

TAPESTRY

A Magazine for All Peoples UU

June 2023



"Arizona" -- painting by Jill Baker

Editor's Note

If popular media are any indication, health is an American preoccupation, at times bordering on religious zealotry.

Even before the pandemic, nearly every information source streaming our way included breaking news about newly discovered health concerns, promising new medical discoveries, or yet another tip on maintaining some part of our physique in youthful condition. If you are a part of the demographic (like me) who watches news programs on TV, you know that pharmaceutical firms sponsor a cornucopia of commercials for prescription drugs. Don't those older folks in the ads look so happy and carefree as they skip down the beach, dance, or play tennis during the mandatory recitation of frightening side effects?

In this issue of *Tapestry* magazine, we will explore our collective understanding, attitudes, and approaches to health, or to its deficiencies. Whether our congregants are commenting on the spiritual impact of serious disease, on practical approaches to health maintenance, on American health policies, or just on accepting the shortcomings of the bodies we have, I hope you will find our health-related commentary thought provoking, and perhaps even of some practical benefit. If we cannot always maintain ourselves in mint condition, at least we can keep a healthy sense of curiosity!

Contents

Tapestry Volume 7, June 2023

<i>Together on the Journey</i> -- a message from Rev. Bruce Beisner	3
<i>Poet's Corner</i> -- poetry contributed by our membership	5
<i>New Members</i> -- Danica Novgorodoff	6
<i>How do we think about health?</i>	
<i>Understanding Aneurysms</i> -- by Mary Newton	7
<i>Telehealth: Opportunities and Challenges</i> -- by Heidi Koenig	9
<i>Art Therapy: What It Could Be for You</i> -- by Diana Fulner	11
<i>Walking the Walk</i> -- by Roxanne Sturtevant	15
<i>All Peoples People: Katie Calcamuggio Donner, Jesse and Jessica</i>	17
<i>Nature in our Neighborhood</i> - a Naturalist's Reflections on the Web of Life	20
<i>Peoples Puzzles</i> -- by Rob Kingsolver	22

Together on the Journey

by Rev. Bruce Beisner

Minister, All Peoples UU Congregation

I saw on Facebook the other day that one of our Unitarian Universalist congregations in another part of the country had recently voted to adopt a new mission statement. This UU church's revised statement of purpose was pretty short, sweet, and to the point. Their new mission is now: **"to create spiritually healthy people who actively work to heal the world."**

Reading this got me thinking about what it means to be a "spiritually healthy" person. It made me wonder how spiritually healthy I am and if others would describe me in that way. Does creating such health within one another play a role in our mission here at All Peoples?

In some religious communities, being "spiritually healthy" is defined as holding the "correct" theological beliefs and strictly following the rules set forth by that faith tradition. Some churches even go so far as to preach that believing the "wrong" things leads directly to physical disease and mental illness. While there is no doubt that medical science has proven that there are connections between our psychological state of mind and our long-term bodily health, I think that our UU religion encourages us to identify "spiritual health" much differently.

In Unitarian Universalism, we celebrate diverse ideas about god, find inspiration and direction from all types of sources, and make meaning by learning together amid all our blessed diversity. What's important for us is



not necessarily the specifics of your personal theology, but how it shapes your attitudes and actions in the world.

To me, "spiritual health" is not a matter of believing the "right" things, because figuring out what is most true and real is a continuous work in progress. Being healthy in this way also does not mean always feeling happy, motivated, and optimistic. There are times when we can't help but be discouraged and disheartened. The "power of positive thinking" only goes so far and there is so much that is beyond our control. Our society encourages us to disregard our negative feelings and hide them from others (and sometimes ourselves). Such habits are ultimately destructive. To be "spiritually healthy," we need to feel empowered to be honest with ourselves and with those around us. We must be free to share not only cheerful emotions, but also hard ones. Knowing we are not alone in our doubts, fears, and uncertainties and being able to be heard and not judged is key.

To be "spiritually healthy," we need to feel empowered to be honest with ourselves and with those around us.

On a theological level, I think that “spiritually healthy” people are capable of expressing how they understand what is most sacred in life and not simply state what beliefs they reject. They regularly participate in practices and activities which deepen their understandings and ground them in a lived reality. In his “Stages of Faith Development,” religious psychologist James Fowler said that the ability to encounter different beliefs than our own with a sense of curiosity and respect is a sign of spiritual health. This involves seeking our commonalities and also honoring real differences. I think Fowler had a good point.

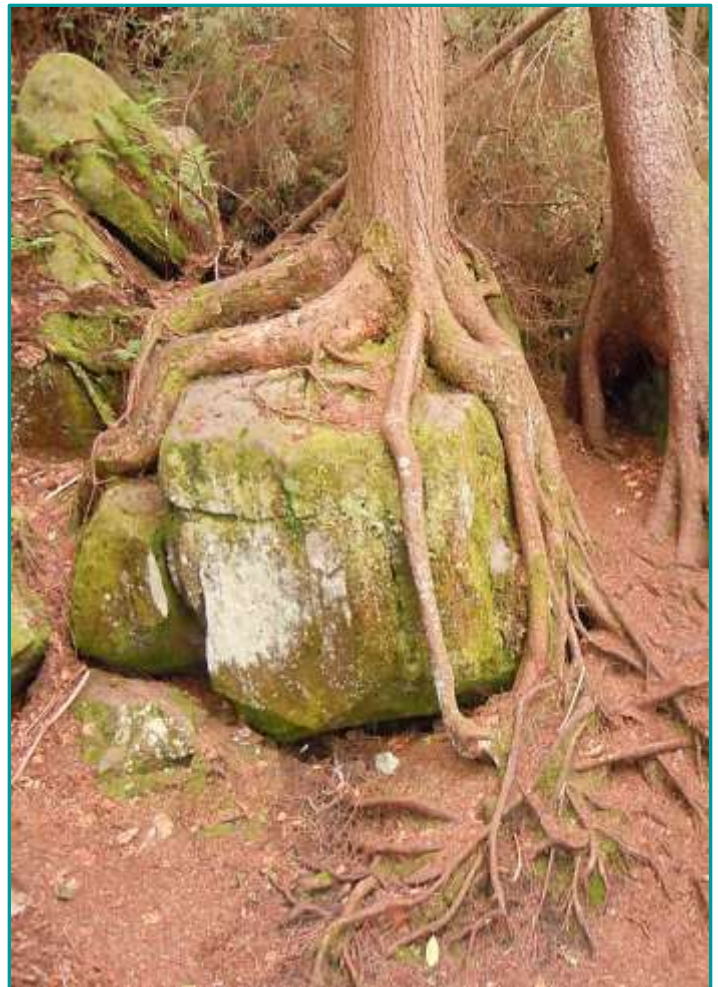
This brings me back to the question of how creating spiritual health within one another plays a role in our mission here at All Peoples. I see this happening within our congregation all the time, although we might not identify it in those terms. Attending Sunday morning worship services and leaving feeling just a little more hopeful about life. Having the opportunity to share in a profound and personal way with others in a Chalice Circle or Connection Group. Hearing different perspectives and learning about religious diversity in an Exploration Class. Enjoying a good laugh with a new friend during a potluck lunch. Not only exploring moral concepts like generosity, justice, and love, but getting to practice them and actively promote them with others at events like the Pride Parade and the Earth Walk. All that sounds like encouragement to spiritually healthy living to me.

