

# TAPESTRY

A Magazine for All Peoples UU

December 2024



*Valerie Timmons, "Variation on Winter Sunset" oil on canvas*

# Editor's Note

**D**r. Vivek H. Murthy, Surgeon General of the United States, issued an advisory last year titled "Our Epidemic of Loneliness and Isolation," promoting the healing effects of social connection and community. He

reports that half of all Americans suffer from feelings of isolation from others. This is concerning, because, "Loneliness is far more than just a bad feeling—it harms both individual and societal health. It is associated with a greater risk of cardiovascular disease, dementia, stroke, depression, anxiety, and premature death." At the community level, he says "the harmful consequences of a society that lacks social connection can be felt in our schools, workplaces, and civic organizations, where performance, productivity, and engagement are diminished." To find out more, see:

<https://www.hhs.gov/sites/default/files/surgeon-general-social-connection-advisory.pdf>

As a remedy, Dr. Murthy recommends both individual and societal efforts to foster interpersonal connection, and to create a more welcoming environment for positive social engagement.

Government and civic organizations certainly have a role to play, but for the 47% of Americans who belong to a church, mosque, or synagogue, I think our faith communities are especially well suited to help repair America's unraveling social fabric. In this issue, the Tapestry explores ways that All Peoples supports healthy human connections, and asks how we might strive to do an even better job of bringing folks together for the benefit of all.

Kudos to the "Beloved Conversations Among Team" for their diligent examination of our community's culture and habits, seeking ways we can broaden the welcoming circle for newcomers and longstanding members alike. We look forward to more of their insights in the coming year.



## Contents

Tapestry Volume 13, December 2024

<i>Together on the Journey</i> -- a message from Rev. Bruce Beisner . . . . .	3
<i>New Member Focus</i> -- Brian LaFerriere. . . . .	5
<i>Our Social Fabric</i> -- Connection Groups and Chalice Circles . . . . .	6
<i>Poet's Corner</i> -- Poetry from members and friends of All Peoples . . . . .	8
<i>The Creative Spirit</i> -- Winter landscapes by Valerie Timmons and Jill Baker . . . . .	9
<i>All Peoples People</i> -- Rhonda Barnett and Hope Howell . . . . .	13
<i>Nature in Our Neighborhood</i> -- Reflections on the web of life . . . . .	17
<i>Heard from the Pulpit</i> -- Quotations from recent services at All Peoples . . . . .	20
<i>Peoples Puuzzle</i> -- Brain teasers with a UU perspective . . . . .	22

# Together on the Journey

by Rev. Bruce Beisner

Minister, All Peoples UU Congregation

In recent years, some psychologists and sociologists have begun to identify what they believe is one of the reasons that people seem to be struggling more with their personal sense of well-being and our larger society continues to become more divided and less able to collectively respond in to the challenges we face. The gradual disappearance from many people's lives of what these theorists have labeled "**a third place**" is a leading factor in the loneliness, isolation, and political polarization that we are witnessing.

For generations, our most important social interactions often happened in places like libraries, clubs, bookstores, parks, coffee shops, and churches. From Friday nights with friends at the VFW Lodge to participating in a softball league or a sewing circle, people have always found a sense of community and belonging in spaces which offer casual yet meaningful connections with others.

In the 2007 book, "The Great Good Place," sociologists Ray Oldenburg and Karen Christensen observed a cultural trend happening in American Life. Over the past several decades, many people have been gradually participating less and less in traditional institutions and meeting places which offer a sense of community. They are instead spending almost all of their time in only two types of environments. The first place is the privacy of their own home and the



second place is where they are employed. Overall, time spent within a third type of space, which is neither where we live nor where we work, has been declining sharply.

The causes of this trend are varied, but include the proliferation of new technologies and the overall anxiety that results from increasing economic inequality and rapidly changing social norms. Thanks to our smart phones, we can now access all types of entertainment on our own personal screens. We can shop online without going to the store and even find romance through internet dating apps. At the same time, Americans report that they feel less safe and secure than in previous historical periods. Worries about financial stability and the perception that crime is a constant threat make many less inclined to venture out into public spaces simply to relax and be around other people.

The results of limiting our lives to home and work and rarely experiencing spaces which offer community and connection, are proving to be problematic. Depression, loneliness and other mental health issues are reaching near epidemic proportions in our society. People are less hopeful about the future and less trusting



in their neighbors. The deep divisions we see over political and social justice issues are exacerbated by the fact that we less frequently connect in public settings where we might mix with people who are different from us.

In their book, Oldenburg and Christensen make a powerful case for the need to re-engage in our participation in “third places.” They suggest that we have underestimated the value of being able to relax in public and be in spaces where we encounter familiar faces and make new acquaintances. Having places which “anchor” community life and facilitate broader, more creative interactions is vital to our living and thriving, both as individuals and as a society.

To me, our All Peoples congregation is here to serve as “**a third place**” for you, and for everyone who is finding the need for a sense of community. We offer the chance to connect more deeply with diverse people in a wide variety of ways and leave behind the isolation of being on your own to encounter life. In a spirit of beloved community, we openly share our joys and our worries and get to hear what is happening in other people’s lives. Through volunteer opportunities, we work side by side and share our gifts and talents. Our church truly is a place of acceptance, respect and relationship in a world where finding these may seem harder and harder to do.

During recent Sunday morning services, we have been blessed to present video reflections made by some of our newest All Peoples members sharing what they feel is meaningful about our church community to them. While each of these people has had their own unique story to tell, they have all spoken about how welcoming and embracing they have found our congregation to be. Each has talked about how this is a place that has allowed them to make new friends and feel more connected to others. Their experiences testify to what makes this an important and engaging place to be.

In these days when the future on our nation does not look bright, many of us are fearful about what may happen to us and to those we love. It can be very tempting to withdraw into the security of our own private lives and disengage from being in relationship with others. Yet these are the times when we actually need to be connecting in community more than ever.

