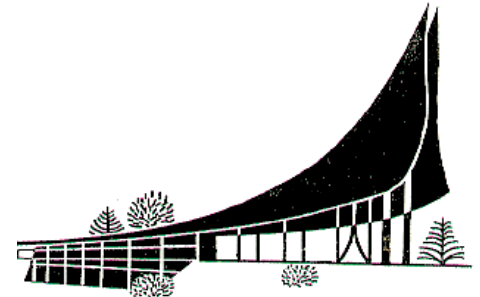


# SOUNDINGS


The Unitarian Church in Westport  
 10 Lyons Plains Road  
 Westport, Connecticut 06880  
 203 227-7205  
 uuchurch@uuwestport.org  
 www.uuwestport.org



**THE NEXT SOUNDINGS DEADLINE IS FRIDAY, DEC. 30**

Dec. 25 - Jan. 14, 2012

A Member of the Unitarian Universalist Association

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Dec. 25  Worship Service: 11:00 only No RE, Childcare Available, Chapel	26 O&AF Rehearsal, ... 7:45 pm	27 Microfinance, Fellowship Rm., ... 7:30 pm Men's Choir, ... 8:00 pm	28 Chant & Meditation Meeting Hse., ... 7:00 pm Chamber Choir, ... 7:45 pm	29 Youth Choir - 5 pm Teen Choir - 6 pm Bell Choir - 6:45pm Women's Choir - 7:45 pm	30 SOUNDINGS Deadline, 12 pm Shawl Ministry, M.H., - 12:30 UU Movie Discussion Grp. M.H., 7:30 pm	31 Sightsinging, Sanctuary - 9:30 am Circle Facilitators, Meeting Hse., ... 10:00 am Carlyn Kessler Recital - 4:00 pm
8 Worship Service: 9 & 11 am OWL Parents Grp., E.W. - 12:30 pm Rainbow Task Force, Chapel... 12:45 pm Positive Conversations for the Future, Sanct., ... 1:00 pm	9 Board of Trustees, Fellowship Rm., ... 7:30 pm	10 Senior Luncheon, East Wing, ... 11:00 am Finance Com., M.H., - 5:30 pm Social Justice Council, E.W., ... 7:30 pm	11 Chant & Meditation Library ... 7:00 pm Men's Choir, ... 8:00 pm	12 Youth Choir - 5pm Teen Choir - 6 pm Bell Choir - 6:45pm Women's Choir - 7:45 pm	13 SOUNDINGS Deadline ... 12 pm Shawl Ministry, Meeting Hse., ... 12:30 pm	14 Newcomer Orientation I, E.W. ... 9:30 am Sightseeing, Sanctuary, ... 9:30 am

**SERMONS:**

December 25 ... 11 am (one service only) ..... **Reading: "A Christmas Carol"** ..... Frank Hall  
*Music: Carols sung by congregation*

January 1 ... 9 & 11 am ..... **Beginning Again... and Again** ..... Frank Hall  
*The calendar says it's a new year -- another opportunity to 'get it right.'*  
**Music: 11 am; Bell Choir & members of the Men's/Women's Choir**

January 8 ... 9 & 11 am ... **The Future of Faith** ..... Frank Hall  
*Some say we are entering a time when we'll witness 'the end of faith.' Change permeates everything, including religion, but the human need for faith will last.*  
**Music: 9 am; Men's Choir, 11 am; Women's Choir.**



## FROM THE BOARD

### A Brief Report On A Long Meeting

The Board met in the Fellowship Room on Monday evening, December 12, along with about forty members of the congregation, staff, and former trustees. The meeting ran from 7:30 to 11:30 pm.