Set aside moments each day to connect with whatever makes you feel grounded and balanced. Share these experiences with others.

As we begin this summer season together, I encourage you to spend some time and energy focusing on your own personal spiritual health. Set aside moments each day to connect with whatever makes you feel grounded and balanced. Share these experiences with others and take part in activities and gatherings here at All Peoples when you can. Your congregation is here for you and is committed to always supporting and encouraging you on the journey.

Blessings,

Bruce



Poet's Corner

All Peoples

a sonnet by Tish Moore

We are a puzzle here with YOU the piece
Of our collective wisdom and renown.
Acceptance, love and trust will never cease;
We have enough of those to go around.
We share our potluck meal twelve times a year
And chair committees working side by side.
We work on tasks together we hold dear;
Our UU principles serve us as guide.
No carbon copies here – we're not the same
Allowing each of us to choose our fate.
The only requisite that I can name
Is that beliefs should not be based on hate.
The poem is finished therefore I will send
It on to you my special UU friend.



Tish's comments on the sonnet form:

"I taught sophomore English for 32 years at Jefferson County Public Schools. They yawned when we read Shakespeare's sonnets - until they had to write one themselves. Oh, the inhumanity! A busy 2-3 days ensued with lots of sharing and editing. Then they'd proudly go up front and read their masterpieces. From there, we'd segue to Romeo and Juliet, five acts of nearly perfect iambic pentameter."

New Members

introduced by Janet Taylor
Congregational Life Coordinator,
All Peoples UU Congregation



Danica Novgorodoff

Danica is a writer and New York Times best-selling illustrator. Her books include the graphic novels *Long Way Down*, written by Jason Reynolds; *Slow Storm*; *The Undertaking of Lily Chen*; and *Refresh Refresh*; and the picture books *Alexander von Humboldt: Explorer, Naturalist, and Environmental Pioneer*, and *Not a Cat*, written by Winter Miller. Danica was awarded a 2015 New York Foundation for the Arts fellowship in literature, was named Sarabande Books' 2016 writer in residence, and received a 2020 Café Royal Cultural Foundation grant in literature. In 2022, she was awarded the Yoto Kate Greenaway Medal, the UK's most prestigious award for children's book illustration.

Danica says, "I grew up going to UU church at Unity Temple in Chicago. Since then I've at times attended Buddhist meditation retreats, Quaker meetings, and informal spiritual gatherings with friends. In addition to All Peoples!

I'm very involved in climate activism: In Brooklyn, where I lived 2004-2020, I was involved in protesting Wall Street's financing of fossil fuel extraction with 350 Brooklyn (I'm still involved as a co-lead of the Stop the Money Pipeline working group) and Sunrise Kids (a group of parents with babies and toddlers, a branch of Sunrise Movement). I'm working on a graphic novel about youth climate activists, and am on the board of the Cofán Survival Fund, which supports the indigenous Cofán people in the Ecuadorian Amazon so they can protect their million acres of rainforest from mining and oil pollution. I've recently joined Kentuckians for the Commonwealth's energy justice group.

My husband, Jonathan Farmer, is a 5th grade teacher at Virginia Chance School, and my daughters, Ada (3.5) and Ismae (5) attend Pre-K at Chance too."



How Do We Think About Health?

Understanding Aneurysms -- by Mary Newton

Editor's Note: The congregation grieves with Mary over the recent loss of her daughter, Elizabeth Foote Cross. Because of her extensive nursing experience, Mary is especially well qualified to explain the disease that struck Elizabeth, along with 30,000 Americans each year. Mary shares her knowledge in the hope that better understanding will be helpful to others.

Spring--new life, new beginnings. People talk of feeling energetic, active in gardening, and planting the flower seeds saved from last year's gorgeous garden. Family visits are planned, and you see how children have grown through the winter, and how their parents have aged. House cleaning, developing a menu, and shopping for food are activities for entertaining. What enables us to think, plan, and successfully execute needed activities for a family get-together? The answer is our wonderful brain. Brains in humans have developed over the millennia of our experience on Earth. The human brain is the seat of our consciousness, memory, thoughts, plans, and even our breathing.

A normal life can be lived without some of our organs. Examples are kidney, reproductive organs, and the spleen. We cannot have life without the brain. The brain is protected by eight bones that are fused together, and by three layers of tissue to protect the brain from injury.

In spite of all this protection from outside forces, the brain can be threatened by internal injury. One of those injuries is caused by a thin area in the wall of an artery. Blood flowing through the blood vessels puts pressure on the walls of vessels that are weak. Over time a very small protrusion that looks like a bubble can be formed. This is known as an aneurysm. As the aneurysm wall weakens it can rupture. If it ruptures, it causes bleeding within the brain. Often this happens in the base of the brain. A symptom of a bleeding brain aneurysm is a sudden headache; the worst headache most people have ever experienced. Soon there is loss of consciousness or a seizure. If you see this happening to anyone, call emergency services (911).

In a healthy person, brain tissue does not come in direct contact with blood. After an aneurysm, there are enzymes in the blood that release calcium, sodium, and other blood chemicals into the brain, which have a damaging effect on brain tissue.

Mary's Thoughts on Aneurysm Prevention:

1) If you have a relative that has been diagnosed with an aneurysm, you can inherit the thin blood vessels that could balloon into an aneurysm. A brain scan can determine whether or not you have an aneurysm. Brain surgery can lessen the potential harm of a brain aneurysm by placing a clip on the aneurysm or a wire around it to keep it from opening.