As your minister, I often wish I simply had “the answer” to solve all our problems or knew “the right path” forward to keep us all safe from harm and hurt. But I do not. What I do believe is that the answers and the paths we need will only be discovered from sharing our lives with one another and continuing to welcome new people into the beloved community we are always building together.

Blessings!

*Bruce*



# New Member Focus

*from Janet Taylor,  
Congregational Life Coordinator*

## Brian LaFerriere

**B**rian LaFerriere has been a Unitarian Universalist since 1982, first joining All Souls Unitarian Church in New York City. “All Souls helped give me the deep ethical grounding I needed,” he said.

More recently, Brian was a member of and served on the Board of Trustees at Birmingham Unitarian Church in Bloomfield Hills, Michigan.

He retired and moved from the Detroit area to Louisville in March to be closer to his son Nick, Nick’s wife and one year old grandson Jack.

When he moved to Louisville, he was fortunate to be introduced to the community and All Peoples by William & Mary college classmate Jean Koehler.

“I was struck by and grateful for the very friendly and caring welcome I received at All Peoples. And by the very thoughtful and meaningful discussions at the Sunday morning discussion groups” LaFerriere said. “It was the Church connection I wanted.”



Brian was recently voted by the All Peoples congregation to the Endowment Board and was then later elected by that Board’s members to serve as Chairman. “I am grateful for the opportunity to serve the Church, and for the trust shown in me. It is an honor.”

Brian was born in Germany, while his father was stationed there in the US Army. He went to high school in Herndon, VA, studied Economics at William and Mary and later earned an MBA.

Brian was fortunate to have had a diverse career. He spent fourteen years with Pan Am in New York City and in Zurich, Switzerland. Brian then joined American Airlines for four years in London. After that, he spent seven years in Bradenton, FL with SITA and SABRE, marketing large computer systems to international airlines around the world. After 9/11, he was forced to “reinvent” himself and moved to the Detroit area to join Merrill Lynch for ten years. In 2012, he purchased several small business franchises which he owned for ten years.

When he retired in 2022, Brian signed up to crew on a 70 foot racing yacht on the 35 day transatlantic leg of the 2023 Clipper Round the World Yacht Sailing Race. He was 70 and the other participants ranged from 25 to 40 but welcomed the challenge of pushing himself to his physical

and mental limits. After a week of training on the English Channel he ultimately decided that he didn't have the required strength and stamina ... but took a great deal of satisfaction in having tried.

In his free time, he enjoys travelling, photography, reading, keeping up with international affairs and managing a personal investment portfolio. And of course, spending two days a week with his grandson!

Brian's enjoyed being active in community affairs, including serving as a publicly elected Village Councilman in Michigan. He also served on the Advisory Board of Horizons Upward Bound at Cranbrook Schools and taught financial literacy to inner city Detroit high school students. Since arriving in Louisville, he's volunteered with Special Olympics – Kentucky as a volunteer "official" photographer.



## *Brian's Reflections on Service to All Peoples and the Connection Group Experience*

**W**hen I moved to Louisville in March, I was very fortunate that my William & Mary classmate Jean Koehler was willing to introduce me to her friends and members at All Peoples.

But I think it was equally important that I looked for ways to get involved in the Church. As I had experience managing financial investments at Merrill Lynch, I took a chance and emailed members of the Endowment Board to express my interest in helping.

Todd Gruenig was kind enough to respond and meet me for coffee, and he explained how the Endowment Board worked. To cut a long story short, I wrote to the Nominating Committee, who put me on the ballot for the October congregational meeting. I was very grateful to be elected to the Board at that meeting. And I have since been voted by the Board members to be Chairman of the Endowment Board for the next year.

The Sunday morning discussion meetings have been another way I've met AP members. But perhaps more importantly these meetings have been a source of fresh ideas and positive, rational thinking that I cherish.

Another great opportunity to meet members arose when I saw that small connection groups were being formed. I signed up, and have found that my group offers a chance to really meet a small group of people on a caring, deeper level. I would highly recommend that new members consider joining one.



# My Experience in Chalice Circles

by Susie Pasikowski

**T**hrough the many years of being a member of Thomas Jefferson Unitarian Church, now known as All Peoples Unitarian Universalist Church, one of the many experiences I have been a part of are the Chalice Circles. These are groups that meet at different times and days throughout a week on a monthly schedule. Janet Taylor, All Peoples Membership Coordinator, has been organizing the Chalice Circles for many years. Please contact her through our church office, 502-425-6943 to get more information and any questions answered concerning our Chalice Circles.

Chalice Circles have been one way for me to meet members on a more personal level. Some members have become lifelong friends over the years, which I cherish. I have casually greeted many people before and/or after Sunday Service but always had wished I could get to know some of them better. Joining a Chalice Circle has been a good way for me to do just that. All of us are busy with our own lives in so many different ways, but joining a Chalice Circle has helped me become more engaged in our community. Sharing life experiences with other members of a Chalice Circle makes us an even stronger congregation, reaching out to others with an even greater need than ourselves. I hope I have been able to spark an interest in Chalice Circles for some of you, whether you are a new member or have been a member for many years. Thank all of you for allowing me to share my experience.



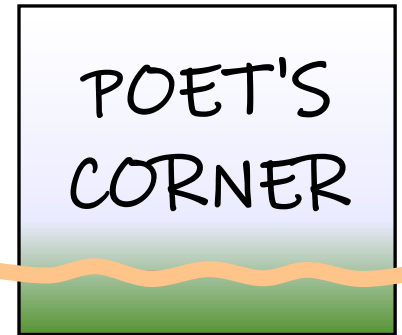
Jill Baker, detail from photo "Cold Angel"



*"IT'S OKAY IF YOU ARE NOT FEELING HOLIDAY CHEER THIS YEAR,  
YOU DON'T NEED TO BE THE EMBODYMENT OF HOLIDAY CHEER."*

*--by Larry E. Farr*

Found a version of this in my stickers this year.  
Holidays can be stressful and cause many tears.  
We have high expectations, not reality.  
Time with family and friends is what it should be.  
We all need to share the responsibilities.  
That is a wise solution we should all agree.