#### Actions:

1. The Board had a long and searching discussion, in which many of the observers participated, about the fact that, due to an oversight of the Nominating Committee, four Trustees and two members of the Audit Committee whose terms were up for renewal at our Annual Meeting held September 25, 2011, who would normally have been on the ballot for re-election, were not voted on at the meeting. The Constitution was examined and this situation was looked at from every possible angle with a view to finding the best solution for the church. The Board decided to call a special meeting of the congregation on January 8 for the sole purpose of retroactively re-electing these Trustees and committee members. For more information please see the notice of the Special Meeting (below).

(**Note:** Members of the congregation who wish to serve on the Board or elected committees will have their next opportunity to be elected to vacant positions at the upcoming Annual Meeting in June, 2012. For more information, talk to the Nominating & Leadership Development Committee.)

2. As provided for in our Constitution, the Board then appointed the four unelected Trustees to the Board to serve "pro tem" until January 8, 2012.

3. Michelle Garvey presented a brief report on conversations she has had with UUA staff in Boston and in our Metro NY District regarding appropriate procedures to honor Frank Hall's long ministry, including the possibility of eventual Minister Emeritus status. We expect to hear from the UUA in greater detail soon after the holidays. A committee will be formed to further formulate these plans.

4. We began a conversation about necessary policies and procedures for member forums on our new website. Steve Axthelm had prepared documents for study and discussion. Various issues were raised which needed more discussion and planning. The Board will continue this conversation at its next meeting on January 9, 2012.

#### From Your Board of Trustees:

*Steve Axthelm, Randy Burnham, Chuck Colletti, Denny Davidoff, Michelle Garvey, Frank Hall (ex officio), Lyn Hamilton, Sherry Jagerson, Kristen Leddy, Sal Mollica, John Mason, Ken Vogel.*

## THE UNITARIAN CHURCH IN WESTPORT

### **BOARD OF TRUSTEES' CALL TO A SPECIAL MEETING IN THE SANCTUARY - 12:30 pm on SUNDAY, JANUARY 8, 2012**

Notice is given of a Special Meeting called by the Board of Trustees to re-open the Annual Meeting held on September 25, 2011. The single purpose of the meeting is to enable the Nominating Committee to correct a procedural error that was created by its failure to put forth a slate of four (4) vetted incumbent members of the Board as well as two (2) incumbent members of the Audit Committee, all six of whom were eligible for re-election.

To correct that error of the Nominating Committee, the congregation will be asked to give an up or down vote for the entire slate.

This election falls under the prior constitution which was still in place at the time of the last Annual Meeting, and which did not allow for Absentee Ballots. Further, since there were no petitioning candidates at the September 25th Annual Meeting, petitions will not be allowed at the Special Meeting.

December 19, 2011

Dear Friends,

Carlyn is home for the holidays – she drove by herself from Cleveland, where she’s in her junior year at Cleveland Institute of Music. It was the first time she made the trip alone. Well, she wasn’t quite alone – she drove with her cello, her constant companion!

We’ve been enjoying some nice family time – she lets us know what she wants to do with her semester break. “Let’s get the tree,” she said on Saturday. With the tree tied to the roof of Lory’s station wagon Carlyn said, “When I was growing up I always felt lucky to celebrate both Christmas and Chanukah. Some of my Jewish friends told me they felt kind of deprived – they didn’t have a tree, and all the other things that go with Christmas.”

Lory responded, “We have Frank to thank for that!”

Carlyn is preparing for her junior recital, scheduled for late January, so she initiated the idea of doing a benefit concert here at the church, which we’ve scheduled for Saturday, January 7 at 4 p.m. She chose the Connecticut Food Bank to be the recipient of food or money donations. Carlyn has done a few recitals here over the years, as well as playing for Sunday services, but it’s been awhile. Lory and I are looking forward to her upcoming concert. It would be nice to see you there.

Last night Lory, Carlyn, Jonathan, Rosie and I drove to Southbury, Massachusetts, to the Vienna Inn where we had a pre-Christmas dinner with my daughter Sue and her husband Chip, and my grandchildren, Alex and Hannah, and their significant others, Vasi and Chris. What a treat!

