



## Board and Members Review Partnerships

*In this issue we profile Carbonfund.org*

The UUMFE Board is in the process of reviewing all of our partner relationships. In addition to our new affiliation with Beacon Press (see page 12), UUMFE has partnerships with three other non-profit entities: Carbonfund.org, the Empowerment Institute, and Northwest Earth Institute. As non-profits struggle to find funding for their work, many are networking to promote common goals and build awareness of their missions, services, and products. As is typical of many such partnerships, when UUMFE members purchase books through Beacon Press, offset carbon via Carbonfund.org, buy "The Low-Carbon Diet" from the Empowerment Institute, or purchase Northwest Earth Institute discussion course books, UUMFE receives a small percentage of the sale or donation. Our partner organizations are happy to support the UUMFE mission out of the savings to them on advertising and promotion.

### UUMFE commissioned independent review of carbon offsets



This August the Board commissioned an independent review of carbon offsets and of our partnership with Carbonfund.org, one of many credible offset providers. On the basis of that report, we are pleased to announce that we are retaining this six-year-old affiliation. The informative report is available on our website ([www.uuministryforearth.org/files/carbonOffsets.pdf](http://www.uuministryforearth.org/files/carbonOffsets.pdf)) and includes clear, up-to-date general information on what offsets are, how they work, and what to look for in choosing an offset provider.

Why do we believe continuing this partnership is important? There is now a growing consensus that we need to set a target for green house gas (GHG) reductions that would result in zero net GHG emissions from human activities by mid-century. The need to make major reductions is so urgent that all of us must set very aggressive reduction targets. For most individual households and congregations zero carbon emissions or even a 50% reduction cannot be achieved without the use of carbon offsets. The principle of reducing *absolutely* as much as you can and then offsetting the rest is the most practical approach for most of us as we simultaneously commit to the hard work of helping to build carbon-free options for transportation, food and clothing choices, and more.

*(Continued on Page 3)*

## Congregational Eco-Heroes Honored

This spring UU congregations across the country honored individuals in their congregations who were "walking the walk" in large and small ways to create a sustainable future. Sixteen congregations chose to nominate their honoree for the first annual UUMFE *Guardian of the Future Award* that was presented at General Assembly 2008.



In our August E-News we profiled **Stefani Scott**, the

recipient of that award. In this and upcoming newsletters and in future monthly E-News editions, we wish to honor and share the work of the fifteen other nominees. In this issue we are pleased to profile **Bruce Langmuir**, **Dennis Briley**, and **Eldon Haines**.

**Bruce Langmuir** is a long-time and dedicated member of UU Ministry for Earth. He committed many hours to the passage of the Statement of Conscience on Climate Change, and he serves as a UUMFE District Representative. He is a member of First Parish of Sudbury, MA and is described by his minister,

*(Continued on Page 2)*

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### ABOUT UUMFE

Unitarian Universalist Ministry for Earth is a nonprofit organization whose membership envisions a world in which all people make reverence, gratitude, and care for the living Earth central to their lives.

Unitarian Universalist Ministry for Earth is a 501(c)3 organization. Contributions are tax deductible to the full extent of the law.

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Rev. Katherine Jesch

## Congregational Heroes Honored - continued from Page 1

Rev. Katie Lee Crane :

“This congenial chap, slightly bent from seven and three quarter’s decades, still has an irresistible twinkle. For First Parish his job is to maintain an even pulse on all her systems. This is intuitive with Bruce. He has the same feel for the pulse of Mother Earth. He is our canary.”

After retirement in 2000, Bruce increased his writing and speaking on energy conservation and pollution control, and in 2006, he formed his congregation’s Green Sanctuary committee. The community of Sudbury has honored him for his contributions to the environment and the 3rd Middlesex Area Democrats for his activism in protecting the environment.

**Dennis Briley** has worked diligently for 10+ years to keep people informed and educated on important environmental issues including energy efficiency, recycling, limiting consumption, water issues, etc.... Instead of only making changes quietly at his own home, he has continuously, yet gently, pressed the church to take more action on these issues. He has expanded the influence of his congregation, the UU Church West of Brookfield, WI, beyond the church membership to other churches and to the community in general. With his inspiration his church has been purchasing 100% renewable energy since 2006, convened a vegetarian cooking class to address ethical eating, and saved \$600+ a year through lighting efficiency.

In the larger community, Dennis has had leadership roles in the Wisconsin Interfaith Climate and Energy Campaign, Waukesha County Water Conservation Coalition, RENEW Wisconsin, a non-profit renewable energy advocacy organization, the statewide Renewable Energy Collaborative, and many other organizations and endeavors. When asked how he has been changed by his work, he replied, “ I grew to see that the issue is more of a spiritual issue than an ‘environmental’ one. We seem to have lost our sense of interconnection with ‘all that is’ which includes our Earth home.”

