



ITHACA

UUU Connections

2022/2023 Issue No. 3

November 1-30, 2022

Message from Associate Director of Congregational Life and Ancillary Pastoral Care

The term pastoral care is powerful and meaningful. Its root is theological and refers to the loving, focused care one provides for a flock - the work of a shepherd - work that beautifully goes beyond responding to emergencies onto the everyday attentiveness toward those who, by chance or design, come into the presence of the pastoral care person.

Pastoral Care is a deliberate, active, and divine expression. It is a state of existence, a way of being present in the world. Those who identify as pastoral care persons, through their dedication to shepherd and attend, must be able to create an actual or figurative space, a sacred atmosphere for those who come to be fed and nourished, restored, comforted, and "heard." Pastoral care persons must also have honed instincts because some of the deepest messages they receive are not conveyed by words.

In traditional pastoral care training, the emphasis is on listening, but listening is only one aspect of the role. The traditional training also implies that the pastoral care person is an empty vessel devoid of thought and opinion. Still, the care of another requires that we can "hear" with our hearts and bring wisdom, thoughtfulness, and the emotional and psychological skills that might help guide those in need onto the spiritual path they are seeking; finding that path is part of the process of growth and healing.

Pastoral care is knowing that fully engaging with another involves our complete selves, which includes our understanding of human emotional complexities, suffering, the desire to be happy and at peace, and the need to love and to be loved.

Pastoral care persons are communicators of the spirit, and the ability to communicate is a glorious gift with many parts. Often those who seek out pastoral care people, are not looking for an empty vessel, but they are looking for communication, looking for support, and hope, which can only be provided by a person filled with grace and knowledge about human experiences, and one who is not there to simply respond to emergencies, but who is there, ready and waiting, because pastoral care embodies the fullness of who they are.

Rev. Peaches Gillette

**In-Person Sunday Services
10:30 am in the Sanctuary**

*Services will also be
live-streamed on our YouTube channel.*

**Masks required and social distancing
encouraged.**

**Religious Exploration classes for children
(see page 2 for details)**



Please join us in welcoming our new Religious Exploration Assistant, Madeline Natale

Madeline Natale is a new member of the FUSIT staff and is thrilled to join the community as the new Religious Exploration Assistant. They have spent most of their teen years and early adult life working with youth. She is a 200RYT and teaches mindfulness and yoga for students of all ages. After maternity leave, they are excited to return to work outside the home and connect with the children and families of UU Ithaca.

Religious Exploration News

For information about Religious Exploration, please contact Emily Richards at dre@uuithaca.org.

Greetings from the DRE

A time of change is upon us. November brings us an important election, the start of the holiday season, and a time for reflection and gratitude.

We are also in a time of exciting changes for the FUSIT community and our Religious Exploration programming. We are so grateful to welcome Madeline Natale to our community in the role of RE Assistant. We have returned to regular RE classes, albeit in a new form as we navigate where we are as a community, adding in a monthly children's Wonder Worship. We have successfully restarted our OWL program. We are finding our way forward with a new model of ministry. We are once again welcoming new and returning members into our building and community.

Change is exciting. It is invigorating. Change is what lets us know that we are alive. And change can also feel challenging. It can bring up feelings of grief for the inevitable loss of those things which we hold dear that have to transform into something new in order to grow and thrive. This is true for ourselves, this community, and the world of which we are all a part.

As we navigate this season of change may you find the joy that comes from evolving and transforming, even inviting in the bittersweet growing pains that accompany these changes. May we be ever transformed and transforming together.

Emily Richards, Director of Religious Exploration

RE Plans for November

We are thrilled to be back to a regular schedule of in-person religious exploration in our building on Sunday mornings. If you have not had a chance to introduce yourself to our new RE Asst. Madeline please take a moment to welcome her to this community.

This month we will be continuing our four week series of RE-Turn to RE classes and holding our first Wonder Worship. Our last two RE-Turn to RE sessions focus on RE-Kindling and RE-Engagement. Wonder Worship will focus on our monthly theme of Change.

We are still looking for an amazing individual to be our Childcare Coordinator so that we can re-open our nursery for those children who have not yet reached school age as soon as possible.

Everyone with kids ages birth through 12th grade should register their kids at the link below. This helps me with planning, and also helps to keep kids safe when they are participating in programming at church.