2) People who have a brain aneurysm possibly could have high blood pressure that puts more force against the weakened artery wall. That can cause the aneurysm to open. Controlling high blood pressure is thus a good precaution.

3) People should participate in exercise. However, extreme exercise can raise the blood pressure to the point that an aneurysm can rupture. It is always wise to consult a physician before starting a vigorous exercise program.



*In memory of
Elizabeth Foote Cross*



Hopefully,
future research
will reveal
methods to
prevent brain
damage caused
by aneurysms.
Until then,
please take
good care of
yourself and
those around
you!

Telehealth--new opportunities and new challenges -- by Dr. Heidi Koenig



Heidi M Koenig, MD is a physician Anesthesiologist/ Neuroanesthesiologist, Professor and Vice Chair of Anesthesiology and Perioperative Medicine at the University of Louisville. This work is hers and does not reflect the opinion of the University. She serves on the Kentucky Board of Medical Licensure, on the Ethics and Professionalism Committee of the Federation of State Medical Boards and until May 1st served as the Editor of the Journal of Medical Regulation.

Spending the least amount of money to achieve the best outcomes for everyone should be the goal of every healthcare enterprise. We make progress and we lose ground on this front. During the Covid-19 pandemic, we got very creative in how to stretch resources. One of the biggest temporary regulatory maneuvers was to expand telehealth within states and across state lines. Although healthcare providers traditionally can only practice in the state where they are licensed, reciprocity licensure was recognized for this purpose.

Telepsychiatry across state lines turned out to be extremely beneficial. This was especially helpful for college students, suddenly scattered across the country, without access to the established care provided through their institutions of higher learning. There were all kinds of benefits including working with a person from your own culture, in your native language and continuity of care. Now that the pandemic is over and the emergency measures are being rolled back, we have regressed to pre-pandemic practices. Is this the right thing to do?

How did telehealth get its start? In 1957 Reba Benschoter, a PhD Psychiatry and MA in Television and Education, was hired by Cecil Wittson, MD,

head of the Nebraska Psychiatric Institute and future Chancellor of the University of Nebraska Medical Center. He was a Navy psychiatrist who knew the value of telecommunications and of education. He encouraged Dr. Benschoter to put serious effort into education and communications. And she did.

A media technician, Van Lear Johnson wired the building, and eventually remote sites, for sound and eventually cable television. (I can attest to the fact that there were big cameras in every room and cables everywhere in that building when I was a student.) After nine years of local testing, on December 2, 1964, the first two-way closed circuit telemedicine system was put to work. It connected the Nebraska Psychiatric Institute with the Norfolk State Hospital 112 miles away. It radically changed the way psychiatrists and neurologists conducted exams and individual or group therapy, as well as how residents at the remote site learned. These physicians were able to teach and do work during the time they would have been driving to the remote sites.

Now that the pandemic is over and the emergency measures are being rolled back, we have regressed to pre-pandemic practices. Is this the right thing to do?

The Norfolk State Hospital with 27 wards, 900 patients and a staff who had felt like custodians, not therapists, was transformed. By 1968 the number of inpatients was reduced to 476, the staff was able to perform therapy again, and many families were able to take their loved ones home on remote therapy and medications. It was great! It radically changed clinical medicine forever.

In 1966 Reba Benschotter, PhD, addressed the New York Academy of Sciences on the use of interactive television to teach and treat patients remotely. She beat NASA! Well-funded by the National Institutes of Health and others, Dr. Benschotter put new technologies into use nearly daily through the 60's, 70's, and 80's with regard to telehealth and distance learning.

In the Middle Ages, healers would get letters from afar with a flask of urine to run diagnostics on. In return they would recommend therapies or send medications. Now we interact with our healthcare providers via email and text messaging between visits. We have reinvented the wheel of telehealth and remote education many times. Is the future even brighter for connecting remotely? Most of us agree there is nothing like an in person interaction with our providers, but there aren't enough of them. The pandemic has highlighted the inequality of access to basic and advanced care for our citizenry and how limited the capacity of our facilities is. It has also pushed the healthcare workforce to the highest level of exhaustion, burnout and self-harm.

We need desperately to resuscitate our physicians, nurses and other providers. We need to expand training capacity for young physicians, nurses, PAs and others. Computer-based learning in healthcare has helped, but is not the best way to master clinical skills. Perioperative care cannot be performed remotely, though onetime head of CMS, Don Berwick did suggest that a few years ago.

Anesthesiologists billed ourselves as “made for this moment.” We continued to run the operating rooms for urgent and emergent cases. We stepped up to perform critical care and manage airways – increasing our personal risks, time commitment and the intensity of the work tremendously. All the while, the civil unrest and gun violence strained our system and challenged our souls to keep going. The onslaught of demand for care continues as we try to catch up with the postponed, but desperately needed, “elective” surgeries. Our current residents have only practiced during COVID...How will they fare? What will the new normal be? They have resilience, and I am optimistic.

Our current residents have only practiced during COVID...How will they fare? What will the new normal be? They have resilience and I am optimistic.

Outside the operating room, many people who present to their local hospitals are evaluated by telehealth to determine whether transport to tertiary centers is necessary. Currently, substance use disorder is being addressed with the assistance of telehealth. In this country, one person dies of an overdose every five minutes. Tele-counseling and medication-assisted treatments are tricky, but we have to stop the tremendous loss of human lives.

I firmly believe that healthcare in this country has a bright future. As we add individuals from every race, creed, color, and belief to our healthcare workforce, we will connect in more meaningful ways with those we serve. New knowledge, better patient education by a more diverse workforce in a more robust system with telecare, or in-person access to care for all will prevail. As history has proven, we will be greatly surprised by how the future unfolds!



Art Therapy: What It Could Be For You -- by Diana Fulner

For one winter term in college, my advisor suggested I invent an independent study combining art and psychology, both halves of my double major. So I did. The topic became "The Art of Psychology and the Psychology of Art." I spent much time in the library sifting through the card catalogue looking for topics such as therapeutic art, art as therapy, art for the mentally ill, art for the handicapped, art with special needs students, art psychotherapy, creative arts therapies, expressive arts therapies, and others. Happily, I learned that art therapy existed!

But what is real art therapy? (BTW this question has no single right answer.)

The beginnings sprouted in the late 19th century when psychiatrists had patients draw or paint, and occupational therapists had patients engage in useful activity. Art therapy grew from this work and evolved as care for patients became more advanced in the 20th century. Once, those who came to art therapy from work in institutions for the mentally ill believed that art psychotherapy was the only real art therapy. Others worked in education and believed that art as therapy was the only real art therapy.