**Eldon Haines** was nominated by the UU Church of Eugene, OR for a lifetime of environmental activism. In the 70’s, he left his work as a physicist at NASA to join an eco-village near Eugene. There he set to work developing a solar hot water heater for private homes called the Copper Cricket that served as the progenitor of today’s solar hot water devices. In the 1990’s he began his ongoing work on climate change; more recently this has included building the first Net Zero private home in Portland.

Inspired by Mohammad Yunus, he has set up microfinancing opportunities in Micronesia that promote social and environmental justice objectives. When asked what sustained and renewed him when he faltered or encountered obstacles, Eldon said,

“...persistence through the reversals and failures has led to a new philosophy of life: to defocus from specific outcomes and do the work that is worth doing even when success seems very, very far away...live values day-by-day, step-by-step [rather than focusing on] some goal that may never come out.”

*Editor’s note: Nominations for the Guardian of the Future Award for 2009 will be accepted until May 1, 2009. Nomination forms and criteria will be posted on the UUMFE website in January, but it is not too early to be thinking of whom you would like to honor in your congregation this year and nominate for the UUMFE Award. In 2009 the focus will be on nominations for Eco-Heroes whose work addresses environmental justice. ♦*

## from the Board

### CHANGING OUR STORIES OF JUSTICE-MAKING Inclusive Environmental Witness and Advocacy

For those of us privileged to attend the UUA General Assembly this past June, many will cite the inspirational words of Ware Lecturer and environmental justice activist Van Jones as the highlight of the week. One valuable piece of advice he shared for those who strive to work for justice- change the story of our work. He stated that, for too long, we have related to the story of David and Goliath: the smaller voice of right battling the powerful force of evil. He suggested that now is the time to change our story, remove the “us and them”, and perhaps turn to the story of Noah and the Ark, embracing an idea of coming together to work for the higher good of all, without exception.

In these shaky times of environmental peril and economic collapse, it is tempting to point fingers, and hunker down. Yet our faith calls us to move beyond a polarized paradigm, and work for justice not just as a charitable act, but to “shine a new light” for all of us, to understand that the interdependent web is not just a lovely metaphor, but a deeply holy connection to all that is earth, including other people, including even those with whom we are uncomfortable, or unfamiliar. More than ever, we need all of us to shift our world toward life and sustainability.



“We have a duty to do more than curse the darkness...We must ourselves shine a new light.”  
*Van Jones*

Since the transfer of the Green Sanctuary Program to the UUA, the UU Ministry for Earth board and advisors have been dreaming and planning for how to move forward in shining that new light. Environmental Justice-connecting environmental concerns with those of race and class- has become a new priority in our programming. We initially planned to produce a national UU

Environmental Justice conference, but in these difficult economic times, fundraising for such an event has been challenging. We are changing direction slightly, and are instead planning to produce an Environmental Justice Congregational Toolkit that will be more accessible and support the grassroots efforts of congregations. We will continue to support congregational efforts to live sustainably, particularly in working with the Study/Action issue of “Ethical Eating” voted on at the General Assembly. And, we are developing new online resources for reflection and sharing on the spiritual dimensions of being human.

Watch for news of these new programs, and check out our website for materials to support worship, study and action. While we are no longer administering the Green Sanctuary program, UU Ministry for Earth continues to provide resources to all UUs who are working for a more just and sustainable world. And, if you value the unique role of UU Ministry for Earth in advancing faith-centered environmental advocacy and witness, please support us by donating and by encouraging membership within your congregation.

For the Earth, *Barbara Ford*

UU Ministry for Earth Board Chair ♦



#### Partnerships - Carbonfund.org - continued from Page 1

#### How to designate UUMFE in your Carbonfund.org donation

- A. If you are donating by check, please reference UUMFE in the memo line of the check and indicate whether you would like the donation to support one of the following:
1. Renewable energy,
  2. Energy efficiency,
  3. Reforestation or
  4. A basket of these chosen by Carbonfund.org. for example: **UUMFE, Reforestation** or **UUMFE, Renewables.**
- B. If you prefer to donate online, follow the links on our website [www.uuministryforearth.org](http://www.uuministryforearth.org) or go directly to [www.carbonfund.org](http://www.carbonfund.org) and be sure select UUMFE from the drop-down menu during the transaction. ♦

# from the Board

For the UUA Presidential Candidates

## 7 QUESTIONS

UU MINISTRY FOR EARTH WILL BE POSING SEVEN QUESTIONS to **Rev. Peter Morales** and **Rev. Laurel Hallman** as an effort to better understand their ideas about theology, environment, and the role of the UUA and its President. We will post their answers in our Winter Newsletter and on our website:

[www.uuministryforearth.org](http://www.uuministryforearth.org)

1. What do you see as the role of UUA President in faith-based advocacy and witness for social and environmental justice?
2. What do you see as the specific ministry needs for people struggling with despair and confusion related to environmental crisis?
3. What are the priority issues you see for the growth and transformation of our faith?
4. Given recent organizational changes (specifically, the disaffiliation of many UU groups with the UUA), what relationship do you envision between the UUA and the grassroots advocacy groups active within our faith?
5. What is your understanding of/connection to eco-theology?
6. What kind of institutionalized support, if any, should the UUA give to congregations in the honoring of the Seventh Principle?
7. What leadership role, if any, do you see yourself and the UUA playing in interfaith work on environmental issues? ♦

## Are you feeling the Call to Action?

UU Ministry for Earth is soliciting expressions of interest and qualifications for up to four new positions on its Board of Directors. With the transfer of the administration of the Green Sanctuary Program to the UUA this past July, the UUMFE board has been redefining its mission and is now looking to the future. As such, it is a good time to welcome new insights and energy to this important work.