Hannah is a senior at Hampshire College where she’s a dance major, and her companion Chris is a junior at Berkley School of Music.

Alex graduated from Hampshire last year where he majored in organic chemistry, and he’s working in his field, learning a lot. The on-the-job training is priceless. He’s glad to be employed, of course. He’s planning to start graduate work within the next few years, supported in part by the company he’s working for.

My daughter Sue, who has a graduate degree in expressive therapies, is now in a low-residency graduate writing program at Vermont College. She’ll be spending a couple of weeks there stringing sentences together at the end of this month.

Chip is Vice President of Hittite Microwave Corporation – he’s been with that company for about twenty years, helping it grow from a few engineers to over 400 employees. He opened offices in Germany, Japan, China and Norway.

Lory and I feel very fortunate, indeed. She’s in her third year as a social worker with Vitas, a hospice care provider, working with patients and families to provide comfort and preserve dignity in the face of terminal illness. It is challenging and rewarding work.

As you can see, this is an end-of-the-year letter, which isn’t what I intended when I opened by telling you about Carlyn being home for her semester break. One thought leads to another and before you know it the letter ends, not with a bang but a period. Happy New Year!

A handwritten signature in cursive script, appearing to read "Frank".

**Gratitude**, by *Melody Beattie*

Gratitude unlocks the fullness of life.  
It turns denial into acceptance,  
Chaos into order,  
Confusion to clarity.  
It can turn a meal into a feast,  
A house into a home,  
A stranger into a friend.  
Gratitude makes sense of our past,  
Brings peace for today,  
And creates vision for tomorrow.

---

He who binds to himself a joy  
Doth the winged life destroy.  
He who kisses the joy as it flies,  
Lives in eternity's sunrise.

*William Blake*

---

**I Am Running into a New Year**, *Lucille Clifton*

i am running into a new year  
and the old years blow back  
like a wind  
that i catch in my hair  
like strong fingers like  
all my old promises and  
it will be hard to let go  
of what i said to myself  
about myself  
when i was sixteen and  
twenty-six and thirty-six

## Perry's Ponderings ...

You may have seen the sad news about Kuti Zeevi being shot to death in his jewelry store in Westport. Kuti was my childhood Hebrew School teacher. He was a strong man who had been in the Israeli Special Forces, but what I remember most about Kuti was his kindness. More than anything, Kuti was a loving man. As a religious educator and a human being, Kuti planted loving seeds that continue to grow.

The K-4th grade workshop *Love Is Like a Seed* introduces love as an unseen, guiding force unfolding in the universe. The story in the workshop, *The Everything Seed*, connects science to the mysteries of the universe. It describes the origins of the universe as a single seed that contained within itself everything our universe needed, including love. When facilitator Alan Eugley began the class with a night sky display board showing the North Star and Big Dipper, the young children immediately began explaining their knowledge of The Big Bang and how we are made of the same stuff as stars. In her session, Lynnea Brinkerhoff brought in a special guest, astrophysicist Moshe, who answered questions about the universe and how loud the Big Bang was. The children finished the lesson by using seeds to illustrate their vision of love unfolding in the universe.

Love was certainly in the air at our Holiday Event that was attended by over a hundred people. The children let their creativity flow as they constructed fifty-eight unique architectural masterpieces in the form of gingerbread houses. Then we all ate together from an array of homemade potluck dishes and finished the evening by singing carols around the piano with Ed. The joy shared and the feeling of loving community stood out most.

This past Sunday love spread beyond on our walls when the children made cards, cookies, and gifts for our homebound elderly congregants. Families will be delivering these gift packages over the holidays. The love and care they bring in the visit is the most important gift.

When making his card for one of the homebound, Henri drew hearts that were broken or cracked with a circle around them and a line through them. There were to be no broken hearts. The only heart left untouched on the card was the whole heart. This holiday season may you be touched by unfolding love given wholeheartedly.