No one should be stuck with fixing the complete meal.  
Quite the demand on oneself, just how would you feel?  
Maybe if one wanted to, that would change the course.  
Just be sure this was not done by someone, with force.  
Hey, when it's cleanup time, don't run to the TV!  
Pitch in and help, just time with friends and family!

For holidays with presents, set rules, to be sure.  
No one upset over presents will be the cure.  
For Christmas emphasis should be on the children.  
Don't overdo it on decorations "again."  
Remember the why: Peace love, family and friends.  
Enjoy them now because good things come to their ends.

For Easter, there's peace, love and the Easter Bunny.  
For Halloween, dressing as scary or funny.  
For Thanksgiving, consider all you're thankful for.  
For July fourth, clarify why we went to war.  
You see, Holidays don't have to be stress for you.  
Plan ahead, recall why and to yourself, be true.

"It's okay if you are not feeling holiday cheer this year.  
You don't need to be the embodiment of holiday cheer."



*Detail from a photo by Valerie Timmons*





# THE CREATIVE SPIRIT

Congregational member Jill Baker and congregational friend Valerie Timmons have captured a full spectrum of winter feelings in these landscape paintings and photographs. In the winter months, leaves don't hide the details of our surroundings, and the cold air is sharp and clear. We are able to see the fundamental structure of our planet Earth in ways that summer never reveals to us.



Valerie Timmons, "Snow Scene" watercolor





*Jill Baker, "Windbreak" photograph*

*Jill Baker, "Frosted Grass", photograph*







Valerie Timmons,  
"Winterscape"  
oil on canvas



Jill Baker,  
"Thin Ice"  
photograph





Valerie Timmons, "Variation on a Winter Dawn" oil on canvas

*The leaves are all dead on the ground  
Save those that the oak is keeping  
To ravel them one by one  
And let them go scraping and creeping  
Out over the crusted snow  
When others are sleeping*

*from "Reluctance," by Robert Frost*



*Hope*

*Rhonda*

## ALL PEOPLES PEOPLE

### *Rhonda Barnett and Hope Howell Share an All Peoples' First*

*Interview by Paula Kingsolver*

**R**honda Barnett and Hope Howell have been All Peoples members for over two decades. They have been active in a variety of roles for the church, joining the congregation in the early 2000's, not long after they moved together to Louisville. The couple met in 2001 when both were living in Pennsylvania.

Hope: "I was looking for a relationship. I had been single for three years or more. I was in recovery from alcoholism, so as recommended in recovery, I had not jumped right into another relationship. Then a friend said, 'I think there's someone you might like.' I contacted this person and after we went out a

couple of times, I realized there was not a great connection there. Unbeknownst to me, she was actually dating Rhonda also! And Rhonda didn't know the person was seeing me, either. I realized the relationship wasn't going anywhere, and the person who introduced me said, 'You know, there's this other woman that I'll suggest.' And it was Rhonda! I felt like a little kid; I called her at her office, and heard, 'Press 1 for Chrissy, press 2 for Rhonda, press 3 for Tammy.' I left a message and asked her if she might like to go out for coffee sometime, and she called me back! We went out and spent several hours over dinner; it was great. And that was the beginning of our relationship. That was in 2001, 23 years ago. We got married in 2017 here, by Elwood [Reverend Emeritus Elwood Sturtevant], which was a joy."

Although Rev. Sturtevant had officiated other same sex marriages at the church, it had never before been for two church members. Rhonda and Hope have the distinction of being the first same sex congregants married in the church.

Rhonda and Hope met while living in Pennsylvania but were born and raised in states a little farther north. Hope was born in upstate New York, and the Howell family lived



on Long Island during her childhood while her father worked in Manhattan as an executive with General Electric. She had some exposure to religious practice as a child, but it did not inspire her.

Hope: “I went to Sunday school when I was maybe six or seven and didn’t care for that because I couldn’t read very well. They put the old Bible in front of you and you had to do the ‘thy’s and thou’s’, ‘comeths and goeths’ and that didn’t sit well.”

Mr. Howell worked for the international branch of GE and had the opportunity to move to Beirut, Lebanon when Hope was nine years old; she was surprised that her very traditional mother was receptive to the move. Hope was transported to a world that must have been quite exotic in comparison to Long Island.

Hope: “We arrived at the height of Ramadan and there were bonfires all over; it looked like the city was ablaze. In those days Beirut was called the Paris of the Middle East and was very welcoming to foreigners. There were beautiful oceans and mountains; you could literally snow ski in the morning and swim in the afternoon.”

The family remained there until unfortunately forced to evacuate prior to the Six-Day War in 1967. When the State Department notified GE employees to evacuate, the Howells relocated to London, England.

*Hope: “London was heaven for a sixteen-year-old. The Beatles, the Rolling Stones, miniskirts, Carnaby Street, and English-speaking people! I had a blast, to the extent that I wanted to give up my U.S. citizenship and stay there.”*

Hope: “London was heaven for a sixteen-year-old. The Beatles, the Rolling Stones, miniskirts, Carnaby Street, and English-speaking people! I had a blast, to the extent that I wanted to give up my U.S. citizenship and stay there. My father, being the wise man he was, said, ‘Hope, come back to the States for two years. Then you’ll be almost 21, and if

this is still something you want to do, I will help you.’ So, I came back here and never returned to London again, actually.”

Hope began college at Endicott in Beverly, Massachusetts, while her family moved to Louisville in 1969, when GE transferred her father – her parents bought the house where Rhonda and Hope now live. Young Hope did not find Endicott a good fit, so she transferred to the University of Louisville to complete a degree in Political Science. Afterward she worked in retail, then at the Galt House as an event planner, at Bellarmine University in Food Service, and eventually moved to Pennsylvania, where she later met Rhonda. Rhonda grew up in a suburb of Detroit, Michigan, the eldest of four children. Her father was an electrician, and her mother was a switchboard operator for a commercial real estate office. (Rhonda’s father was an electrician and Hope’s dad was with GE – maybe that’s why they felt such a spark on their first date!) At 25 years old, Rhonda moved to California with her son (from a previous marriage).