UUMFE envisions a world in which all people make reverence, gratitude, and care for the living Earth central to their lives. We believe that the call to ecological awareness and action stems from our seventh principle, and that environmental awareness and action are a responsibility for all of us as individual people of faith, and as members of congregations or fellowships across the continent.

If you share this vision and are looking for a new way to put it into action, we would be interested in hearing from you. Serving on the UUMFE board involves some travel and is hard work. But it is also fun and tremendously fulfilling. Contact Steve Maier with expressions of interest and qualifications or for more information:

Attention Steve Maier at  
[office@uuministryforearth.org](mailto:office@uuministryforearth.org) or

Steve Maier, UUMFE Board Member  
122 Green Mountain Pl.  
Middlebury, VT 05753 ♦

## Fourteen Say YES As PARENTS FOR THE PLANET

*PARENTS FOR THE PLANET*, UUMFE'S NEW FUNDRAISING PROGRAM, has gotten off to a great start with fourteen individuals or households pledging \$1000 or more for a total to date of \$18,000.

The ultimate goal is to have 100 Parents who will each donate \$1000 or more in support of this member-funded, growing-edge organization dedicated to making Earth-care central to Unitarian Universalism. Your participation will help to give voice to new, articulate advocates who are speaking on behalf of Earth. Your gift will grow the number of lay and ordained Earth ministers, create more and better resources to educate and inspire adults and children, and energize advocacy and witness for Earth in our denomination.

We are working towards adding at least ten more Parents during the 2008-09 fiscal year and will be honoring the group at General Assembly next June. Members of the UUMFE Board are telephoning supporters about this opportunity for generosity that is congruent with your UU values and directly helps to build a better future for our children. If you would like to chat with a Board member, don't wait for the call. Email [office@uuministryforearth.org](mailto:office@uuministryforearth.org), and we will be happy to arrange a conversation at a time convenient to you. ♦





## NOURISH THE SELF with a Retreat

Do you occasionally entertain  
the idea of running away...

hiding under a bushel...retreating from the world? Most of us don't think about it seriously for more than a few moments, but as the pace of life speeds up, the thought of escape might seem an attractive alternative. We can't seem to find the time to just be. But the thought of taking a day or two to catch

my breath, let the dust settle, focus my attention, gather my scattered Self together, this idea beckons like an oasis in the desert.

Retreats have been a part of religious life for as long as we know, but probably not for the majority of people. In early Christianity, the Desert Fathers spent months or years at a time removed from the mainstream, living a life of asceticism and sacrifice. Not very appealing to most of us, I suspect. But in medieval times, the holy mystics lived in monasteries, giving themselves over entirely to contemplative prayer. This seems more attractive to me. They somehow discovered the mysterious beauties of a silence that is freely chosen, and in the depths of this silence they found voice.

In our contemporary lives, many of us tend to lose track of our inner Selves in the struggle just to keep our lives together. In the face of the increasing pressures of jobs and family needs and other responsibilities, we can forget to care for ourselves. But just in time to save myself from crashing and burning, two wonderful opportunities recently have come across my path.

After General Assembly, I was privileged to participate in a week-long retreat at the Center for Whole Communities at Knoll Farm in Vermont. The Center offers programs to allow us to imagine how to create a more just, balanced and healthy world by exploring, honoring, and deepening the connections among land, people and community. They have created a new land movement that integrates conservation, health, justice, spirit and relationship. Check out their website at <http://www.wholecommunities.org/index.shtml>. If that makes you curious, give me a call to hear about my experience.

The second opportunity I'm taking advantage of is a visit to our Unitarian colleagues in Transylvania. By the time you're reading this, I will have returned from a 12 day pilgrimage to a village in Transylvania, sponsored by Project Harvest Hope. The pilgrimage theme of a "Theology of the Table" invites us to enter into a conversation between the disciplines of "theology and ecological gastronomy." As we walk village roads and sit at plank tables, we will reflect on the union of land and food, farmers and eaters, rural and urban, host and guest, landscape and table. We will celebrate the Thanksgiving holiday and harvest festival, including helping to prepare the community feast. We'll also participate in worship and receive Communion in the ancient village church. To see a complete description of the pilgrimage, go to [www.harvesthope.uua.org/pilgrimages-fall-2008.html](http://www.harvesthope.uua.org/pilgrimages-fall-2008.html).

You can imagine how excited I am to have this experience right now as we begin to examine ethical eating as the new Congregational Study Action Issue this year. Eating is so much more than the food we put into our mouths. I'll be sharing what I learn from this experience over the next couple of months on our website and encouraging some reflective dialogue for the CSAI process.

