



# The CommUUnicator

Newsletter of the Unitarian Universalist  
Fellowship of Waynesboro

## SupperTime

I made myself a simple supper this evening of scrambled eggs with toast, fresh tomatoes, and blueberries. Simple was what my mouth and belly yearned for this evening.

The eggs were organic and pasture-raised – one of the few kitchen luxuries I indulge in because I am certain I can taste the difference between regular store eggs and the expensive ones. And since I buy a dozen eggs about once a month, I can afford the splurge. I can't tell from the label where exactly the eggs came from, but the company gets their eggs from farms in ten states, packed under a Texas license, by a company based in Missouri.

The milk came from Wirtz, Virginia. The butter from Minnesota. And the shaved parmesan cheese I strewed over the top, while made according to the Italian process, was made in Wisconsin. God only knows where the salt and pepper came from. That's not something that Morton or McCormick puts on the label.

The bread was locally baked according to a recipe from Italy. The luscious brown tomatoes came from Mexico. And the blueberries were grown in Argentina. I didn't check where my range, my toaster, my skillet, or my silicone spatula were made or where the materials and components originated – let alone, the question of where the fuel and the parts and construction of the power plant and grid originated. We are all of us a multitude and from a multitude.

Because this is a Unitarian Universalist newsletter, and I am a Unitarian Universalist minister, you probably know where this is all leading, right? You may do more conscientious local sourcing of food and ingredients than I did for this supper. But even then, everything we do on Earth connects us to an interdependent web of life and of all being. It is rare when someone doesn't implicate themselves in the world and the world in them, even when making the simplest of meals. Another simple meal I occasionally love is cornmeal mush with similar sides. The corn for the meal could even have been grown in my own garden, ground in my own mill with the power of my own "elbow grease," and it would still be a meal that depends on the patterns of the global colonialism and European domination of several centuries ago. We are what we eat, the saying goes. And what we eat engages the whole world's history and economy.

According to an ancient origin story, Child One and Child Two of the Ur-Parents had an unhealthy rivalry that led the less favored one to take the life of their sibling. The one left standing at the end of the day was quizzed by the creator about where the one who lay dead in the field was. Child One, the story goes, tried to bamboozle the deity by answering a question with a question, "Am I my sibling's keeper?" But the Earth itself spoke the truth about what had happened. You can't get away

from the implications of your actions in an interconnected world.

It is very complicated. Sometimes scary. Often delicious. It is the very stuff of life. In the endless choices we must make to live, some things we know, some we don't. In this time of decisions with long-term worldwide outcomes, let's do our best to make good choices.

Peace and Blessings,  
Rev. Paul

## Are You Using UUFW Resources?

By Florence Ferguson, Membership Team Leader

Once in a while, I hear a member say that they have never had a reason to go into Chalice House. They and others may not know that we



have a library of books there that can be checked out. If you are seeking to learn more about Unitarian Universalism, world religions or topics related to spirituality, justice issues and healthy living, you can find them in the library located in the main room of Chalice House. To borrow a book, just fill in the checkout log, and mark it off when you return the book.

Also, some of us rarely look at our website, [www.uufw.org](http://www.uufw.org), and if we do, we look just at

the home page to see the title of the next service or sign up for volunteer jobs. Yet there is a great deal of information on each page of our website. For example, the Upcoming Events page will confirm the date, time and location of the activities you may want to attend. If you missed a newsletter, you can find past and current issues there. Rev. Paul has made some past sermons, prayers and other writings available under the Minister's tab. And if you need to get in touch with leadership, you can find email addresses under the Leaders tab.

If you haven't scrolled through the website recently, you may find information that you have been wondering about. And if you find errors or information that needs to be updated, please let our webmaster, Savannah Fersner, know at [administrator@uufw.org](mailto:administrator@uufw.org).

Finally, be sure to take a look at the bulletin board in the Fellowship Hall. Membership Team member, Carla Throckmorton, has worked diligently to clean it up and keep it current. It is a good place to find out about events of interest in the community and information from and about our members. If you have something to post, let Carla know. Her contact information is on the bulletin board.

## Community News

**Staunton Pride 2024** is Saturday, October 26 from noon to five in Gypsy Hill Park. Go to the [Staunton Pride website](#) for a list all of the music, food vendors and fun activities scheduled. The UUFW is on the vendor wait list but still planning to be there to tell people how UUs support the LGBTQ+ community.