## RE CALENDAR

**Sunday, Dec 25 ...**

No RE

**Sunday, Jan 1...**

No RE, childcare available

**Friday, Jan 6 ...**

6pm Bang a Drum! and  
Pizza, Sanctuary



*Lynnea and astrophysicist Moshe present  
The Everything Seed.*



*Each child used seeds to create a vision of  
love unfolding in the universe.*



*The holiday potluck feast after gingerbread  
houses.*



*Then everyone sang around the piano with Ed.*

## HIGH SCHOOL YOUTH GROUP...

*Lily Rappaport, Youth Program Dir.*

The best part of the season is remembering those who make the holidays meaningful. We are grateful for this community, for the generosity and commitment of everyone who supported us throughout the year. In particular we'd like to extend our appreciation to those of you purchased wreaths at our holiday wreath sale. Thanks to you, we raised a total of \$840!

The spirit of Christmas is about sharing gifts and appreciating each other. In youth group we had some fun with our annual "Grinch Gift Exchange." The rules of the activity are as follows: we each take a turn to choose a gift, open it, and then, in true Grinch style, can take advantage of the opportunity to "steal" another person's gift. After the merry-making, we wrapped things up by reminding ourselves of the special gifts that we all receive and bring to the community.

Aside from the fun and games, this is the season to remember those less fortunate and to engage in the call for action to help others. Earlier this month, I attended the district Unitarian Universalist United Nations Office (UU-UNO) social justice youth conference held in Brooklyn. At the con, high school senior, Elise Thomson led a workshop about her experience at last year's UU-UNO Conference and provided details about the upcoming Spring Seminar in NYC. This year's theme is on the topic of Race and Immigration, focusing on the experience of immigrants (documented and otherwise) and what we can do in the effort to bring peace and justice into the world.

May you have a lovely holiday season filled with peace, joy and meaning.

Happy holidays!



*The Grinch Gift Exchange*

## When I headed off to Bridgeport the Night of...

When I headed off to Bridgeport the night of Wednesday November 30 I had (1) promised David Vita that I would attend an event with the acronym of CONECT, (2) no idea where I was going or why, and (3) no idea who would be there and why. All I knew was that David Vita told me to be at some church in Bridgeport by 7:30 PM on that night and that Arnela needed a ride. There are certain people that you follow into battle and for me, David Vita is one of those people.

I had the directions to the church but driving at night is not my favorite sport and especially driving at night when I am going to somewhere for the first time and especially if I have to take I-95 to get there. But David Vita said to get up to Bridgeport so we got up to Bridgeport, to a church by the name of the Cathedral of the Holy Spirit. I will just add that I am Jewish. So here are two white lesbian women driving in the dark up to a church in Bridgeport and the only certainty and prayer we were going on



was that David Vita would be there (he was, camera in hand). What ensued after our arrival still has me shaking my head in awe.

What a church! Huge. Seats over 1,000 people. And they had a state-of-the-art sound system! And a gospel choir was singing (imagine my joy). And a full band was playing. And there we were – 40 UU'ers in a Bridgeport gospel church. This was such a strange picture but David got us all up there for a reason. Well, the reason soon presented itself.

CONECT was the reason: a significant new multi-faith organization, united to fight such social ills as unfair banking practices, high health insurance costs and abusive treatment of immigrants. We were 1500 strong that night. Imagine – 1500 people from all faiths and congregations gathering together over a shared commitment to place justice into action. And guess who was there with us – none other than Governor Dan Malloy. Not only was the governor there, but the mayor of Bridgeport was there, Sen. John McKinney, and Rep. Jonathan Steinberg, too. This CONECT group is one powerful group and Reverend Anthony Bennett, the group co-chair, is fearless. Rev. Bennett made sure that the governor verbally commit to supporting the agenda of CONECT. Malloy said that he would work with CONECT on all of the issues. On the matter of providing driver's licenses for undocumented residents, he said that, as a matter of safety, all drivers in the state should have insurance and should be licensed.