With hope for the future, *Katherine*

**Katherine Jesch**, Director of Environmental Ministry ♦

from the UUA

## GREEN SANCTUARY UPDATE



- 76 Accredited congregations (2 since UUA management)
- 109 Candidacy Phase congregations (16 since UUA management)
- 3 Deferred Candidacy congregations (this is a newly created category)
- 3 Congregations scheduled for Candidacy reviews
- 1 Congregation scheduled for Accreditation review

191 congregations are formally involved in the GS Program. There are 1,018 congregations in the UUA; therefore, approximately 18% of UU congregations are formally involved in the GS Program.

Congregations in every UUA district and 7 Canadian congregations are involved in the GS Program.

For information on the Green Sanctuary Program, please contact :

Robin Nelson,  
Program Manager  
Congregational Stewardship  
Services

Unitarian Universalist Association  
25 Beacon Street  
Boston, MA 02108

Phone: 617-948-4251

Visit us on the web at

[www.uua.org](http://www.uua.org) ♦

# ethical eating

## Introducing **Vicky Talbert**, UUMFE Liaison UUA ETHICAL EATING CORE TEAM

by *Vicky Talbert*

It is with great excitement that I introduce myself as the UUMFE liaison to the Ethical Eating Core Team. This team, made up of representatives from several groups from within the UUA, will develop the Resource Guide for congregations as they begin their four-year exploration of our new Congregational Study Action Issue: Ethical Eating and Environmental Justice. The **Rev. John Gibb Millspaugh**, Minister of the Winchester (MA) Unitarian Society has been selected to lead this effort by the UUA's Washington Office for Advocacy and Witness.

The implications for how we produce, distribute and choose our food make ethical eating a complicated topic to explore. The team will work closely to identify the issues, explore their complexities, integrate content, and winnow information and resources into a concise, comprehensive and easily usable guide for congregations.

The Ministry for Earth's mission emphasizes eco-justice. Central to my role will be keeping visible the spiritual, theological and ethical implications of our food choices on Earth, its people and the creatures with whom we share this planet.

I am a long-time member of Bradford Community Church Unitarian Universalist Church in Kenosha, Wisconsin, and co-chair of its Green Sanctuary Committee (certified 2004). I bring to this task a deep interest in eco-justice and the issue of food and faith. It is my hope and expectation that with thoughtful study of this pressing issue, Unitarian Universalists will better see how our faith can inform our food choices.

I am interested in ideas of others and encourage you to share with me your thoughts related to our newest Congregational Study Action Issue. I can be reached at [vctalbert@sbcglobal.net](mailto:vctalbert@sbcglobal.net). ♦

## from our members



COFFEE HOUR ON 3RD SUNDAYS is hosted by the Green Team. Use the snack time food sale after church as 'education lite' and introduce the congregation to more organic, vegetarian and vegan eating with tips and tidbits in regards to food served as side.

**Celebrate Vegetarian Awareness Month** in October. ♦



2008 -20010  
Congregational Study/Action Issue

## Ethical Eating: Food and Environmental Justice

### Issue

Religious organizations throughout the world have discussed the production, distribution, and use of food. Some people enjoy many food choices while others remain hungry. The food industry produces wealth, but small farmers and farm workers are often poor. Food production and transportation contribute to many environmental problems.

### Possible Congregational Topics

- Religious teaching about food
- Environmental concerns, animal rights, human rights
- Poverty, hunger, nutrition, health
- Congregational purchase and use of food

### Possible Congregational Action

- Support sustainable agriculture
- Volunteer in hunger projects
- Advocate for social and economic justice for those who produce and distribute food

### Initial Key Dates

11/1/2008 - Study Guide posted online

3/1/2009 - Initial Congregational comments due to UUA for input to upcoming workshops

6/24-28-2009 General Assembly workshops

### Additional Dates and Information

<http://www.uua.org/socialjustice/issuesprocess/currentissues/55648.shtml> ♦

# FILMS, FAITH, AND FELLOWSHIP

*by Carolyn MacDonald, All Souls Unitarian Universalist Church, Kansas City, MO*

There are many quality documentaries available on significant issues. However, running a public film series has several challenging tasks, including how to handle screening rights and screening fees. It is very important to honor copyright laws. It is ethical, legal, and supports independent filmmakers who make the kinds of films we may not be able to see in commercial theaters.

All Souls Unitarian Universalist Church in Kansas City, Missouri hosts a weekly documentary series with feature-length films followed by a facilitated discussion. Using a 9 ft by 12 ft screen with a digital projector connected to a DVD/VCR player with audio run through our sound system, we reach an audience of 25 to 75 people with a record of 275. More than half of the attendees usually are non-church members. The series is run by two volunteer co-facilitators and operates with no church budget, although we do accept donations. We almost always buy rather than rent the documentaries. The occasional blockbuster, generous donor, or help from another All Souls or community group has kept us going financially for four years.