[2022-2023 RE Registration](#)

Upcoming Sunday Morning Religious Exploration Schedule

November 6th: RE-Turn to Religious Exploration
Arch Room immediately following a Time for Wonder

November 13th: Multigenerational Worship Service

November 20th: Wonder Worship
Arch Room immediately following a Time for Wonder. All are welcome

November 27th: RE-Turn to Religious Exploration
Arch Room immediately following a Time for Wonder

Music for Little People

Free and open to the public in November, Emily Richards will offer weekly toddler and preschool music classes for children 3 to 5 years of age with parents. Tuesdays from 12:30 pm-1:15 pm in the Arch Room running **November 1st, 8th, 15th and 29th**. Sing, play, dance, explore instruments, and connect through music.

Our Whole Lives (OWL) Returns to FUSIT this Fall

The First Unitarian Society of Ithaca (FUSIT) and the First Congregational Church of Ithaca (FCCI) are excited to offer the Our Whole Lives comprehensive sexuality education program during the school year 2022-2023. Our 8th and 9th graders continue through the end of January and our 10th-12th graders will do OWL this spring (registration to come!).

We will also offer sessions of OWL for Parents and Caregivers throughout this program on the following dates: **Nov. 6th, Nov. 20th, Jan. 8th, and Jan 22nd.**

Change Is

Rev. Dr. David Breeden

It's the only constant
and all that, change is.
It's the passing of things.
It is the passing of all things,
change is.
It is the becoming of all.
It is a parade,
this change is.
It is a dance,
this change is.
It is the river
and the stepping
that's never twice.
It is the tragedy
of all that was,
this change is.
It is the fear
of all that is,
this change is.
It is the hope of
what may be yet,
this constant,
this change.
This ice
to water.
This day
to eternity.
Come to the river.
Step. Step. Step.

October OWL Schedule, Grades 8-9, at First Unitarian Society of Ithaca

November 6th, 1-3:30 pm, OWL for
Parents and Caregivers, 1 pm-2:30 pm

November 13th, 1-3:30 pm

November 20th, 1-3:30 pm, OWL for
Parents and Caregivers, 1 pm-2:30 pm

RE-Turn to RE

The Religious Exploration Team is thrilled to be able to offer in-person RE this fall and we need your help. We need volunteers! We need every member of this community to show our families and young people that they are a priority. Please contact Emily Richards at dre@uuithaca.org if you are interested in helping our community in this way.

Expanding Community

For many this pandemic has brought increased feelings of isolation and being cut off from others. We always welcome new members to our community and faith and hope to provide a safe space of connection and learning for all during this time of physical distancing. Please continue to invite any and all people that you know that you believe could find meaning by exploring what the FUSIT community and Unitarian Universalist faith can offer.

The Religious Exploration is Seeking Team Members and Volunteers

The **RE Team** needs new enthusiastic members to help guide our programming. If you have been looking for a way to make a huge impact on this community please consider the RE Team. **Volunteers** to be mentors to our children and young people, as well as leading adult programming for parents is needed. Commitment can be as little as a single one hour program up to weekly regular meetings for youth.

Small Group Ministry for Parents

Tuesday, **November 15th**, 5:30 pm-6:45 pm

Beginning this fall a new Small Group Ministry is forming, especially for individuals who are actively parenting. The group will follow the Soul Matters themes with a focus on how they are related to the journey and experience of being a parent. Gatherings will take place monthly in person in the library or on Zoom. We invite you to join us for an opportunity for fellowship and community within our larger FUSIT community, in a safe, confidential and nurturing environment.



November Worship Services

The theme for November is The Path of Change and the Celebrations Team is looking forward to speakers whose voices can help us to explore this theme as individuals and as a community:

Sunday, November 6

“We Are a Transformational People”

Emily Richards, Director of Congregational Life and Religious Exploration

Throughout our history we have been faced with instances that require us to undergo a transformational change in order to adapt to the world we live in and meet the needs of the moment. What changes do we need to make now to face this moment in history? How do we move forward as a faith that is also a living tradition, meeting the future with open hearts?