Am I impressed? You bet I am. And on Jan. 30 there is a follow-up meeting at Temple Israel here in Westport. Rabbi Orkand is one of the founders of CONECT. I will be at that meeting. I hope you will join me.

*Rozanne Gates*

## Disappointed ... But You Can Thank Me

I'm disappointed. I'm disappointed because on Saturday afternoon, January 7th I can't be in the sanctuary listening to Carlyn Kessler' cello recital. Carlyn is Frank's step daughter so I've had the opportunity to hear her over the past seven years. If you've heard her play before then you understand my disappointment. If you haven't, well...you've missed something very special AND, you can correct that! This is the second, or possibly third, time that Carlyn has performed here to raise funds for the Connecticut Food Bank. This year her effort is even more needed.

There are 156,000 children in Connecticut on the SNAP (formerly Food Stamps) Program. Their families, in deep or prolonged poverty, struggle to make their benefits last for the entire month. The benefits are \$4 a day per person for food. Not \$4 a meal, no, \$4 a day. Food banks help to make up the difference. We help stock the food banks.

So please come on January 7 at 4:00 and listen to the recital, support the Food Bank and, when you next see me, tell me how wonderful it was so that I can be even more disappointed. Or just thank me!

## SAVE THE DATE: Friday, Jan. 20

The next  
**VOICES Café**

is Friday, January 20  
at 8:00 pm featuring  
Tom Nielson.

If Occupy Wall Street had a concert Tom would be the headliner! He follows in the footsteps of Pete Seeger (he even looks like him!) and Tom Paxton says that, "This is very good music. And very good politics."

## Job Opening: Town Personnel Director

**DUTIES:** Responsible for the planning and administration of policies and programs designed to attract, retrain, motivate, develop, organize and discipline the people needed to serve the town and to insure that such policies and programs are cost effective and accordance with local, state and federal regulation and any collective bargaining agreements that may apply. The position also is responsible for administering and maintaining employee records/personnel files for all employees and retirees.

**QUALIFICATIONS:** Bachelor's degree from an accredited college or university. Minimum of five (5) years of responsible personnel experience in a unionized environment with at least 250 employees including at least three (3) years in a supervisory capacity.

John Kondub, Finance Director/Acting Personnel Director  
Personnel Department  
Westport Town Hall  
110 Myrtle Avenue, Westport CT.  
jkondub@westportct.gov

## UU Movie Discussion Group, Friday, Dec. 30th



The UU Movie Discussion Group meets again on Friday, December 30 to discuss 2 films: "The Decendants" and "Hugo". Potluck dessert at 7:30; Discussion at 8. At the Meeting House. All are welcome.

## Jewelry Sale

Many thanks to all of you generous members who gave fabulous jewelry and to the lucky members who bought it!

Our church coffers swelled by more than \$2000 ... we have made plans to have a Valentine sale on Feb. 5 – Don't miss it!

*Jean Northup &  
Barb Thormahlen*

## Over 55?

Then add this to your list of New Year's Resolutions: Check out the Unitarian Seniors Group. It's easy and it's fun. No calls to make or prior sign-up. Just come to our next meeting at 11:00 a.m. January 10 or the second Tuesday of any month in the East Wing. No obligation. Our meetings are open to all.

We have interesting speakers on a variety of topics and occasional round table discussions that are at least as interesting. Those who don't forget bring a brown bag lunch. We provide coffee, tea, and sometimes a surprise. For more information, call 203 227 2410, Or just come and give us a try.