In her eight years there, she owned and operated a thirty foot delivery truck, the only woman in a package delivery service. Rhonda made deliveries from the garment district in downtown L.A. to department stores from Santa Barbara to San Diego – all without cell phones or GPS! For leisure she enjoyed hiking and skiing in the local mountains, as well as spending time with friends in Mexico.

In 1985, Rhonda relocated to Pennsylvania with her then husband, to start an electronic company manufacturing cable harnesses for Boeing. It was there that her dream of owning a horse came true and Rhonda found herself trail riding as often as she could get on her horse. The most exciting part was when her horse, Classic, foaled and her herd grew to five. Rhonda obtained her real estate license, started and worked at the first local Mexican restaurant, La Siesta, with her husband, and purchased and worked at a locally beloved soft-serve ice cream shop, Polly’s. And there was a period where it was all at once.

In 1993, at 36 years old, Rhonda decided to go to college. She graduated with a Bachelor’s degree in Psychology and a minor in Women’s



Studies. In 1996 Rhonda continued to the University of Pittsburgh where she obtained her master of Social Work. “My vision was to incorporate psychology with spirituality, any spiritual practice.” After graduation she worked for a program providing in-home support and behavior modification for at-risk children. She and a friend also started a private practice providing mental health counseling. She continued this work until she and Hope moved to Kentucky in 2002. Rhonda was brought up Lutheran (Missouri Synod), and was taken to church every Sunday.

*As a “tweenager,” Rhonda reported, “I saw people come to church and when they left church, ‘church’ was gone. This is not what I wanted. So of course, I began my spiritual exploration*

As a “tweenager,” she reported, “I saw people come to church and when they left church, ‘church’ was gone. This is not what I wanted. So of course, I began my spiritual exploration by becoming a very born again Christian and did the footwork required to save the souls of the unrepentant. It was during this phase that I attended a mega revival gathering and happened to sit next to a frail, older woman. I was humbled and confused to see her take off her wedding ring and put it in the collection plate. The same evening, I also witnessed a friend answer an altar call where he consented to let the leaders cut off his broken ankle cast and pronounce him healed (The next day it was replaced in an emergency room). In the parking lot after the revival, I watched the revival speakers drive away from the event in limousines. Again, I was disillusioned; I did not want to be part of this.”

While in Pennsylvania Rhonda continued her spiritual exploration at a historical Episcopal Church. The open-minded priest introduced the congregation, and then a small interested group of like-minded individuals, to Sufism through the work of Jalal al-Din Rumi. “Rumi’s poetry, and the practice of Sufism changed my life. Without a Sufi contact in Kentucky, Rumi’s writings continued to feed my spirit, coupled with hours and miles of

hiking in the Eastern Kentucky mountains. While working in Lexington I was introduced to Buddhism, which I love and continue to practice.”

After arriving in our state, Rhonda worked for the University of Kentucky, helping families below poverty level - in danger of losing their children, or having already lost custody, to stay together or potentially reunite. She worked in this capacity for ten years in Elizabethtown, Bardstown, and Lexington.

While in Lexington Rhonda also contracted with Liberty Place in Richmond, a long-term residential treatment center for women, providing mental health and substance use counseling. Currently Rhonda has a private counseling practice working virtually and also is excited to combine her love of horses with her professional expertise, providing Equine Assisted Psychotherapy three days a week in Bardstown, Kentucky.

*Currently Rhonda has a private counseling practice working virtually and also is excited to combine her love of horses with her professional expertise, providing Equine Assisted Psychotherapy three days a week in Bardstown, Kentucky.*

The couple had been together for two years when they decided to relocate to Louisville, both to be closer to Hope’s mother who was getting up in age, and also to find better work opportunities. Hope was the Park Manager at Natural Bridge for a year or so – front desk, accommodations, restaurant. It was a revenue producer, which is unusual for parks because they require such a large maintenance staff. The parks attempted to transfer Hope to Land Between the Lakes 300 miles away, but she took them to court because moving so far away from her mother would be a hardship, and she won. As a result, she was transferred to Big Bone Lick State Park, much closer to home.

Hope took early retirement in 2013, after her mom was diagnosed with Alzheimer’s. Betty passed away after a rapid decline. During that

time Hope and Rhonda took FMLA (Family and Medical Leave) to care for Betty in an assisted living facility that required 24 hour care.

Hope and Rhonda had both been introduced to Unitarian Universalism at the UU church in Meadville, Pennsylvania. Hope joined Meadville UU in 1993, while Rhonda began attending the church in 2001. Both made friends there and were very active in groups and committees, including Hope serving on the Board. Hope had also attended All Peoples while in Louisville, so the couple became members shortly after their arrival in Kentucky.

*"We joined a chalice circle and met long-term members. . . Having a core group of people at church was important for us"*

Hope: "We joined a chalice circle and met people like [other long-term members] the Novgorodoffs, the Reeves, the Austins, and the Reeses. Having a core group of people at church was important for us.

Rhonda: "I served with the Social Justice committee for a long time. That was when we introduced the Welcoming Congregation through the UUA and received the designation. I am also Hope's sous chef when she is in charge of the food at church functions (and at home)."

Hope has served in a variety of volunteer roles with the church, especially since her retirement, including with Membership, Hospitality, the Auction, the Board of Trustees, and on the Search Committee in 2020 that selected Rev. Bruce Beisner as the congregation's settled minister. The committee's work was unique in that it was primarily online due to the COVID pandemic.

Hope: "COVID screwed with me. Thank God for the Search Committee! I also joined the Among group because it gets me doing something for the church, looking at systems in our church that could be made more equitable." [The Beloved Conversations Among group seeks to dismantle white-dominated

cultural perspectives and create a more multicultural identity for our church community.] Hope is currently the congregation's liaison for Eastern Area Community Ministries [EACM] and was recently asked to serve on their Board.