When the American Art Therapy Association was formed in 1969, changes emerged quickly. Curricula were written and approved, practicum sites were arranged, and universities became accredited to teach art therapy. The profession became formally recognized and required a Master's degree in order for practitioners to call themselves art therapists. Trained, qualified practitioners began to work, and then work more broadly with diverse populations. One of the first universities to develop an art therapy education program was the University of Louisville. It continues as one of the best programs in the country today.

Art therapists use creative tools and media such as painting, drawing, sculpting and collages to help their clients express themselves and promote emotional, creative and spiritual growth.

They use guided exercises to help clients explore their emotions, understand conflicts or feelings that are causing them distress, and use art to help them find resolutions to those issues.

Art therapy is used to improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change.

Positive results in art therapy may often be achieved by those facing issues such as:

- Anxiety
- Depression
- Substance dependency
- Stress
- Posttraumatic stress
- Attention deficit hyperactivity
- Aging and geriatric issues
- Cancer

Almost any problem, life challenge, major change, difficulty – almost any event, situation, or circumstance that a person, couple, family or community encounters, can be addressed by finding the creative spark deep within, and allowing it to help. Sometimes that can be done alone, and sometimes the person will want the assistance of a trained professional art therapist who can guide the way to feeling better.

How Does Art Therapy Work?

Through integrative methods, art therapy engages the mind, body, and spirit in ways that are distinct from verbal articulation alone. Kinesthetic, sensory, perceptual, and symbolic opportunities invite alternative modes of receptive and expressive communication, which can circumvent the limitations of language. Visual symbolic expression gives voice to experience and empowers individual, communal, and societal transformation.

The significant gift of art therapy involves an extra dimension of participation. In verbal therapy there are two (the person, and the therapist). In art therapy, there are three (the person, the art therapist, and the art piece created in the session). This three-way interaction means that information is communicated and received by all three, in any direction, both verbally and especially nonverbally.

Where Art Therapists Work

Art therapists work with individuals, couples, families, and groups in diverse settings. Some examples include:

- Hospitals
- Schools
- Veteran's clinics
- Private practice
- Psychiatric facilities
- Rehabilitation facilities
- Community clinics
- Crisis centers
- Forensic institutions
- Senior communities

What Art Therapy Could Be For You

Art therapy can be done with an art therapist in any of the above locations, and be very helpful. OR for starters, there are creative therapeutic techniques that you can create alone, at home. Would you like to find the creative spark deep within yourself? Perhaps dip your toes or fingers into the pool of creativity that you might not have visited in a long time or ever? Would you like to find your muse and have a chat? Then you can begin by saying this to yourself:

I am creative. I can draw humble lines and stick figures, and they are just fine. I can be adventurous. I'm open to something new. This can be fun.

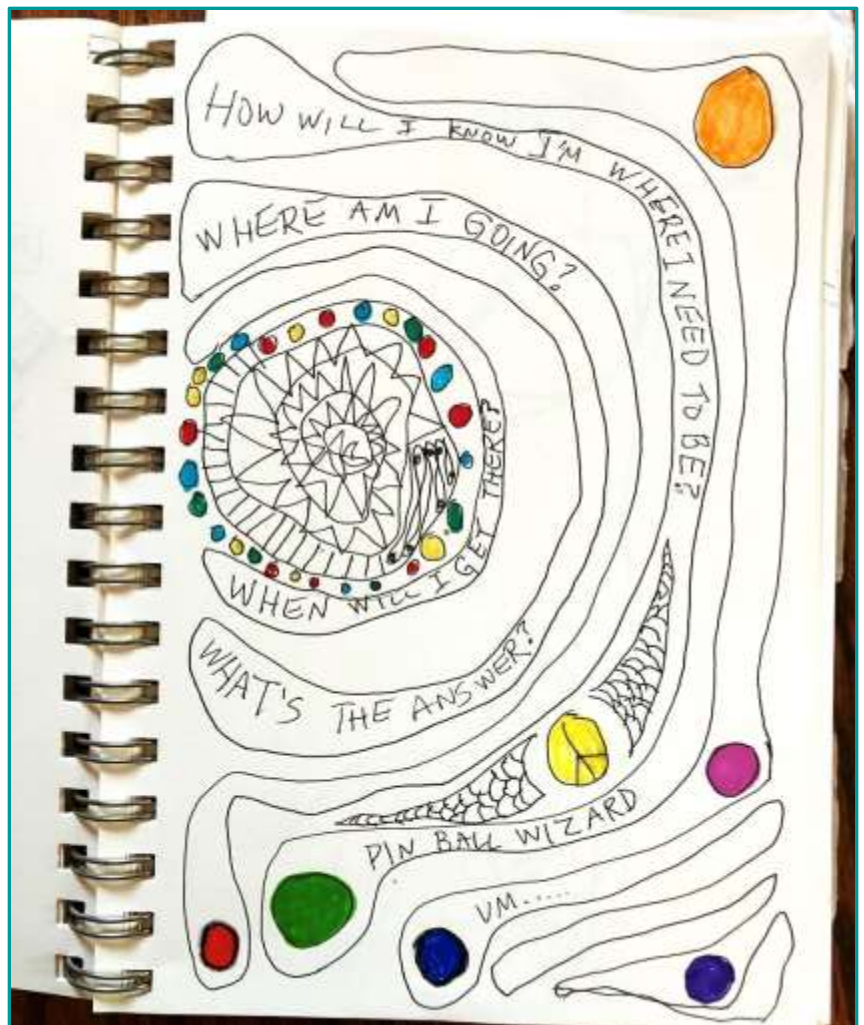
REPEAT THIS (above) when you might otherwise say: This is stupid. I'm wasting my time. What good is this? I should be dusting. Do I resist having fun? I CAN'T DRAW! This is ugly. Not now, I'm going to take a nap.

With just a few simple and inexpensive art supplies, and no formal art training, you can create many emotionally beneficial projects, or just vent about feelings of the day. Here are some general guidelines for creating a **creative journal** (which is very different from the diary of your childhood.)

Setting Yourself Up For Success:

A creative journal is about recording thoughts, feelings, experiences of a day and how you felt about them and more topics you decide upon. It is for working on a thorny problem and noticing that a solution has evolved from the assortment of lines you made. It is for venting anger. It is for noticing gratitude. It is for having fun. It is for pouring out sadness and tears on paper. It is for learning about yourself. It is about feeling better about yourself. And more...