## Flowers for November & December

### November 6

In loving memory of Roseanne George  
*Given by Frank George*

### November 13

In loving memory of Kaushal Khanna.  
We miss you.  
*Given by he Khanna family*

### November 20

With thanks – again! –  
to Jim Luongo  
For creating – again! – a fantastic show.  
*Given by your cast*

### November 27

In memory of Alice Graves  
*Given by Royal Graves*

### December 4

In loving memory of Peggy Boldt,  
a founding member of the church.  
*Given by her children David,  
Deborah & Tom*

**December Wreaths & Flowers**  
Remembering Sylvia Birmingham  
*Given by Katie & Tom Croarkin*

**food fight!** **chowda** **fest** **1st**

4th Annual

**Saturday, Feb. 4**  
**11:00am - 4:00pm**

Bedford Middle School, Westport  
(\$6 Adults, \$2 Kids under 12)

Benefitting The CT Food Bank

Save the date! Chowdafest IV will be bigger and better than 'evah".  
Proceeds are split between UUCW (us) and the CT Food Bank. 24 terrific restaurants.  
Over 33 decadent soups and chowders. For more information,  
**go to [www.Chowdafest.org](http://www.Chowdafest.org).**



## Reflections of an observer of our last Board of Trustees Meeting:

I am proud to be a Unitarian. I experienced a level of genuine listening, compassion and exceptional group facilitation as the members of our BOT and congregants pursued transparency, honesty, timely decision making and the broadest possible inclusion of viewpoints! It reminded me of a poem I wrote some years ago when I needed to stand in the PRESENT to be anchored. (Poetry is meant to be read out loud with different cadences.)

### Standing in the Now

*Standing! Standing in today!  
Standing in the now! Standing in the now as me!*

*Standing in the light every crack and wrinkle of my face  
worn with honor, worn with joy.*

*Standing in the shadows,  
shadows of guilt, of doubt, of mountains unclimbed.*

*Standing as one,  
now full, now warm, with the awareness of connection.*

*Standing connected tentatively touching our wounds  
that release poison allowing healing to be manifested.*

*Standing in acceptance, acceptance of one's humanity.  
Humanity blessed with imperfection, blessed with the  
potential to become.*

*Standing in one's becoming, a gift of conscious growth.  
To stand feeling the seeds of health sprouting within.*

*To stand ... knowing  
light, water, rootedness and strength.*

*To stand with full voice  
claiming the day echoing one's connection to all that is.*

From Jim Francek  
Coach for Neighborhood Circle Facilitators  
jimfrancek25@gmail.com



## You're Hired!

### Update on the NLDC

(Nominating and Leadership Development Committee): Two members of our committee have had to resign, due to personal commitments. That means we are now accepting applications from YOU for our committee.

### What are we looking for in a candidate?

- Someone who has been a member of our congregation for at least 12 months (figure by 1/9/11) Someone who has been in our community long enough to know many folks, have many "threads" of contact (such as RE folks, Choir folks, Social Justice, etc.)
- Someone who will be able to meet once or twice a month until our Annual Meeting in June, plus make phone calls, participate in writing or editing, etc. (In addition to the immediate need to fill our NLDC ranks, we have a Committee on Ministries (COM) to create, and slates for the BOT (Board of Trustees), Endowment, and Audit Committees to fill for the June annual meeting.)

### If you are interested in joining the NLDC,

I would suggest you send an email to anyone on the committee (see below) providing your responses to the bullet points above. While we are now seeking names for the NLDC, if you would like to mention yourself or someone else as a possible candidate for the other committees, please reach out to anyone on the NLDC:

*Marianne Barber* (msbarber@optonline.net),  
*Carl Serbell* (cserbell@yahoo.com), or  
*Elaine McMillan*, chair  
(mcmillane@yahoo.com).

## Positive Conversations for the Future

(PCF) is the second phase of the resiliency approach within our congregation. It is a two-hour session that introduces a framework for creating positive conversations anchored in principles of positive dialogue. The outcome of these sessions is to increase our ability to speak our truths in ways that create increased understanding and connectedness.