Hope: "I take the food products we collect from the church to them. Elwood started this connection thirty years ago; there are thirteen churches under their umbrella. EACM has 300 families in the east end that use the food pantry. A lot of seniors supplement their food inventory with the pantry."

Although Hope and Rhonda are well established Louisvillians by now, they still have an important Pennsylvania connection – Rhonda's son, three grandchildren, and three great-grandchildren live in Pennsylvania. All Peoples is enlivened by the vibrant personalities of these two congregants – thanks for your presence, Hope and Rhonda!



*Valerie Timmons, "White Rose Head, Winter,"  
digital collage*



# NATURE IN OUR NEIGHBORHOOD

*Text and photos by Rob Kingsolver*

## *Lichen--a cooperative enterprise*

**A**lthough many people hold the traditional view of nature as a "dog-eat-dog" world where every creature is pitted against its neighbors in a grim struggle for survival, collaborative interactions among living things are actually more common than you might expect. "Mutualism," which means a biological interaction benefitting all participating species, is just as important as competition or predation in structuring biological systems from the cellular level to the entire biosphere. (You might be familiar with the more general term "symbiosis," which describes a close association of two or more species, whether mutually beneficial or not.)



No cohabiting species illustrate the power of mutualistic cooperation better than lichens. You can find these crusty growths throughout our city on rocks, on tree bark, and even thriving on the structures we have built. They can endure a wide range of climatic conditions, and are found on every continent on earth. Although there are thousands of kinds of lichens, they all consist of a fungus in partnership with at least one type of algae (including some kinds of blue-green algae, which biologists call cyanobacteria.) The typical lichen body plan is like an "algae sandwich," with fungal filaments on the top and bottom, and a layer of photosynthetic algae cells in between.

This basic layered body plan has been adapted to grow in a variety of shapes. Lichens can be very flat crusty layers adhering to the substrate like a daub of paint; they can produce leafy extensions that rise from the surface; or they can be bushy, like a green sponge. The bushy type is common in the Arctic, and is sometimes called "reindeer moss" even though it is not related to true mosses. Arctic lichens provide essential forage for caribou in the winter months.

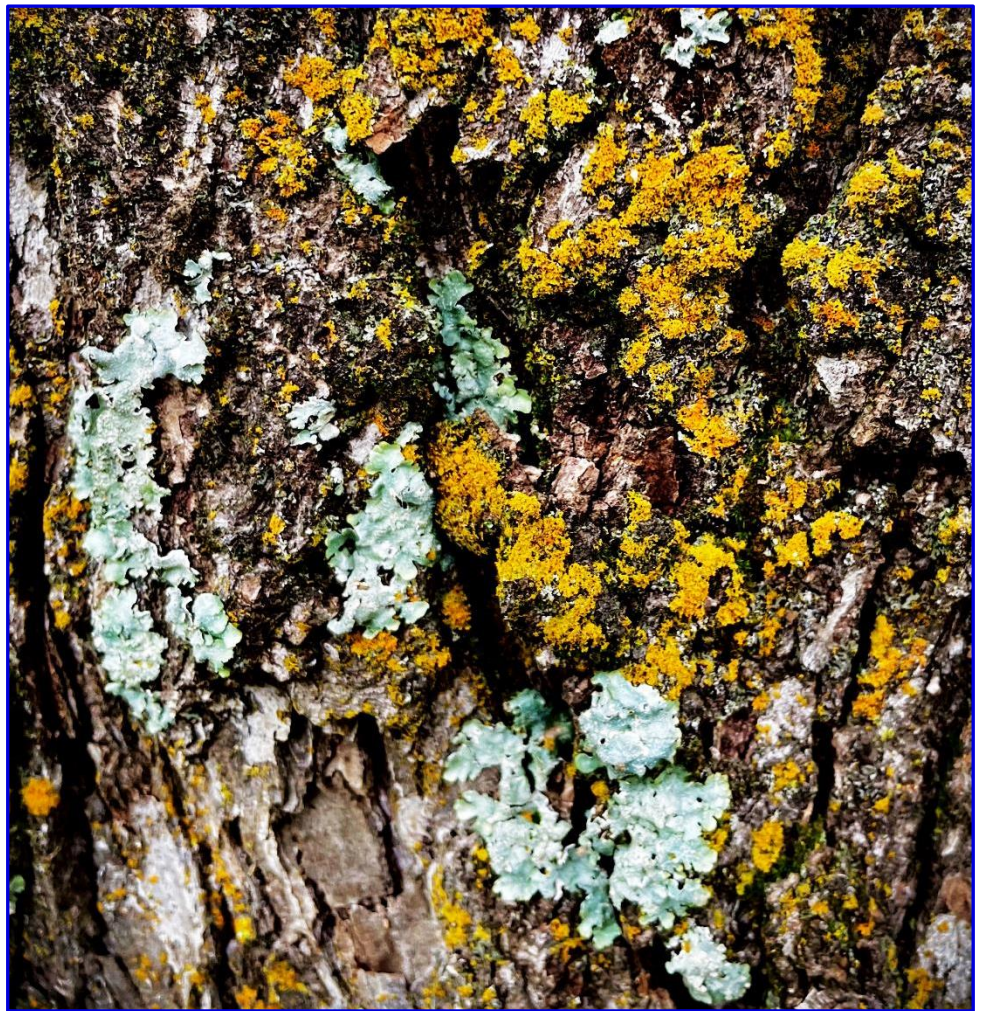


Each organism in the lichen association provides services that the other can't perform for itself. Fungi are great at extracting minerals from dust and rainwater, which they pass along to fertilize the algae. The tightly interwoven top layer of fungal filaments envelops the algae and keeps their moisture-loving cells from drying out. The algae in turn perform photosynthesis, making sugars and other biomolecules to feed their fungal partners.