A Creative Journal is **not** about making pretty pictures, writing a major to do list, or planning how to decorate a room. It is not for criticizing yourself about something you did or did not do. It is not for blaming yourself about anything. It is not for criticizing yourself. It is not for listening to your inner judge or critic.



A Page from Diana's Creative Journal

Supplies for a Creative Journal Include:

- Sketch book (9x12 or 6x9),
- Colored pencils
- Couple of drawing pencils
- A nice black pen that feels good for writing, maybe a gel pen, maybe another pen with a color of ink you like
- White silicon eraser
- Crayons
- Oil pastels
- Magic markers (fine and/or broad point)
- Glue stick
- Scissors
- Magazines for cutting out pictures and words
- Small paint set and a couple of decent brushes of different sizes

NOTE: You'll want a sketch book for sure, but you can start with any combination of supplies that adds to supplies you already have.

NOW, some ideas to get you started:

1. Draw 5 lines, any kind or length you want. Do this with eyes open or closed. Now connect the lines with 5 more lines. What do you see? What does it remind you of? Want to add more? Add another 5 lines all different from the others. An object may be starting to form. Does it need other lines? Add them.
2. If you want to, add **eyes** (circles with a dot), a **nose** (upside down V or right side up U, **ears** (any size right side up or upside down V or U shapes, short or long,) **mouth** (open or closed, toothy like a jack o' lantern, zig zaggy, open O, small or big), **eyebrows** (straight single lines, bushy, short little lines, close together, back and forth zig zags). Or not. Who or what do you have? What does it want to say or ask you?
3. Make a speech bubble like in comics. Make it any size you want, aiming the pointy part toward where the message comes from, and then write the message. If you want to express a thought, make the bubble but connect it by a series of small bubbles to the part of the drawing that is thinking. Does it need more? If so, add arms, torso, legs, hands and feet (mitten shaped or ovals – no need to make individual fingers and toes), hair. ANYTHING YOU WANT! THIS IS YOUR BOOK!
4. On the back of the page write the date, a title if you want to (or not), and any thoughts, questions, feelings, or anything else you want to remember.

Privacy: Your creative journal is just for you. No need to share it with your spouse or partner, your best friend, your child, your bridge group, your dog or cat, even if they ask. This book is for you, for creating in private. You can share any entry you want, but remember you don't have to share. You could write *PRIVATE*, *PLEASE!!!* And put a rubber band around the book, one long ways, the other short ways. Or maybe wrap with a random length of yarn or ribbon. You could put an envelope inside the back where you can put random thoughts or words and pictures you cut out of magazines. Maybe quotes, poems, something someone said. -- *THIS IS YOURS!*

Some possible topics:

- Scribbles, very good for venting.
- How do you feel right now? (Try scribbling, doodling, shapes, lines, textures, images. Choose colors that express your feelings.)
- An expression of yourself. Make symbols of some of your good qualities.
- An expression of a current challenge.
- Who is on my personal team? Start with a symbol or stick figure of yourself.



The Artist

by Jill Baker 2014, Arles, France

Another Exercise:

Around yourself make a circle, a size to include symbols or stick figures of the people closest to you. Make a second circle just outside the first circle, and add more symbols or stick figures of those who are somewhat close to you, but not as close as those in the first circle. Make a third circle, add more symbols of people, those who are not as close to you, but maybe you have a particular connection with them.

Continue adding circles until you have included, in one circle or another, all the people you feel belong in your circle. If there are people far away, put them outside the last circle. If you want to include deceased people, give them angel wings and put them outside the last circle. Or put a small circle around them.

If you find yourself in a situation that you feel needs the help of a professional therapist, then by all means seek out a person who could help you recover your balance and feel better about yourself and your life. Ask friends to recommend professionals they have

gone to that they liked, trusted, benefited from, and felt comfortable with. Ask who has a solid, trustworthy reputation. Check online for the kind of therapist you think might work for you. Check with your health insurance to learn about in-network providers of mental health services. Ask if they cover art therapy. And if you are interested in finding an art therapist, check resources available on the website of the Kentucky Art Therapy Association and the American Art Therapy Association.

NOTE: Many art therapists have multiple credentials, so ask about their other titles.



Walking the Walk

Human Rights Engagement by the All Peoples Congregation

by Roxanne Sturtevant

The purpose of the Unitarian Universalist Association is to actively engage its members in the transformation of the world through liberating Love. Why do we do this? To shape our communities according to our values and to shape ourselves as people living in community with others. We move with a reverence for interdependence, diversity, justice and the natural world. We are generous in giving our time, talents and attention to transformation for others and for ourselves. To see examples, take a look at this list of church activities over the past six months:

Date	Action	Description
Dec 10	Human Rights Day Celebration	The world celebrated the 75th anniversary of the United Nation's Universal Declaration of Human Rights.
Year round	Days for Girls	A team of seamstresses creates and distributes washable menstrual period products to women in the Americana Apartments and Ecuador.
Jan 12	Cofán International Justice	Raises money to pay for health insurance for a group of indigenous people in Ecuador who protect the rain forest
Feb Fridays	Anti-Racism Challenge	Readings, activities, discussion with Earth and Spirit Center
Feb Tuesdays	Lobby in Frankfort: Rus Funk our Justice Center Coordinator	Works to Restore the Vote to those who have a felony in their past
Feb 9	Naturalization Ceremony	New citizen voter registration with the Louisville League of Women Voters
3 dates	High school Voter Registration, Wagner, Male and Ballard	With the League of Women Voters and All Peoples volunteers
Feb 14	Lobby Day	Seven from All Peoples go Frankfort to Restore the Vote to those who have a felony in their past
Feb 19	A True Compassionate City: No New Jail	Sunday Service by Kungu Njuguna from the ACLU