**Who:** All congregants wishing to enhance a continuing positive dialogue for our future

**When: Sunday: January 8th** from 1:30-3:30 PM in the Sanctuary

**Sunday: January 29th** from 1-3 PM in the Sanctuary

**Facilitators:** Jim & Pat Francek and Tom Hearne



SIGHT-SINGING CLASSES

Those of you who are interested in joining one of the choirs customarily have a talk with me. One of the comments I frequently hear is that an individual wants to sing but has no skills in reading music. I've created a remedy for that: sight-singing class!

Over the years I have discovered that certain things happen for those who learn how to read. 1) one becomes a better musician; 2) one adds more to the group because it is easier to keep up with the music making; 3) one feels better about themselves for having a new skill. This year's class schedule looks like this:

Table with 4 columns: Month, Day, Date, Time. Rows for January (7, 14, 21, 28) and February (4) on Saturdays from 9:30 - 10:30.

The class is free, but you need to register by email (etmusic@aol.com) or phone call 203-227-7205 ext.18.

If you have questions or concerns, please be in touch.

Ed Thompson

SOUNDINGS

Newsletter of the Unitarian Church in Westport

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Lily Rappaport Youth Program Dir. lily@uuwestport.org
David Vita Social Justice Director david@uuwestport.org
Robert Santiago Sexton bobby@uuwestport.org

Endorsed Community Minister

Rev. Debra Haffner ...debra@uuwestport.org

Board of Trustees

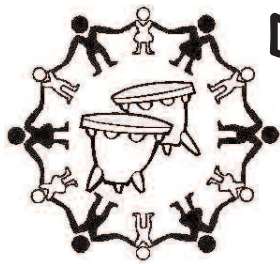
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Carol Porter Editor/Design

visit our website at www.uuwestport.org

The next SOUNDINGS deadline is Friday, Dec. 2, at noon (or before). Please e-mail your copy to: carpo@optonline.net



Drum in the New Year!

Join us for a Family Fun Night Drum Circle led by Randy Brody, professional drummer/music educator



Friday, January 6 - Pizza at 6:00 pm Drumming at 6:45 pm

Admission: \$10 for adults; \$5 for kids/teens

RSVP by January 4 with (1) number of people attending and (2) ages of kids/teens attending to: 203-227-7205 x20 or ucwevents@gmail.com

Drum in the New Year!



THE UNITARIAN CHURCH IN WESTPORT

PRESENTS

# "FOOD FOR THE SOUL"

An Afternoon of Music  
to Benefit the Connecticut Food Bank

*featuring*

Carlyn Kessler - Cello

Margarita Nuller - Piano

**Date:** Saturday, January 7, 2012

**Time:** 4:00 P.M.

**Place:** Unitarian Church in Westport  
10 Lyons Plains Road  
Westport, CT

<http://maps.google.commap?f=q&hl=en&q=10lyons+plains+rd.+Westport.+CT>

**Admission:** In lieu of an admission price, attendees are asked to please contribute food, personal care or cash donations for the Connecticut Food Bank. For those who can't attend, a donation can be made by sending a check to the Unitarian Church with "Food Bank" written in the subject line.

*In Connecticut, one out of five children, 102,000 youngsters, under the age of twelve are hungry or at risk of hunger. There are more than 380,000 people living in Connecticut on \$4.00 a day from SNAP (formerly Food Stamps). They depend on the Food Bank to make up the difference between \$4 and putting food on their tables.*

*100% of your contributions will directly assist hungry families.*

*Food items most needed: Tuna and other canned meat; Peanut Butter; Chunky soups and stews; Macaroni and cheese; Spaghetti and sauce; Rice and beans (dry & canned); Powdered milk; 100% fruit juice.*

*Personal care items (shampoo, toothpaste, diapers, deodorant, soap) and cash donations are also welcome.*

**Thank you for helping to make a difference**

For more information please contact David Vita, david@uuwestport.org