If suitable equipment or space are unavailable or public screening rights and screening fees are not funded, consider asking an interested member to borrow a DVD from a library or rent or purchase a copy as an individual. Then the person can invite a few friends over for a small "house party" to watch and discuss the movie.

However, if your church wants to show documentaries more publicly, it is necessary to get screening rights. Some films are available for purchase with a two to four-tiered price structure, either from a distributor or sometimes from the filmmaker or producer. The least expensive rate is for home or individual use. In most cases a church can qualify for the grassroots organization rate, the cheapest organization rate. Usually this includes public screening rights at the church, but unless specifically stated otherwise, assume that no admission can be charged. Most agreements permit collecting donations and selling refreshments to help defray costs which typically range from \$35-\$80.

When a film is not carried by a distributor it can be a challenge to track down how to get screening rights. Many films have an official site. A good place to start is with Internet Movie Data Base ([www.imdb.com](http://www.imdb.com)), which includes most of the films you will want to show, including a link to the official site. Another option is Google. Often when you reach a site, you will need to contact them for the public screening pricing. Most of the time there is contact information for the producer or the director. Send an email providing information about how you want to use the film. Occasionally you will be told to just buy the DVD and then show it with no additional fee. Or you may be asked to buy the DVD plus pay a screening fee in the \$35 - \$75 range, or much higher. You may be able to negotiate by offering, for example, to give the donations you receive at the screening, with a certain minimum guaranteed the filmmaker.

There are some church video licensing entities that provide rights for modest annual fees. And some companies rent films that have been shown theatrically for rather high rental fees but that include screening rights. However, neither of these usually works for a church documentary film series. They generally don't have rights for the kinds of films you will want to show, and their licensing agreements usually prohibit publicity about the name of the film, including even in the church newsletter or on the church website.

To illustrate here are some example of films you might want to show that deal with food-related topics:

- 1- Bullfrog Films ([www.bullfrogfilms.com](http://www.bullfrogfilms.com)) carries many environmental films for educational use such as **King Corn** (\$79.00). Activist prices are not posted. Instead you must call 1-800-543-3764 and provide information about your church program.
- 2- California Newsreel ([www.newsreel.org](http://www.newsreel.org)) distributes globalization films such as **Black Gold** about coffee (\$49.95). Their website lists a grassroots organization rate in their descriptions and will give that to a church after receiving some simple documentation.
- 3- **Future of Food** has its own website ([www.thefutureoffood.com](http://www.thefutureoffood.com)) and has different prices listed. It is \$100 for a grassroots organization
- 4- **The Real Dirt on Farmer John** is available at Angelic Organics ([www.angelicorganics.com](http://www.angelicorganics.com)). The DVD is only \$17, but there is an additional fee of \$95 for one time screening rights, or up to \$295 for continuing screening rights.
- 5- **How to Save the World: One Man, One Cow, One Planet** is available in two versions from Cloud South Films in New Zealand ([www.cloudsouthfilms.co.nz](http://www.cloudsouthfilms.co.nz)). It is \$95, which includes the rights for up to three screenings.
- 6- **The Power of Community: How Cuba Survived Peak Oil**, which includes information about small local gardening, is available through Community Solutions ([www.communitysolution.org](http://www.communitysolution.org)) for \$20. They encourage screenings and don't charge extra for screening rights when there isn't an admission charge.
- 7- The disc with 7 episodes of the first season of Sierra Club Chronicles is available for \$10 from the Sierra Club ([www.sierraclub.org](http://www.sierraclub.org)). Episode 7, **Rats to Roses**, is a short about small community parks/gardens in NYC. When I wrote and asked for permission to screen at church, they responded by sending us the DVD without charge. We did send a contribution later.
- 8- PBS Shop for teachers ([www.teacher.shop.pbs.org](http://www.teacher.shop.pbs.org)) has many films for sale that are listed as AV items and allow public screening.

As these examples illustrate, each can be a new challenging but rewarding puzzle to solve. Enjoy your documentaries! Questions? Contact Carolyn by emailing [office@uuministryforearth.org](mailto:office@uuministryforearth.org) with "Documentary Series" in the subject line. ♦

## Religious Education Project



# MAKING SEED TAPE

By Cat Rigby, First Unitarian Church of Orlando (Florida)

Some of the things you may want to grow in your garden are going to have teeny, tiny seeds. These can be hard for adults to plant, so young children will have an even harder time with them. The answer? Make seed tape! It's very simple and could be a great Religious Education project.

### Project Materials

- Ruler
- Packet of seeds
- Scissors
- Toilet paper
- Small paintbrush
- 1 teaspoon of all purpose flour
- 1/2 teaspoon of water
- Some dishes or cups

1. First, pull off some toilet paper from your roll. Cut it into strips about 12 inches long and 1 in wide.
2. In a small cup, mix 1 teaspoon white flour with 1/2 teaspoon water to make a "glue." (Let your child stir it while you cut up the strips. )
3. Check the seed packet to determine the spacing required for that particular type of seed.
4. Dip your paintbrush once into the flour glue and made dots on your strips using the ruler to help space them evenly.
5. Give the brush to a child, have her/him dip it in the glue again, shake off the excess, and just touch the tip to a seed on the plate. It will stick to the brush. Then when he/she touches it to the damp spot on the toilet paper, the seed will stick to the paper.
6. Lay the strips flat to dry.
7. When the tape is dry, you can carry it to your garden to plant. Just have the child lay it flat with seeds up.
8. Cover it lightly with soil mix and water.

