent Meeting

immediately after the Blessing of the Animals

For the kids: Yoga with Cheryl Johnson

October 18

"Tree House" Workday

(If bad weather: Tending to our Classrooms)

October 25

Nurturing the Garden



It's time to plan for our annual
FALL FESTIVAL
October 31
HALLOWEEN!

**Now accepting donations
of candy**

for special activities for the kids

Please mark "Fall Festival" and leave
in the Hope kitchen

**Costumes are
encouraged for
children & adults!**



We're making good progress on the playset. More work is scheduled for Friday (Oct. 2). If you'd like to help on this or other projects, contact Scott at (972) 660-2443 or smgrey@tx.rr.com.

SOCIAL JUSTICE MINISTRY



1st TUESDAY SOCIAL ACTION FILM

Cosponsored by the Dallas Peace Center

October 6, 2009 • 7pm • FREE

A film so special we can't mention the name!

To learn the name of this month's film presentation, please sign up for our private email notification list (firsttuesdayfilms@oakcliffuu.org) and we'll send you a reminder of each month's movie. License restrictions prevent us from mentioning the name or actors in this film on our website or posters.

What we can tell you:

This film deals with a very current topic—social and ethical issues related to immigration. It shows the desperate measures decent people will take when things turn bad and all hope for a better future is gone. From the smugglers to the smuggled, they all have something to gain and something to lose and a story to tell. October's film is a drama that captures this moment and gives us a chance to walk in another's shoes. Nominated for two Oscars in addition to 24 awards won and 14 other nominations. The movie won the Grand Jury Prize at Sundance film festival and was the opening night feature at New Directors/New Films in NY.

Join the
Helping Hands Gleaning Ministry
for the 2009

Yam Jam

Saturday, October 17



Join with other volunteers to pick up sweet potatoes left in the field after harvest and donate them to agencies that feed the hungry. A group from UUCOC will be meeting at the church about 7:30-8:00am to caravan out to the field, located near Emory/Alba off Highway 69 (about an hour east of Dallas). The plan is to be in the field about 9am and be finished by about noon. All participants will need to fill out a release form (so the farmer who's being so generous as to let us in the field won't be liable). We'll have hardcopy releases at the church this Sunday. It's really like a working party/bee!

RSVP to Anita at anita1836@earthlink.net.

For those who are unable to join the crew in the fields, we'll have a box for canned goods/non-perishables for donation to the local food bank. This box will be available Sunday the 10th, 17th and 24th.

See www.hhgleaning.org for more information about the Gleaning Network.

"Good things are brought about by hard work done by human hands"

PARADING OUR VALUES • Alan Ross Texas Freedom Parade • Sept. 20

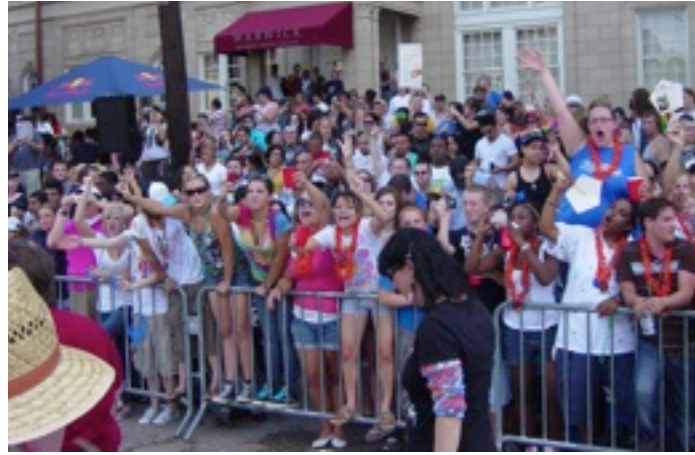


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