Sunday, November 13

“The Saving Grace of Change”

Rev. Peaches Gillette, Assistant Director of Congregational Life and Ancillary Pastoral Care

Often, change is looked at through a suspicious, fearful lens. I offer another lens, a broader one through which "change" can be viewed as a graceful movement, a divine dance that keeps us in step with the power and beauty of the universe.

Sunday, November 20

“Making Room for Change”

Rev. Janet Shortall, Pastoral Care

"We live in constant expectation of the dawn. We don't need to demand it; it will arrive, that is guaranteed. It's also true that the dawn may look quite different from the story we tell ourselves about it... The trick is to remain open to the possibility of growth in any and all circumstances without ever knowing what shape that growth may take." Dr. Rachel Remen, Physician and Author of Kitchen Table Wisdom

Sunday, November 27

“Cultivating a Culture of Appreciation”

Emily Richards, Director of Congregational Life and Religious Exploration

Every day we make choices about how we are going to react to the world around us and the people who inhabit that world. In this season of change how can we meet the challenges that face us with gratitude and appreciation? How do we make a shift from viewing the world through a critical lens to viewing it as a place worthy of our thanks? Join us for our annual cornbread communion and time of gratitude.

*Director of Congregational
Life and Religious
Exploration
Emily Richards
dre@uuithaca.org*

*Religious Exploration
Assistant
Madeline Natale
reasst@uuithaca.org*

*Associate Director of
Congregational Life and
Ancillary Pastoral Care,
Rev. Peaches Gillette
assocdcl@uuithaca.org*

*Pastoral Care,
Rev. Janet Shortall
janet.msshortall@gmail.com
607-227-5074*

*Music Director
Stephanie Ortolano
music@uuithaca.org*

*President, Board of Trustees
Don Barber
sunnybrk@gmail.com*

*Congregational
Administrator
Michelle Waffner
office@uuithaca.org*

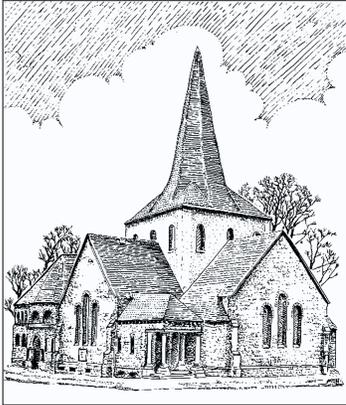
*Administrative Assistant
Loretta Heimbuch
adminasst@uuithaca.org*

*Sexton
Rachel Seymour
sexton@uuithaca.org*

*Bookkeeper
Lauren Ponzoni
office@uuithaca.org*

**First Unitarian is a
UUA-recognized
LGBTQ+ Welcoming
Congregation**

The First Unitarian Society of Ithaca
306 North Aurora Street
P.O. Box 6
Ithaca, NY 14851-0006



Visit our Website and get
your newsletter:
www.uuithaca.org

Possible Ponderings

The theme for November is the Path of Change.

Possible Ponderings is an offering of ways you might consider engaging more deeply with the theme or reflecting on the ways the idea of the Path of Change shows up in your life.

November 1-5: If you could change one thing about your past, what would it be?

November 6-12: It's what many of us fear the most: becoming reconciled to injustice, resigned to fear and despair, lulled into a life of apathy. Have you put in enough strategies to avoid this fate?

November 13-19: If you could easily let go of one grudge, wound or regret, what would it be?

November 20-26: Sure, "they" need to change. But how might *you* changing something about yourself enable that?

November 27-30: What part of you no longer exists? How are you *truly and radically* different than your younger self?

Women's Circle, Monday, November 28

Women's Circle will meet via Zoom on Monday evening, **November 28**, from 7:00 pm to 8:30 pm. We are now generally meeting on the 4th Monday of the month. All who identify as women are welcome. This is a drop-in group, so no need to sign up; just come. Anyone is welcome to bring a poem or a reading. For information or questions contact Nancy Miller at ananda7733@gmail.com or 607 539 7733.

Zoom link Meeting ID: 819 4014 1421
Passcode: 874536

Congregational Administrator Hours

In October, the office will be open **Sundays, Mondays, Tuesdays and Thursdays from 9 am - 4 pm** and Michelle will be working remotely on Wednesdays from 9 am - 4 pm. This schedule does change occasionally so feel free to make an appointment with office@uuithaca.org if you have church business. *The deadline for submissions to the Wednesday Weekly Announce email and Sunday's Order of Service is **Monday at noon.***

Social Media Connections

You can find out about events happening in our congregation, see pictures of past events and connect with other UUs. Like and follow us on Facebook, <https://www.facebook.com/FUSofI/> and Instagram www.instagram.com/ithacauus.