When your seedlings come up they will be nicely spaced and you won't have to thin much if at all! ♦

## RUN for the Trees

May 2008, Orlando, Florida. A 5K RUN for the Trees helped raise \$1,300 to plant moringa trees abroad. UU's of all ages from First Unitarian Church Green Team Athletes participated in the community event.

After planting the moringa seeds, only nine months pass before the tree produces enough leaves to be tapped as a food source. The fresh leaves can be cooked and eaten or dried and made into a powder.

The moringa tree provides not only a complete source of protein, but also potassium, calcium, iron and vitamins A, C, B1 and B2. To learn more, visit <http://www.treesforlife.org> ♦





# SAY NO TO PLASTIC BAGS

Green Sanctuary Project from the UU Fellowship of Vero Beach, Florida

By Nancy Stiefel, UU Fellowship of Vero Beach

The Green Sanctuary women at the UU Fellowship of Vero Beach are now fondly referred to as “the bag ladies.” Our new moniker began as a result of a visit to the local Farmer’s Market where a nurse wanting to “save the earth” in some small way had begun her own campaign against plastic bags by sewing beautiful shopping bags and selling them at a booth for a \$5 donation. She found her fabric at thrift stores and garage sales, or converted used drapes and tablecloths into her beautiful totes.

We engaged “Nurse Sherrie” to help our Green Sanctuary Task Force get started and set a date for our first “Stitchin’ Party”. We solicited our members for donations of sturdy fabric, sewing skills, portable sewing machines, and ironing boards. One GSTF member who didn’t sew offered to bake cookies and make the coffee.

At the end of our first three-hour session, we had completed only two bags! But we had had a wonderful time, and enthusiasm was soaring. With another three bags in progress and lots of fabric cut for future bags, we agreed to meet every two weeks until we completed enough bags to offer them for sale after April’s Earth Day service. Two seamstresses took fabric home to continue the work.

Each Monday morning get-together generated a new group of women (and one man who kept us entertained as we worked) who volunteered their time to cut, pin, press, and sew—and buy! After four sessions, we had sold half of our inventory to ourselves. Each bag was unique as each seamstress tweaked the sewing directions according to her experience. Thankfully, three women sewed rapidly at home so that we had a colorful collection of totes available after the Earth Day Sunday service.

The bags sold like hotcakes! On that Sunday and the next couple of Sundays, the bags quickly disappeared! Folks said, “You could charge a lot more than \$5 for these beautiful, study bags.” But our purpose is to get people to use cloth bags for shopping instead of plastic bags. So we charge a smaller amount, sell more of them, and take one small step along the road to Save the Earth.

Four months later, three women continue cutting and sewing at home, building our inventory for November, when we will again offer the totes as holiday gifts. We have garnered over \$300 so far. The proposal for the proceeds is to buy sunlight-filtering film to place on the south windows in our Fair Trade Corner, the area of the building where our environmental partners at the Fellowship sell their wonderful products: Fair Trade coffee, tea, cashews, chocolate, items from women’s cooperatives, and the famous Eli-Pooh paper products.

Our joint project has been fun and profitable. Several women have been involved beyond our Task Force membership. We’ve enjoyed our time together working toward a goal that embodies our Unitarian Universalist values and our 7<sup>th</sup> Principle.