Feb 21	Senior Housing Options	Presentation by JCFS and Area Office on Aging from Caring Ministry Team
March 9	Stop the Bernheim Forest Pipeline	Presentation at Metro Council by a coalition including All Peoples Green Sanctuary
March 12	The Making of Multiculturalism	Sermon by our minister, Rev. Bruce Beisner, in our sanctuary
March 15	International Day to Combat Islamophobia	Community presentation by All Peoples Social Justice Team with the Salaam Network
March 21	Alternatives to the New Jail	Exhibit and presentation by Kyle Ellison with Floyds Fork Democratic Club
March 23	Stop the Bernheim Forest Pipeline Our resolution passes at Metro Louisville!!!	Presentation at Metro Council by a coalition including All Peoples Green Sanctuary Team
April 7-28	Anti-racism Challenge	Meets weekly for a month, every quarter, to explore personal experiences with racism.
April 20	Report on Restore the Vote and Resist HB 150 anti-trans legislation	KUUJAN All Network Gathering: Report from this year's legislative session.
April 30	The Struggle for Religious Freedom in Afghanistan	Sunday Service. Our guest speaker, Tamim Bedar, is the father of one of the three refugee families that All Peoples supported last year.
May 11	Charles Booker, Director of the Office of Faith and Community Services in the Governor's Office, will join us.	KUUJAN All Network Gathering: Kentucky state-wide meeting with socially active UUs.
May 30	Completed an application for Among, a two year course of work in anti-racism.	Approximately 20 All Peoples members will meet twice monthly to shift white supremacy attitudes and behaviors in our congregation.
Year round	We support LGBTQ, BIPOC, age, class, all DIVERSITY	Through Sunday Service, alliances, social witness, education, and transforming our culture.

I keep this list because it inspires me. I see my friends taking on big challenges like ensuring the health of Cofán people who protect the rain forest in Ecuador, and small but important tasks like registering high school students to vote. I want our small congregation to know that it has made a difference in my world and in our community.

Where do we go from here? One of our next undertakings is to begin the *Among* process. With the guidance of a UU coach, we will think deeply about our own congregation with intensity and persistence. How might we become more open to the multiculturalism of those among us and more welcoming to diversity? We probably think we are doing a pretty good job with this already because our hearts are in the right place. And yet... Can we revitalize our membership, renew our commitment to families and children and reinvent ourselves? That's what UUs do and I am excited to see what we can do next!



ALL PEOPLES PEOPLE

*Katie Calcamuggio Donner,
Jesse and Jessica*

interview by Paula Kingsolver

Mezzo Soprano and University of Louisville Assistant Professor of Voice Katie Calcamuggio Donner joined All Peoples as Choral Director in August, 2020. It was the height of the COVID-19 pandemic, and uncharted territory for both Katie and All Peoples, as the congregation was meeting only online. Choir rehearsals and musical performances would require ingenuity since any rehearsals and performances would involve some combination of masks, social distancing, and outdoor

practices. Fortunately, Katie was up to the task. She has shepherded choral and musical performances through virtual-only meetings to our current hybrid (online and in-person) format, and has brought the bonus gift of solo performances from all of her family – Katie, husband and professional tenor Jesse Donner, and even eight-year-old daughter Jessica.

Katie found the All Peoples music position by way of her husband Jesse, whose rich voice has enriched so many of our Sunday services. Jesse, also an academically trained musician, had seen the All Peoples Choir Director posting and was planning to apply. However, Jesse's work as a freelance artist required frequent travel, while Katie was more consistently in town due to her position at U of L. She told Jesse, "Honey, you are traveling too much for this job, but I think the Choir Director job is right in *my* wheelhouse!"

Katie came to All Peoples with a grounding in Unitarian Universalism. She not only has eighteen years of experience as a choir section leader (over the time she was completing her undergraduate and graduate degrees in Voice Performance) but over a decade of that experience was as alto section leader for the North Shore Unitarian Church in Deerfield, Illinois. In fact, after she and Jesse became partners, she also introduced him to the North Shore choir, as the tenor section leader.

During her time at North Shore Katie was favorably impressed by the church's inclusivity, not only of all types of people and lifestyles, but also by the UU embrace of so many faith traditions.

Once she had applied at All Peoples, but before being called for an interview, she and Jesse decided to check out an All Peoples Sunday service incognito; no one at the service knew she was a job applicant. It was in February 2020, just before the pandemic shut down regular Sunday services. As Katie describes it, "I opened the hymnal, we started singing a hymn, and I just started crying. It was one of the first times that I had truly felt like I was at home in Louisville. That music embraced my heart, and that's also where I find my spiritual connection, through music. Pulling out that tried and true gray hymnal instantly made me feel relaxed. And afterwards everybody was so welcoming. I told Jesse, 'I think this is going to be home for us.' And luckily, you all felt the same way about us."



"Pulling out that tried and true gray hymnal instantly made me feel relaxed. And afterwards everybody was so welcoming. I told Jesse, 'I think this is going to be home for us.' And luckily, you all felt the same way about us."

The UU choir was not Katie and Jesse's first time together in a choir; they actually got to know one another while serving as section leaders in a Presbyterian church choir in Michigan. Though Katie and Jesse were both graduate students in voice at the University of Michigan School of Music, they had not interacted or spoken much. When Katie joined the group of five music students who were employed by the church choir, they would all carpool together back and forth from Ann Arbor to the church in the Detroit suburbs. Prior to Katie joining the group, the carpools were mostly quiet, with one person driving while the others would nap, but her ebullient personality livened up the car conversations, especially between Katie and Jesse.

It was during those car rides that they became good friends. However, as Katie describes it, they had reservations about becoming romantic and made an agreement: "This is such a good friendship; do we screw it up by dating? Let's make a promise that if it doesn't work out, we have to stay best friends." They started dating that March and were engaged by December. The couple married and brought home a "honeymoon hitchhiker" - daughter Jessica, now eight years old, who was born while Katie was finishing up at University of Michigan.

Katie and Jesse both began their undergraduate studies with other professional plans than music, but their love of music and gift for performance

came to determine their career paths. Katie grew up in the Toledo, Ohio area and completed her undergraduate studies there, at Bowling Green State University, beginning with a major in premed and music, but completing her degree in Voice Performance. She then completed her Master's degree in Vocal Performance at Northwestern University and was based in the Chicago area for over a decade, during which time she lived in Miami for a couple of years, training at the Florida Grand Opera. She also traveled all over the U.S. with young artist's programs, including a summer with the Aspen Music Festival, a summer with the Janiec Opera program at the Brevard Music Festival, and summers in the training programs at St. Louis Opera and the Glimmerglass Opera in Cooperstown, NY.

Realizing she had an affinity for teaching, Katie next moved to Ann Arbor to pursue her doctorate at the University of Michigan. Jesse is from Des Moines, Iowa, and was originally majoring in engineering, but gradually realized his heart was with music, so after changing majors and completing his undergraduate degree in Voice Performance at Iowa State University, he went to Ann Arbor for his Master's degree, arriving there one year before Katie.