Joys and Sorrows

Our condolences go out to the family and friends of Kay Durant, long-time FUSIT member, who passed away on October 23.

Joys and Sorrows are now shared during Sunday Service. Please send notices to the team at joysandsorrows@uuitibaca.org. When considering what is shared in Joys and Sorrows, please note, these services are live streamed and available to the public on our YouTube Channel.

Appreciations

The Ministry Visioning Team is grateful to Jim Skaley and Madonna Stallman who have volunteered to cover the Welcome Table after services on Sunday. This is an important job for our community in welcoming new members and providing information to current members. We thank them for their time and support of our outreach efforts.

In an effort to nurture a culture of appreciation at First Unitarian Society of Ithaca, we would like to add "Appreciations". Who here at First Unitarian Society of Ithaca have you noticed doing something above and beyond, who has been a quiet unsung hero, or who is doing an exceptional job! It can be a member or staff or friend to our community. Let's sing praises to the many people who help make our community the wonderful place it is. Send your submissions to joysandsorrows@uuitibaca.org.

Soul Matters Material for November - The Path of Change

The Soul Matters theme for November is The Path of Change. This month's packet includes a few short readings, spiritual exercises, and discussion questions for you to consider.

The material can be found at:

<https://tinyurl.com/SoulMattersNov2022>

Did you know you can text in your donations to the offering plate on Sundays?

Simply text 607-260-6616 with the amount + offering (eg: \$5 offering) to donate by phone. It's super easy!

Our Mission

Our mission is to create connection, find inspiration and engage the world. Connect. Inspire. Engage.

The Village at Ithaca: Seats at the Table

The Antiracism Ministry Team will be hosting an exhibit of artistic creations by young people (ages 13+) from The Village at Ithaca for a First Friday event on **November 4** from 5:00 - 8:00 pm in the FUSIT parlor.

The young artists used their creativity, passion, and research skills to reclaim 13 found/used chairs and through decoupage, paint, and other techniques, transformed the chairs into the testimonials and depictions of the Black agents of freedom who came before them.

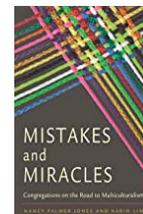
The chairs serve as an accessible metaphor for reworking biased systems in the pursuit of providing, protecting, and nurturing all people, and they call the project Seats for the Table "because while the table is promised, it has not yet been given."

The multimedia presentation will include a presentation from each student about the chair they created. The Ithaca College Park Scholars will assist with producing the presentation. The 15-minute show will run 2x through the evening and a number of students will be on hand during the evening.

Refreshments will be available.

Common Read Program

The UUA has chosen the next Common Read for '22-'23, "Mistakes and Miracles: Congregations on the Road to Multiculturalism", by Nancy Palmer Jones and Karin Lin, published by the Beacon Press. Our group will discuss this book on **November 28**, at 7:00 pm.



A white minister and a lay person of color share how five diverse congregations encounter frustrations and disappointments as well as hope and wonder, once they commit to the journey to a multicultural antiracist Beloved Community.

Since our church, through the Antiracist Ministry Team and Social Justice Council, have embarked on programs for racial Justice, this book will be a valuable resource. It also should provide guidance for implementing the 8th Principle.

We welcome all interested congregants to the discussion. Our library has ordered three copies to share or it can be purchased at Beacon Press for \$22. Direct questions to Barbara Shew, barbrandy51@gmail.com, or JoAnn Kowalski, jmkowalskiro@gmail.com.

Ministry Team Fair Sunday, November 6th During coffee hour in the Parlor

Enjoy a cup of coffee or an ice cream sundae while learning about the many and varying ways you can get involved here at FUSIT. We want to learn about you! What are you passionate about? What brings you joy? What are your gifts and talents? Explore our many teams and ministries and find out how volunteering can deepen your connection to this community.

A complete list of Teams and Committees can be found on the FUSIT website along with a description of the group and the group leader. Group members can be found in Breeze under Tags.