In the early days of lichen studies, biologists had trouble growing lichens in the laboratory. When provided with all the nutrients a fungus or an alga could wish for, the two kinds of organisms grew separately, never forming the lichen association. The scientists finally figured out that they had to stress their subjects with poor nutrition or harsh environmental conditions for the algae and fungus to form the kind of lichen structures we see in nature. More recent studies show that fungi need their algal partners more than the algae need the fungi, so although the mutualism is a partnership, it may not be completely reciprocal.

Because lichens are dependent on minerals they efficiently extract from air and water, they are particularly vulnerable to environmental pollution. For this reason, they are considered "bio-indicators" of environmental quality. Sites with relatively clean air have plenty of lichens, while more polluted places have few of them. Bio-indicators are even better than chemical sampling of air and water for pollution detection in one way: a temporary surge in chemical pollution might be missed by an environmental scientist taking occasional samples, but the lichens are monitoring pollutants throughout the day, every day of the year.

In the mid-1900s when the United States was testing atomic weapons, radioactive isotopes such as cesium 137 were blasted into the upper atmosphere and contributed to nuclear fallout as far north as the Arctic Circle. There the abundant lichens took up the harmful pollutants, and radioisotopes accumulated in the bodies of animals feeding on them. When caribou were hunted for food, people were poisoned too. Indigenous Arctic people, who bore no responsibility for radioactive pollution, were among the most seriously affected by it.



*Different kinds of lichens produce different pigments, giving them a range of colors. Some of these natural pigments have been extracted to make dyes for fabric or artwork.*





*The long, slow growth of lichens is demonstrated on this cemetery monument in Crestwood.*

Although simple in form, lichens are capable of complex biochemistry. They produce a variety of pigments, which may afford them protection from herbivores or competitors. Some lichen-produced compounds are being tested for their pharmaceutical properties, with potential benefits in treating human cancers.

Because lichens can grow on bare rock, they comprise the first stage of growth after rockslides or other natural disasters destroy local biological communities. Lichens generate enough organic material for rooted plants to take hold, so the lichen stage is gradually replaced by grasses, then woody shrubs, and ultimately a forest. When lichens grow on tree bark, they don't harm the tree, but provide habitat for other forest creatures. Some birds even use lichens for nesting material.

As you get outside for a walk this winter, keep an eye open for these exemplars of cooperation in nature. And if you find them growing on your sidewalk or chimney, take time to appreciate their patient tenacity. Rather than reaching for the power-washer, you might take a likin' to them!





# Heard from the Pulpit

Quotations from sermons and talks recently delivered at All Peoples.

## On the importance of play:

"Why does evolution love playfulness? Well, it's because play develops our minds and keeps them sharp. It's because play can provide safe outlets for releasing aggressive impulses. . . It's because play of the specifically risky sort, like climbing, chasing or being chased, wandering and getting lost teaches kids how to regulate fear and anger.

We play because it gives us the opportunity to connect, socialize and build relationships. We play because it enlivens our imagination, opening doors to new insights and connections. Play fosters curiosity and stimulates wonder. Play is more than just fun. It's a critical component in shaping our sense of self."

*Barb Friedland, DLFE*

*from "Playful Spirit," Oct. 20, 2024*

## On the significance of our church name:

"I love the name *All Peoples* because I think it is a bold declaration to everyone in Louisville and the world beyond that we are a community that takes our Unitarian Universalist values of equity, justice, pluralism, interdependence and transformation seriously--that we are committed to doing whatever it takes to protect those who are being victimized or abused and to demand that we all receive the respect and the care that we deserve.

I also love the name *All Peoples* because I think it represents a challenge--a challenge to really live and to become who we are out there saying that we are."

*Rev. Bruce Beisner*

*from "A House for All Peoples," Nov. 17, 2024*

## *On the challenges of transformation:*

"Entering the process of transforming, both as individuals and as a collective, is often scary. We're letting go of something, often something we've held dear, in order to make space for what we don't yet know. We don't know what the new *us* is going to be. . .

As Karen Hering reminds us in her book *Trusting Change*, living through a change is a process of great creativity -- moving away from what we have known to participate in unfamiliar circumstances to create a new way forward. Without creativity, we will not gain passage. When our own ways no longer work in new circumstances, we will shut down, break down, and stop moving.

How might we invite and nurture the new perspective we now need? Stepping into a process which we know is scary requires us to be brave. A part of what the Among Group will be working into is what we all need to be in order to be brave together. . . It's rather like stepping into an unfamiliar dark house before turning on the light."

*Ellen Bishop, representing Beloved Conversations Among Team  
from "Creating Beloved Community," Nov. 24, 2024*