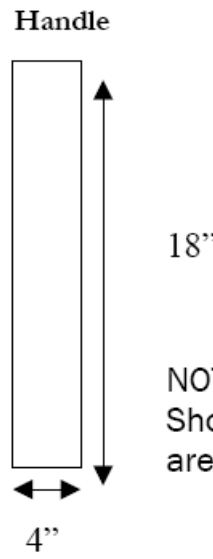
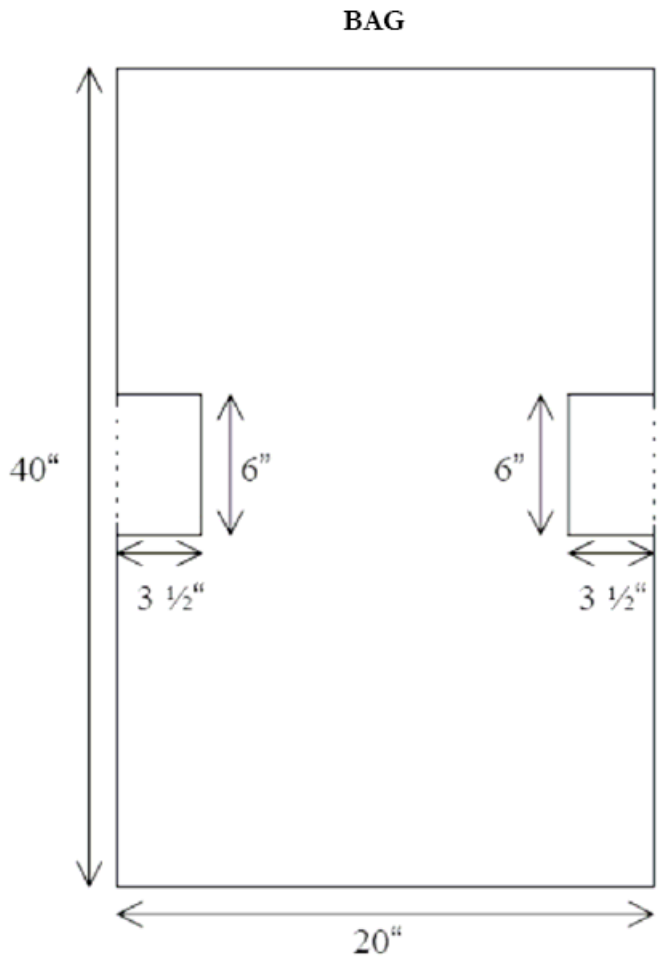
The on-going project costs nothing; all fabric and time are donated. It can be easily replicated at other congregations. Just choose a date and start publicizing your first “Stitchin’ Party.” And one day, perhaps the ubiquitous plastic bag will be only a relic! ♦

*Editor’s Note: Pattern and Instructions for these Totes follows on next page.*



*Gale Parmentier, member of the UU Fellowship of Vero Beach, proudly displayed one of the beautiful Green Sanctuary Totes at the UU Ministry for Earth booth during UUA General Assembly in Fort Lauderdale last June.*

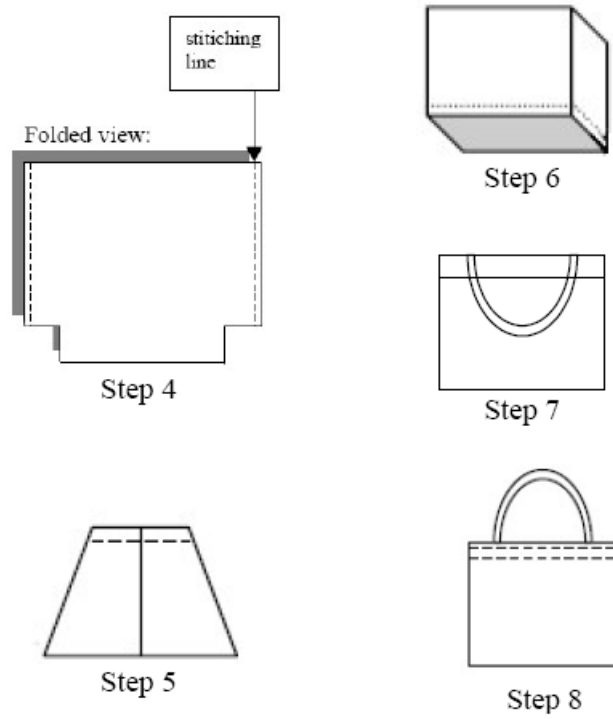
# Shopping Bag Pattern and Instructions



NOTE:  
Shoulder Bag handles  
are 24" X 4".

## Instructions

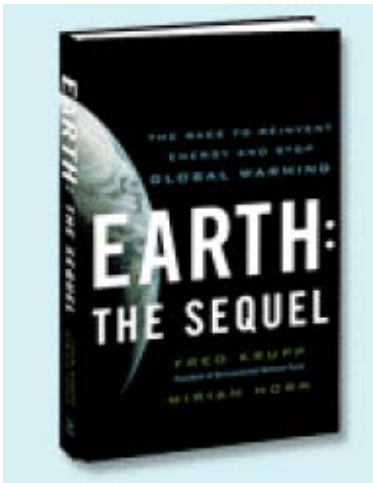
- 1 - Cut out large rectangle, 20" X 40".
- 2 - Fold in half to 20" X 20". Cut out small rectangle at the folded edge, 3" tall X 3 1/2" wide.
- 3 - Cut two handles of a contrasting fabric. (Or cotton webbing for no sewing.) Fold right sides together. Sew a 1/2" seam on long side. Turn right side out.
- 4 - Stitch each bag side seam with 1/2" seam allowance. Zigzag or hem the edges of the seam if the fabric might fray.
- 5 - With the bag inside out, bring adjacent sides of the small rectangle together and stitch with 1/4" seam allowance. Zigzag the edges of the seam.
- 6 - Turn right side out and topstitch along the four sides of the rectangle that forms the bottom of the bag.
- 7 - Turn about 1 1/2" of the top edge under for the hem. Tuck the straps inside this hem so that they lay inside the bag.
- 8 - Pull the straps out of the bag and topstitch around the top edge so that the handles are stitched into place.