Katie's professional career eventually brought the Donner family to Louisville and to All Peoples. Between Katie's second and third year of her doctoral program, Jesse got a job at the Chicago Lyric Opera as a young artist. He had completed his Master's degree and was embarking on a two-year artist's diploma. Although it was time for Katie to begin her job search, and she had started applying for positions, they now had infant daughter Jessica to consider. Jesse, who was preparing for two musical competitions in Chicago, could not imagine missing his daughter's formative years. He asked Katie to remain with him for a year if he won either competition.

According to Katie, “These two competitions are very hard to win, either of them. And he won both! Because of the prize money, it not only let us stay together with Jessica for a year, but it also gave me the opportunity to really find good places to apply. One of the opportunities that came up was the position at the University of Louisville. And as soon as I walked off the plane, I knew. I called Jesse and said, “We’re going to be in Louisville.’ He said, ‘How do you know? You haven’t even had the interview yet!’ I said, ‘I’m telling you, I just feel it. I know we’re going to be here.’” Katie’s intuition was correct - her interview went great and she accepted the position.

Jesse had one more year in Chicago to finish as a young artist, and Katie set down roots for the family in Louisville. The first year, 2016, was the quite a challenge for Katie as a brand-new professor and solo mom for the first eight months, with a 16-month-old. Jesse was a full-time performer until the pandemic, when performance restrictions necessitated figuring out a “plan B.”

Katie describes Louisville as a wonderful place for the family to live. “There is a beautiful sense of tradition and loyalty, it’s affordable, and it’s rich with opportunities.”

He found a position as a music teacher with Jefferson County Public Schools while completing his MAT (Master of Arts in Teaching) from Eastern Kentucky University. While the last few years have been quite hectic for the family, Katie says Jesse is not only a great partner, but also a wonderful dad to Jessica. “Both of us truly appreciate being parents and we love her so much!” Katie describes Louisville as a wonderful place for the family to live.

“There is a beautiful sense of tradition and loyalty, it’s affordable, and it’s rich with opportunities.”

Katie brought to All Peoples not only her musical expertise in choir direction, but also the family vocal talents, not only amazing solos from Katie and Jesse, but also performances from Jessica, who gets talent from both sides of the family tree. Another great benefit to All Peoples was Katie’s recommendation of Dr. Chris Brody, Music Theory professor at U of L, as instrumentalist. Katie reflects, “I wanted somebody for whom the assignment was a joy, not just a job, because then there is flexibility and a more relaxed atmosphere.” Not only is Chris a great musical addition, but he and Katie’s academic musical connections have brought many outstanding performers to Sunday services who are students and faculty in the U of L music program.

Katie reflects about All Peoples, “People have been so kind to us, so welcoming and so loving. And so committed to us, while we’re trying to get the lay of the land and figure out what works and what doesn’t. Even if people have disagreed with us, I really appreciate that they have said so and talked with us about it, and that there’s nothing to fear. That has made me happier than anything, because not everybody is going to have the same idea, but if we all can talk about it, that’s what matters. The musical program prior to my time at All Peoples was very rich. I am grateful for that, and I’m also grateful for people’s willingness to say, ‘Let’s see where we go next.’ That has been a really beautiful experience. One of the greatest strengths at All Peoples has been the respect for and inclusion of music. The UU church believes in the inherent worth of all people. Our congregation has said, ‘We believe in musicians, we respect them, and we are grateful for them.’ That has been outstanding.”

When asked her thoughts about the possibilities for music at All Peoples, Katie says, “I would love for our numbers to grow even more, where we can have multiple choirs, including a children’s choir, and where members can ebb and flow. It has been exciting to see more families involved recently. While we have to balance what we can afford in terms of time and money, I see ripe opportunities for growth in music, and support and love for the music program.”

Katie has brought not only her own musical gifts, professional expertise, and the bonus of her musical family. But equally important, her encouraging and positive approach to teaching and directing are a great benefit for those she directs. If you may want to sing in the choir or offer musical performance, please speak with Katie; she would love to meet you, and you don’t need to read music or have musical training to participate, just a love of music. We look forward to Katie’s continued enrichment of the music at All Peoples.



Nature in our Neighborhood

Passion Flower

by Rob Kingsolver

Few native Kentucky plants have as much associated symbolism as the purple passion flower. This herbaceous vine is common in the central and western parts of our state. Since it spreads easily and is a vigorous grower, you might find a ten-foot long passion vine climbing up your back fence or tangled in a wildlife-friendly hedgerow.



According to Alfred Vogle's *Plant Encyclopedia*, passion flowers were first discovered in 1569 in the Americas, and introduced to Europe soon afterward as an ornamental cultivar. A Jesuit priest named Ferrari published a description of passion flower in 1633, making many associations between the floral parts and the Christian account of the crucifixion: in the purple fringe he saw the crown of thorns, in the three branches of the pistil he saw the three nails in the cross, in the stalked ovary he saw a chalice, etc. The Jesuits gave this plant the scientific name *Passiflora incarnata* because the flower symbolized for them the incarnation and passion of their Lord.

The fruit of the passion flower looks like a small lemon. It is hollow, and will burst with a loud "pop" if you step on it. As a result, people where I grew up call this plant "maypops." The fruit is reported to be edible, but after trying one, I cannot really recommend it. However, a tropical relative within the *Passiflora* genus bears better-tasting fruit that is grown commercially for its juice.

If you look closely at the photo, you can see a couple of small glands just below the blade of each leaf. These are called "extrafloral nectaries." "Nectaries," because they produce nectar to attract insects, and "extrafloral" because they are located outside of the flower. Unlike the floral nectar glands that attract pollinators to flowers, these glands produce food for ants.



Although I did not notice when I photographed the passion flower, the photo includes several large black ants roving over the leaves in search of a tasty snack. As they climb over the passion vine, these same ants attack and remove leaf-eating caterpillars, aphids, and other harmful insects, so the relationship between ant and plant is mutually beneficial. This kind of relationship, called mutualism, is actually more common in the natural world than we biologists used to think.

I have to guess that if Unitarian-Universalists had first described this lovely flower, they would have named it something like, "*Friendshipia cooperatum*," or some other celebration of inter-species cooperation across the Web of Life.

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 from a well-known UU author. The first letters of each of the words, read from top to bottom, spell out the author's name and topic.

