



The CommUUnicator

Newsletter of the Unitarian Universalist
Fellowship of Waynesboro

Staff and Stuff of Life

Thanksgiving is fast approaching! And while we do not have a Thanksgiving Day service at our Fellowship nor a Thanksgiving-themed Sunday service, per se, each November we do have a service centered on gratitude that is not about the “First Thanksgiving” of the Plymouth Colony. This year, it was last Sunday’s service, titled “Gratitude in a Broken World.” And each year on the Sunday before Thanksgiving, we have what I call the Bread Service.

Variations on this service, under a variety of monikers, are widespread within American Unitarian Universalism—though by no means universal. Indeed, I noticed this year a couple of congregations had evidently tired of bread and switched to an apple-centered service. They have their reasons, even if I think apples are rather far from the category of nutritional staple. Unitarian Universalism has plenty of room for the development of local versions of widespread ritual-based services, as well as local creative ideas unrelated to the rituals common across the land.

The way we do it here, those who are able to do so bring a loaf to share. Something kneaded and baked with their own hands, when possible, or purchased if their oven is out of commission, their time overextended, or Grandma’s recipe lost in a move or in a disaster. But those who bring a loaf bring something that is meaningful to them because

of its emotive power, drawn from the origins of that loaf in their life. A family recipe. A recipe discovered when trying to establish new traditions for a growing biological, blended, or chosen family. A loaf encountered with someone important on a trip or at a restaurant. Something shared by a mentor or a neighbor. Something learned when trying to find something rewarding to do during a pandemic lockdown.

However, we also live in a different time than our Unitarian Universalist predecessors, who first made something like our Bread Service. We know, for example, that some people—like a niece of ours—have celiac disease, making dangerous the eating of gluten, the stuff that makes most wheat-based bread even possible. Others of us need to watch carbs or sugars or fats or salt. Some have sensitivities to dough conditioners and preservatives. Some are allergic to nuts that are found in some breads. Indeed, nearly everything that makes breads tasty and life-giving to many makes them problematic for some. And sometimes, the foods that are life-giving at one point in our lives are dangerous at others. Same body. Different time. Different history.

And even for those who have no health issues requiring them to eat differently than they otherwise would, we all have personal tastes. That means that the things I love you may find unpleasant. To say nothing of

people’s cultural backgrounds that privilege other basic foodstuffs instead of bread. But bread is a broad and forgiving term. So maybe some people will bring bread made from recipes that substitute ingredients, making it more accessible to more people. Or maybe your bread doesn’t use flour ground from cereals to begin with.

With grateful hearts, let us increase the ways we share the world with each other and make meaning together!

Peace and Blessings,
Rev. Paul

What’s New at the Garden Club? Part Two

By Carla Throckmorton

We all have full lives, which is a blessing. But it can also make getting together as a group difficult. The Garden Club is taking a slightly different approach. We have divided the grounds into separate gardens. Some members have adopted certain gardens that they particularly care about to give special attention to. Use [this link](#) to see a map of the UUFW grounds and the individual garden.

We have decided that I will maintain a list of jobs on Google Drive that need to be done. When members tell me what they have done, I will strike a line through that job so everyone can see. We will work on these jobs individually or in small groups as our time and schedule permit. Here [is a link to that list](#).

You will see, and probably already have seen, changes to the grounds. Gardeners in the alley garden have begun the process of weeding and refreshing. In the raised beds, the weeds and old tomato plants have been

removed, along with the old broken timbers of past raised beds. Gardeners in the butterfly garden have begun the process of weeding. On the west side of the Fellowship Hall, the 14th St garden’s old and dying bushes are being removed, the area weeded, and established bushes have been pruned. Some bushes have been replaced, and we are planning what more needs to be replaced with our mission and goals in mind. Low limbs by the playground have been trimmed and yard waste hauled away. The cherry tree in front of the Fellowship Hall is dying and will be cut down. The stump will be ground down.

Gardeners are hard-working people, and a balance of fun in life is needed. We will plan some fun activities for members—a chance to enjoy each other and our hard labor. Winter will give us time to plan, dream and rest. I am so excited about the Garden Club. If you have an interest in gardening but your knowledge is limited, come learn with us. If you have a little bit of time, come play in the garden with us. If you would like to join us or have questions, please let me know. Whatever your interests are, take time to walk around these beautiful grounds of ours. Note the big things and the little. Breathe deep and enjoy. UUFW has created a place of peace and beauty.

Of Love
Just when you think you know
All that love is,
Something sneaks up on you
And you see that there is more,
And then more; and endless,
Endless as the universe.
Joe Good