We are extremely grateful for all Team and Committee leaders and members! If you would like to join one of the Teams, email office@uuitibaca.org.

Cornbread Communion and Chili

Sunday, **November 27th**

11:45 am - 1 pm

FUSIT Annex

Please join us for the return of our annual Cornbread Communion during services followed by a shared meal of chili and cornbread in the Annex.

Volunteers Needed

Do you have an amazing chili recipe that you would love to share? We need volunteers to make a pot of chili for our **November 27th** Cornbread Communion and Chili event. Options that are gluten free, vegan, and allergen friendly are especially welcome. Please sign up here or reach out to Emily Richards at dre@uithaca.org.



LGBTQ+ Group
Wednesday, November 16
from 6:30-8 pm

This Small Group is especially for FUSIT's LGBTQ+ community. Meetings typically follow the same general format and structure as other Small Group Ministries at FUSIT. Gatherings take place on the third Wednesday of each month, from 6:30 to 8:00 pm. **All who identify on the LGBTQ+ continuum are welcome.**

Come enjoy this opportunity for fellowship and community within our larger FUSIT community, in a safe, confidential and nurturing environment. For more information, please contact Kevin Moss, kevinm607@hotmail.com.

Pub Theology

Tuesday, **November 22**, 6:30 pm at Liquid State Brewing

Join us at Liquid State Brewing for an evening of good fellowship and conversation at our favorite local brewery (owned by FUSIT members!). We will gather at 6:30 pm and reflect together on our monthly theme of "The Path to Change". Non-beer and non-alcoholic drink options available! 21 and over please. Bring your friends! Hope to see you there! Pub Theology takes place on the 4th Tuesday of every month at 620 West Green Street, Ithaca.

Parking

While we are still not allowed to park in the lot next to the church on Aurora Street, we did confirm that it is ok to park in the Town Hall parking lot on Sundays (on the corner of Buffalo and Aurora) as long as the gate is open.

Now Hiring!

FUSIT is now hiring a Childcare Coordinator. Details can be found in the Weekly Announce email and on the website at uithaca.org.

November Board of Trustees Meeting

The November meeting will be held **November 16** at 6:30 pm. The board meeting is a hybrid format, taking place in the church parlor and through Zoom. All FUSIT members are invited to attend this meeting. Ten minutes are set aside at the beginning of the meeting for congregation feedback. Email office@uithaca.org or check the Weekly Announce email for the Zoom link.

Side with Love: November

Loaves & Fishes of Tompkins County provides a place for free meals, hospitality, companionship, and advocacy for those in need, regardless of their faith, beliefs, or circumstances.

During the month of November, we will be collecting food items for the Loaves & Fishes kitchen to include: *disposable cutlery, individual sized drinks (juice/water), granola bars/fruit and grain bars, desserts (cookies, brownies, small pastries), ziploc sandwich bags, fresh produce, fresh garlic, ginger and herbs, spices, dijon and coarse-grained mustard, canned tuna, canned tomatoes and tomato sauce, couscous, quinoa, barley, lentils, nuts, sesame seeds and raisins.*

Please consider contributing needed kitchen supplies in the donation baskets in the foyer of the garden entrance OR bring your donations to the sanctuary to be collected during each Sunday service in November. (**NOTE:** Packaged foods must be unopened and prepackaged food not past its stamped expiration date.) For a complete list of acceptable items, go to <https://loaves.org/ways-to-give/food-donations/>

Members of the Antiracism Ministry team (ARMT) will deliver the donations to Loaves & Fishes. **THANK YOU** for Siding with Love!!

Emergency Pastoral Care

In case of pastoral need, call Kathy Hopkins 607-592-3025. She will direct pastoral needs for weddings, memorial services and emergency pastoral care to Rev. Janet Shortall.

Nametag Cleanout

Our tradition is to wear nametags for Sunday services. If you need a nametag (or need a new nametag), please fill out a nametag request form at the Welcome Table on Sunday.

We'll get it ready for you to pick up at the Welcome Table the following week. You can indicate your preferred pronouns (she/her, he/him, they/them) by adhering a sticker from the Welcome Table. We encourage everyone to use a sticker in order to promote acceptance of all genders.