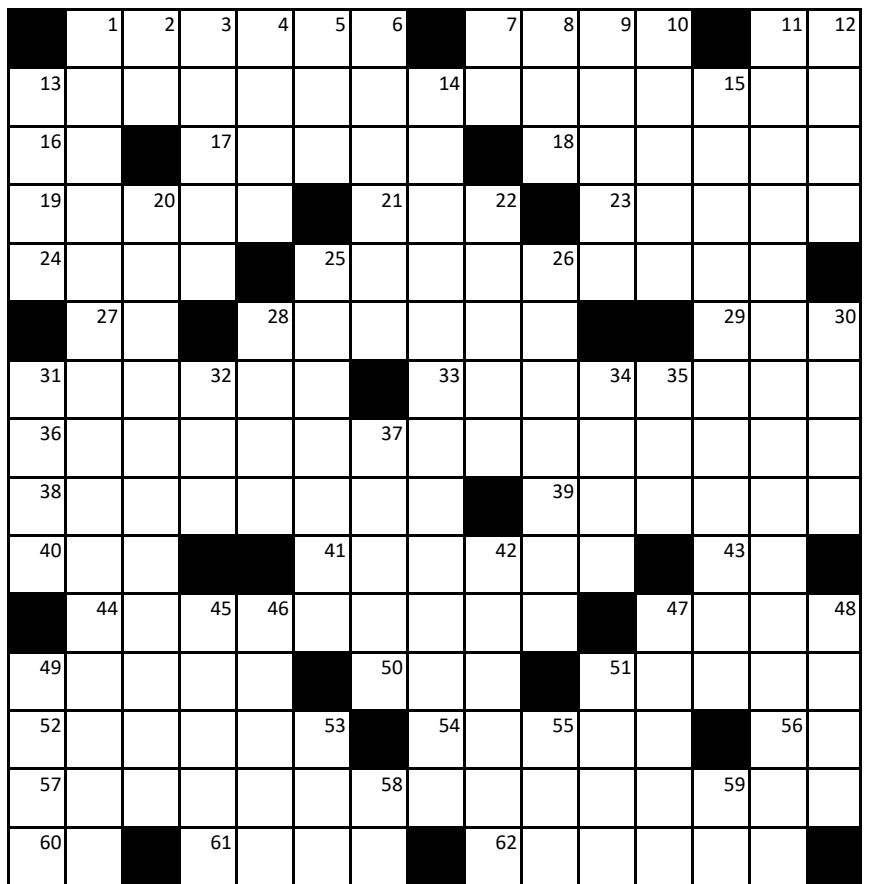


*graphic by Rob Kingsolver*



# PEOPLES PUZZLE

"Two by Two"  
by Rob Kingsolver



## ACROSS

1. \_\_\_\_\_ Day, celebrated March 8
7. Data (abbr)
11. DV times II
13. Breakfast bar duo (3 wds)
16. Sixth word in the "Fa La La" carol
17. Doone, to her friends
18. Sweep rower's need (2 wds)
19. Frequently
21. Brit. Military Honor (abbr)
23. Hand-turned fasteners
24. Head for the hills
25. Greek heritage? (2 wds)
27. Per (abbr)
28. Larry or Moe
29. Explosive letters
31. As curious \_\_\_\_\_ (3 wds)
33. Akin to a Red Sea Swim? (2 wds)
36. Lunchbox duo (3 wds)
38. Eggs \_\_\_\_\_ (2 wds)
39. "\_\_\_\_\_ up for yourselves  
treasures on earth" (2 wds)
40. Gridiron scores (abbr)
41. Her son \_\_\_\_\_ blue eyes (2 wds)
43. Naval craft commanded by JFK
44. Under the surface
47. Made of corn, oats, or flax
49. 1964 Mary Wells hit song (2 wds)
50. Red or White team
51. What puzzle solvers may request
52. How PhD finals are administered
54. Restaurant with a counter
56. How ties are settled (abbr)
57. Drive-thru duo (3 wds)
60. First language of 43 million in US
61. Canadian petroleum brand
62. Florida team

## DOWN

1. Pancake house duo (3 wds)
2. Old-school character
3. Brouhaha
4. Father of X AE A-xii
5. NCAA scouting org. (abbr)
6. \_\_\_\_\_ the bottom (2 wds)
7. Bartenders check it (abbr)
8. Sergeant, for example (abbr)
9. Ariel and Helvetica
10. "D" is the end \_\_\_\_\_ (2 wds)
11. Basic diet duo (3 wds)
12. Americans born 1965-1980
13. Fido's comment
14. Stadium snack duo
15. Ink bottle partner (2 wds)
20. British refreshment duo (3 wds)
22. Initiated
25. A carry-on item
26. Teased
28. River in NW Bosnia
30. Assessment
31. Blind as \_\_\_\_\_ (2 wds)
32. Uber alternative
34. Sporty Nissan
35. One-word question
37. Flies up high
42. Casting a spell on
45. Bump
46. Standish of the Plymouth Colony
47. Kitchenware brand
48. WWII amphibious landers
49. Unruly groups
51. Weight
53. Units of time (abbr)
55. Hush-hush promise (abbr)
58. Therefore
59. Invisible wavelengths (abbr)

If you enjoy crosswords,  
I invite you to try the  
acrostic puzzle on the  
next page. You'll figure  
out pretty quickly how it  
works, and you'll have  
fun uncovering the  
hidden quotation. --RK

# ACROSTIC PUZZLE

by Rob Kingsolver

Follow the clues and fill in the blanks to complete each word. Then copy letters into the matching numbered squares to complete a quotation of interest to UUs. The first letters of each of the words, read from top to bottom, spell out the author's name and topic.

1 R	2 B	3 G	4 Y	5 I	6 Q	7 P	8 L	9 X	10 P		11 W	12 T	13 I	14 A		15 Q	16 J	17 K
18 R	19 I	20 E	21 M		22 U	23 E	24 A	25 M		26 B	27 T	28 H	29 K	30 L	31 R	32 H	33 X	34 J
	35 N	36 W		37 D	38 D	39 R		40 F	41 G	42 P	43 X	44 K	45 O	46 N		47 I	48 S	
49 O	50 O	51 F		52 V	53 N	54 J	55 Y	56 C		57 H	58 S	59 E		60 G	61 Q	62 Y	63 M	
64 U	65 X	66 T	67 O	68 B	69 P	70 I	71 L	72 S	73 D		74 E	75 B		76 V	77 D		78 U	79 F
80 I	81 V		82 A	83 X	84 I	85 Z		86 H	87 M	88 K	89 Z		90 Y	91 O	92 I	93 M	94 C	95 J
96 Q		97 L	98 T	99 J		100 Q	101 P	102 M	103 H	104 W	105 A		106 V	107 U		108 P	109 A	110 K
111 Y	112 Z	113 B		114 K	115 Z	116 K	117 S	118 G	119 Q	120 N	121 G	122 X	123 J	124 O		125 Z	126 W	127 C
128 T	129 O	130 V	131 W		132 R	133 B	134 L	135 F	136 D		137 T	138 J	139 B	140 F		141 E	142 X	143 F
	144 N	145 Y																