# RENEW OUR SPIRITS, RESTORE THE WORLD

By Claudia Kern, Member, Unitarian Universalist Ministry for Earth Board

I DON'T KNOW ABOUT YOU, BUT I AM FINDING IT HARD TO READ ALL OF THE NEW, THOUGHTFUL BOOKS out there. The problem is that most of these, unlike a quick page-turner consumed with a bowl of ice cream at one sitting, take some time. Often, I read , marking pages with little bits of paper, then I reread and return to those pages to take notes. I relish demanding reading if it opens me to new thinking and new possibilities or gets me back on track with my intentions to live more faithfully and sustainably. Here are three recent reads that have done so:



***Earth: The Sequel, the race to reinvent energy and stop global warming***  
by Fred Krupp, President of the Environmental Defense Fund for 23 years

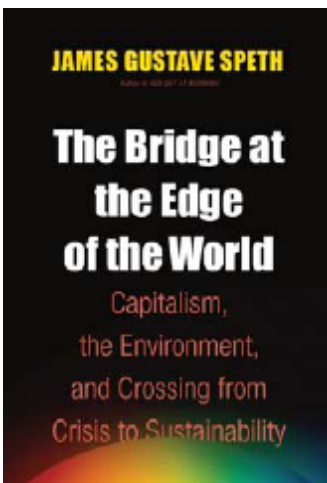
The book profiles a group of dynamic young companies and entrepreneurs working to find the newest, cleanest and most abundant ways to power the globe, and, trust me some of the ways are mind-blowing. Inks and paints that can be printed or painted onto anything to harvest solar energy. Re-engineered ( I know, a little scary) yeasts that ferment sugar to make substitute jet fuel. Northwest Native Americans harvesting wave energy instead of fish. I reacted a bit, to the emphasis on green technology as the money/investment-wave of the future and worry about creating new Pandora's Boxes. But bottom-line, I learned an incredible amount from this book and finished with the realization that quietly and behind the scenes many solutions are being invested in right now. The test will be if these new enterprises can model a new way of doing business along with the new techno-fixes, a way of doing business where the bottom-line is equity, justice, and no harm to Earth and her biosphere as well as profit.



***Getting a Grip: clarity, creativity and courage in a world gone mad***  
by Frances Moore Lappe

"Getting a Grip is not an ordinary book: it's more like a new pair of glasses, allowing you to see everything around you with greater clarity. Suddenly the world is more comprehensible, more manageable, even more beautiful. You won't want to take them off."  
– Barbara Kingsolver

I agree with Kingsolver. This book is about getting back to a democracy that makes sense and using power wisely. It is full of great summary tables that make it easy to take the contents of this book on the road. Stick them in your purse or pocket. *Getting a Grip* would be a great book group choice and discussion questions are available.



***Bridge at the Edge of the World: Capitalism, the Environment, and Crossing from Crisis to Sustainability***, by James Gustave Speth

The author's earlier book, "Red Sky at Dawn" is one of the most important books I have ever read. It was a strong influence on the final draft of the UUMFE draft of the final UUA Statement of Conscience on Climate Change. This book is equally important, taking up where "Red Sky at Dawn" left off. It seeks to address why we are still stuck trying to change human behaviors and policies and lays the blame squarely at the feet of the American-style consumer capitalism which Speth believes is incompatible with maintaining quality of life for all of us. The book calls for a reconsideration of our assumptions about our economic system and what constitutes well-being and progress.

*Editor's note: Please let us know what you are reading. Send your reviews for possible publication in the next newsletter or in our E-news to :*

[office@uuministryforearth.org](mailto:office@uuministryforearth.org). Put "Book Review" in the subject. ♦



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***Confessions of an Eco-Sinner: Tracking Down the Sources of My Stuff***  
By **Fred Pearce**, author of *When the Rivers Run Dry* and *With Speed and Violence*

Where does everything in our daily lives come from? The clothes on our backs, the computers on our desks, the cabinets in our kitchens, and the food behind their doors? Under what conditions—environmental and social—are they harvested or manufactured? Veteran science journalist Fred Pearce set off to find out, and the resulting 100,000-mile journey took him to the end of his street and across the planet to more than twenty countries.

In *Confessions of an Eco-Sinner*, Pearce surveys his home and then launches on a global tour to track down, among other things, the Tanzanians who grow and harvest his fair-trade coffee (which isn't as fair as one might hope), the Central American plantations that grow his daily banana (a treat that may disappear forever), the women in the Bangladeshi sweatshops who sew his jeans, the Chinese factory cities where the world's computers are made, and the African afterlife for old cell phones. It's a fascinating portrait, by turns sobering and hopeful, of the effects the world's more than 6 billion inhabitants—all eating, consuming, making—have on our planet, and of the working and living conditions of the people who produce most of these goods.

**Fred Pearce** is a former news editor at *New Scientist*. Currently its environment and development consultant, he has also written for *Audubon*, *Popular Science*, *Time*, the *Boston Globe*, and *Natural History*. His books include *When the Rivers Run Dry*, *With Speed and Violence*, and *Deep Jungle*. Pearce lives in England. ♦