We cleaned out the nametag cabinets in October. If you haven't attended services in October, your nametag will be in the cabinet in the Garden Entrance.

If you cannot find your nametag, please fill out the nametag request form and we will be happy to make a new one!



Choir News

It was wonderful to have the choir back for regular rehearsals in October and to have them sing at our Sunday Service on October 30. November is going to be a little different. There will be different events on Thursday evenings, which are open to everyone in our community, whether you consider yourself a "choir member" or not.

November 3 from 7-8:30 pm in the Annex

Vocal Improv with Tracy Robertson

Whether you are singing with the choir or just sing for the fun of it in your car, join us for an evening of vocal improvisation, circle singing, and other fun things to do with our voices. No experience necessary! All ages welcome! Tracy is a singer, instrumentalist, arranger and director who has worked with Rhiannon Watson, Joey Blake, and Bobby McFerrin.

November 10 from 7-8:30 pm in the Annex

Music and Culture Workshop

Through listening exercises and small group discussions, we will be exploring how we experience music together. This workshop was designed by Dr. Mark Hicks and Rev. Nancy Palmer Jones and is an assignment for a course Stephanie took as part of the Music Leaders Certification Program through the UUA and the Association of Unitarian Universalist Music Ministries.

November 17 in the Sanctuary

Trans Day of Visibility

Watch for more details about this event from Cornell's LGBTQ Resource Center.

Babies First Program

We, the congregants of First Unitarian of Ithaca, are the sponsors of a little-known gem of a program, Babies First. Founded almost thirty years ago, Babies First provides new and lightly used baby equipment to those in need from throughout the Tompkins County area. We provide car seats, strollers, pack 'n plays, high chairs, and other items needed by young families. And we do so without cost and without question. Our clients come to us on their own accord or through one of many local social service agencies. Babies First is funded through a combination of grants, fund-raising events, and the generous contributions from the members and friends of First Unitarian.

Babies First is one way that the congregation can honor our Unitarian Universalist values. The benefit of this program to our greater community is enormous, blessing everyone involved. If you have any questions about what we do and how we operate, please contact one of our coordinators, Walt Peck or Sue Rakow.

Important Deadlines

- Weekly Announce Email Submissions: to Michelle by Mondays at noon
- Order of Service Submissions: to Michelle by Mondays at noon
- Monthly Newsletter Submissions: to Loretta, see [22-23 schedule](#)
- Announcements for the Order of Service: to the speaker and the CA for that week by Mondays at noon. (Speakers and CA's can be found on our [Upcoming Worship Page](#)).
- Tables in the parlor: request from Michelle by Thursdays at noon

Successful Fundraiser

The Autumn Harvest Fundraiser was a success on many levels!! The harvest tables made the Parlor look festive, there was much anticipation as to what might appear on the tables each week and we raised \$777!! It was a great community gathering of volunteers, donors and buyers.

Thank you to those who helped out at the tables -- Keith Perry, Jane McArthur, Liz Einstein, Betsy East, Rita Barber, Madonna Stallman and Elizabeth Bixler. And as usual, we had great support from the staff -- Rachel, Michelle and Loretta.

And a special thank you to joAnn kowalski for all the behind the scenes work planning and running the Autumn Harvest Fundraiser. The event raised \$777 for our community!

We are especially grateful for the gifts of those who tended gardens and plants and baked treats to donate for the fundraiser. Grateful for the work of many hands.





Attention All UUs with Inquiring Minds

The Adult Religious Education (ARE) Team is now offering pre-service presentations to be held on the first and third Sundays of each month of the church year in the Annex, unless indicated otherwise in the Order of the Service, the Weekly Announce, and/or the monthly newsletter. Coffee and treats are to be served starting from 8:45 am, with the presentation (including discussion and Q&A) running from 9:00-10:15 am. The Annex can be accessed through the garden entrance to the church on Aurora St. Here are the speakers and topics for the month of November:

● **November 6 - Don Barber will speak on the issue of food sustainability throughout Tompkins County.**

Like clean air and water, nutritious food is the foundation for life. Prior to WWII in Central NY, food was the foundation of family time through growing, preserving, preparing, and eating food together. Now we eat differently. Ninety percent of our food is supplied by mammoth agri-business, which ships it an average of 1500 miles to our plate, then controls the market by paying farmers too little to sustain themselves while buying up grocery store shelf space to stifle local entrepreneurs and stocking these shelves with overprocessed foods devoid of nutrients and loaded with sugar, fats, and salt to satisfy our tastebuds, thus creating a health crisis of diabetes and heart disease. No wonder 24% of Tompkins County adults are obese.