- |                       |  |  |   |
|-----------------------|--|--|---|
| A. Slogan             | <u>82</u> <u>24</u> <u>14</u> <u>105</u> <u>109</u>                            | N. Orchestral reeds                                | <u>35</u> <u>144</u> <u>53</u> <u>120</u> <u>46</u>                     |
| B. One more           | <u>26</u> <u>68</u> <u>75</u> <u>113</u> <u>133</u> <u>139</u> <u>2</u>        | O. Antsy   | <u>49</u> <u>67</u> <u>45</u> <u>129</u> <u>50</u> <u>91</u> <u>124</u> |
| C. Hem's partner      | <u>56</u> <u>94</u> <u>127</u>   | P. Profundity                                      | <u>69</u> <u>101</u> <u>10</u> <u>42</u> <u>108</u>                     |
| D. Phone company      | <u>37</u> <u>73</u> <u>136</u> <u>38</u> <u>77</u>                             | Q. Toward the center                               | <u>15</u> <u>96</u> <u>100</u> <u>61</u> <u>119</u> <u>6</u>            |
| E. Lead astray        | <u>20</u> <u>59</u> <u>141</u> <u>23</u> <u>74</u>                             | R. Oscar nominees                                  | <u>1</u> <u>18</u> <u>39</u> <u>31</u> <u>132</u>                       |
| F. Fiction genre      | <u>40</u> <u>143</u> <u>7</u> <u>51</u> <u>79</u> <u>135</u> <u>140</u>        | S. Pescatarian entree                              | <u>117</u> <u>72</u> <u>48</u> <u>58</u>                                |
| G. 1977 hit musical   | <u>41</u> <u>60</u> <u>121</u> <u>3</u> <u>118</u>                             | T. Equal to 0.125                                  | <u>128</u> <u>66</u> <u>27</u> <u>98</u> <u>137</u> <u>12</u>           |
| H. Welcome            | <u>103</u> <u>28</u> <u>86</u> <u>32</u> <u>57</u>                             | U. Dennis Mitchell's dog                           | <u>78</u> <u>22</u> <u>64</u> <u>107</u>                                |
| I. 007's frequent foe | <u>80</u> <u>92</u> <u>70</u> <u>13</u> <u>84</u> <u>19</u> <u>47</u> <u>5</u> | V. Macaroni shape                                  | <u>130</u> <u>81</u> <u>76</u> <u>106</u> <u>52</u>                     |
| J. Nor's partner      | <u>16</u> <u>99</u> <u>95</u> <u>34</u> <u>138</u> <u>123</u> <u>54</u>        | W. Big Dipper direction                            | <u>36</u> <u>126</u> <u>131</u> <u>11</u> <u>104</u>                    |
| K. 13% of US budget   | <u>114</u> <u>88</u> <u>116</u> <u>29</u> <u>110</u> <u>17</u> <u>44</u>       | X. Window dressing                                 | <u>122</u> <u>83</u> <u>65</u> <u>43</u> <u>142</u> <u>9</u> <u>33</u>  |
| L. Heather habitat    | <u>71</u> <u>30</u> <u>134</u> <u>97</u> <u>8</u>                              | Y. High regard                                     | <u>4</u> <u>90</u> <u>55</u> <u>145</u> <u>111</u> <u>62</u>            |
| M. Put money in       | <u>102</u> <u>25</u> <u>87</u> <u>63</u> <u>21</u> <u>93</u>                   | Z. Has a tail but no head,<br>and arms but no legs | <u>112</u> <u>125</u> <u>115</u> <u>89</u> <u>85</u>                    |



# September Puuzzle Answers

C	O	T	T	A	G	E	O	N	T	H	E	S	E	A	
O	V	E	R	S	E	A	S	A	V	E	N	G	E	R	
M	E		A	L	T	S		S	A	L	A		R	A	
B	R	I	N	G	S	T	O	A	P	I	C	N	I	C	
E	D	D	S		A	M	I	L	E		T	H	E	H	
D	O		F	A	T	A	L			E	S		P	N	
		M	A	N		S	E		M	D		M	A	I	
W	A	L	T	D	I	S	N	E	Y	W	O	R	L	D	
R	G	B		E	V		I	G		I	R	S			
E	E		N	S				G	O	I	N	G		M	O
T	R	I	O		A	D	M	E	N		A	M	E	N	
C	A	R	I	B	B	E	A	N	C	R	U	I	S	E	
H	T		M	G	R	S		D	O	N	T		S	E	
E	U	R	O	P	E	A	N	E	M	P	I	R	E	S	
S	M	O	K	Y	W	I	L	D	E	R	N	E	S	S	

*The future of civilization depends on our overcoming the meaninglessness and hopelessness which characterize the thoughts and convictions of so many people today, and reaching a state of fresh hope and fresh determination.*

*Dr. Schweitzer, A State of Hope*

## In our next issue: "New Beginnings"

Spring is a time for renewal, for cleaning out the cobwebs and rebooting our lives. The spring issue of *Tapestry Magazine* will adopt the theme of new beginnings, and we are looking forward to hearing from you. Do you have a story, a personal account, a poem, artwork, photos, or a movie or book review relating to turning the page and starting a new chapter of your life, or the lives of others? If so, drop us a line at [tapestry@allpeoplesuu.com](mailto:tapestry@allpeoplesuu.com). The magazine is only as good as your contributions, so we hope many of you will share your thoughts and talents!

**Tapestry magazine** is published quarterly by **All Peoples Unitarian Universalist Congregation**, 4936 Brownsboro Road, Louisville, KY. Please send communications to [tapestry@allpeoplesuu.com](mailto:tapestry@allpeoplesuu.com).

**Tapestry's mission** is to celebrate All Peoples congregational life through personal reflections, stories, poetry, music, visual arts, and a healthy measure of fun.

**Contents of Tapestry magazine**, unless otherwise identified, are the property of the individual contributors, who have given permission to All Peoples UU Congregation for their publication. See Terms and Conditions – All Peoples ([allpeoplesuu.com](http://allpeoplesuu.com)). Unattributed graphics are from the editor. Perspectives of individual contributors do not represent opinions or positions of All Peoples UU, or its congregants as a whole.

Editor: Rob Kingsolver  
 Editorial Advisors: Lori Sargent, Ed McInnis  
 Minister: Rev. Bruce Beisner

**Thanks to all Tapestry contributors** for sharing your talents and insights with our church community.