Our Food System is not equitable. Locally \$7.4M is needed annually to meet the needs of our community's food insecure families. And it is not efficient with an annual average of 224 pounds of food thrown away per person. The Food Policy Council, in conjunction with Cornell Cooperative Extension of Tompkins County, gathered the voices of over 2000 residents to articulate a resilient, equitable, and healthy food system vision which directly addresses our system's vulnerabilities with local actions to build a robust, equitable, and healthy local system.

Don Barber is the chair of the Food Policy Council of Tompkins County which spearheaded, with County government and the Community Foundation funding, the creation of the first ever Food System Plan for Tompkins County. Don developed the important relationships to support this effort through his over 30 years in local government and his lifelong commitment to growing his family's food and building healthy soil. Don has been a member of the FUSIT congregation since 1987 and currently serves as President of the Board of Trustees.

● **November 20 - "The Dawn of Everything: A New History of Humanity" -- weighty bestseller written over a 10-year period by renowned activist and anthropologist David Graeber and archaeologist David Wengrow, which came out a year ago -- will be presented by Mary-Paul Kirkpatrick and Matt Hare.**

"The Dawn" considers new evidence from science and research which up-ends current assumptions that humans progressed in linear fashion from small hunter-gatherer groups to agriculture, private property, conflicts and the inequalities we have now. The truth is much more varied and interesting.

Mary will give an introduction, hoping to convey why she finds the conclusion totally UU. Matt will deal with the cultural influence from our native Northeast Americans on the French "Enlightenment," and more. Matt has attended FUSIT since 2007. He teaches in the Environment and Sustainability major at Cornell, and does marine conservation and evolutionary research. He is married to Kerry Shaw and they have two children. Mary-Paul has attended since 1995. She has a degree in music theory and makes reproductions of baroque oboes using historic techniques. She is married to lifetime UU Dick Cogger and they have two daughters.

More topics will be announced as the year advances. Check your Sunday Order of Service, the Wednesday Weekly Announce email, or the monthly "Connections" newsletter. Please give your suggestions for topics and speakers to any of the ARE team members: Preston Wilson, Kathy Wolfe, Peggy McKernan and Hans Fleishman.

Tompkins County Food System At-a-Glance
Learn more about the current state of our local food system at www.tompkinsfoodfuture.org

- 665 million total market value of ag products
- 70% of farms sell less than \$40,000 annually
- 55% of farms report net losses
- 50.8 is the average age of farmers
- \$350M spent on food by TC residents (84,509 / household)
- 11.4% of adults and 13.3% of children are food insecure
- \$37K average annual wage food sector jobs
- 17% more expensive to eat a meal in Tompkins than national average
- 24% of adults and 10% of children are obese
- 113 food retail outlets
108 full service restaurants
74 fast food restaurants
- 15.3% of municipal solid waste generated in Tompkins County is food waste.
- 224 lbs of food wasted per person annually

Tompkins County food system plan
a roadmap for our food future

Building a more resilient, equitable, and healthy food system for all residents of Tompkins County

1: Build Resilience

- Goal 1: Mitigate and adapt to climate risks that affect the food system
- Goal 2: Double local food production to meet community food needs and support farms
- Goal 3: Promote coordination and collaboration among food system stakeholders to meet community needs

2: Cultivate Equity and Economic Opportunity

- Goal 4: Halve food insecurity rates by increasing access to affordable, nutritious, safe food
- Goal 5: Grow land access and food production opportunities for BIPOC, low-income and historically excluded residents
- Goal 6: Create opportunities for entrepreneurship, innovation, investment and fair employment

3: Promote Human and Ecosystem Health

- Goal 7: Protect natural resources by prioritizing climate smart practices
- Goal 8: Provide widespread opportunity for community participation in food waste reduction and recovery
- Goal 9: Integrate broad nutritional support for a healthier population

Learn more and get involved:
www.tompkinsfoodfuture.org/get-involved