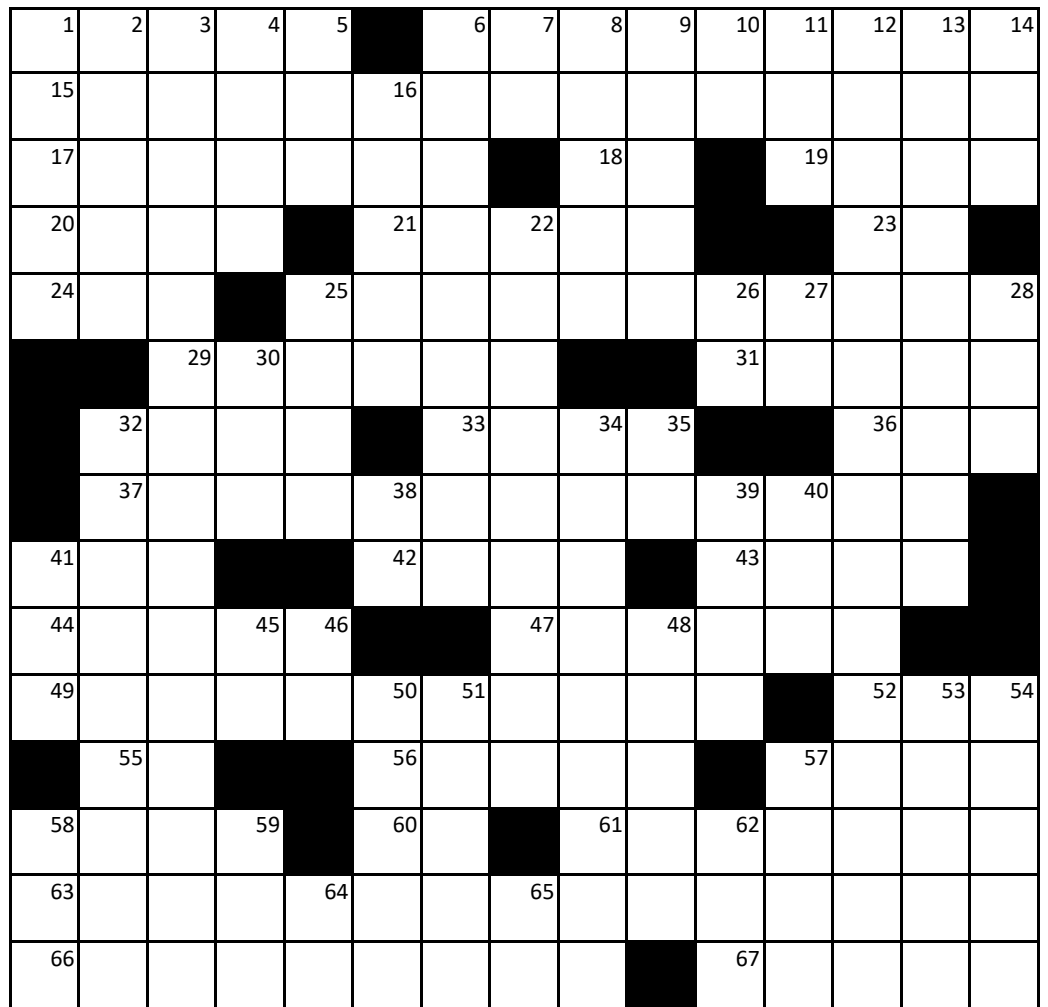
1 A		2 M	3 R	4 P	5 I		6 F	7 O		8 A	9 U	10 U	11 H	12 U	13 O		14 A	15 T	16 Z	17 E
18 M	19 S	20 E	21 F		22 F	23 M	24 G	25 L	26 C	27 B	28 Y	29 H	30 L		31 U	32 J		33 T	34 W	35 E
36 L	37 D	38 Q	39 X	40 K	41 E		42 L	43 Q	44 X		45 U		46 C	47 W	48 W	49 J	50 K		51 W	52 R
	53 O	54 W	55 W		56 V	57 S	58 Y	59 Z	60 P	61 F	62 Q	63 A	64 G	65 L	66 I		67 Z	68 L		69 N
70 J	71 E	72 H	73 B	74 I	75 R	76 X	77 M		78 P	79 D	80 K	81 S	82 Y	83 D		84 Q	85 X		86 V	87 V
88 A	89 S	90 H	91 G	92 X	93 M	94 O		95 G	96 J		97 E	98 L		99 W	100 V		101 Y	102 Q	103 P	104 P
	105 G	106 P	107 D		108 W	109 B	110 N	111 M	112 O	113 Z		114 O	115 F	116 R	117 Q		118 M	119 B	120 A	121 N
122 Y	123 S		124 W	125 P	126 U	127 H		128 V	129 T	130 J	131 L		132 A		133 S	134 K		135 O	136 U	137 K
	138 X	139 L	140 Z	141 W	142 U	143 B	144 D	145 F		146 F	147 R	148 W		149 H	150 O	151 C	152 U		153 Z	154 O
155 P	156 T	157 Z		158 O	159 T	160 Z	161 C	162 P	163 A	164 L		165 C	166 S	167 L		168 V	169 E	170 N	171 I	

- | | | | | | | | | | | | | | | | | | |
|-----------------------------|-----|-----|-----|-----|-------------------|----------------------------|-----|-------------------|-------------|----------------------|----------------------|-----|-----|-----|-----|-----|-----|
| A. Conflict in author's era | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | N. Fixer-upper terms | ___ | ___ | ___ | ___ | | | |
| | 14 | 132 | 163 | 1 | 63 | 120 | 8 | 88 | | 121 | 69 | 110 | 170 | | | | |
| B. Electromagnetic energy | ___ | ___ | ___ | ___ | ___ | O. Late hours | ___ | ___ | ___ | ___ | ___ | ___ | | | | | |
| | 119 | 143 | 27 | 109 | 73 | | 7 | 154 | 112 | 114 | 13 | 94 | 150 | 158 | 135 | 53 | |
| C. Following | ___ | ___ | ___ | ___ | ___ | P. Red Cross request | ___ | ___ | ___ | ___ | ___ | ___ | ___ | | | | |
| | 151 | 46 | 165 | 26 | 161 | | 155 | 60 | 4 | 125 | 78 | 103 | 106 | 162 | 104 | | |
| D. Freshen | ___ | ___ | ___ | ___ | ___ | Q. Disinfectant | ___ | ___ | ___ | ___ | ___ | | | | | | |
| | 83 | 79 | 144 | 37 | 107 | | 62 | 102 | 38 | 84 | 43 | 117 | | | | | |
| E. Try | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | R. Innocent | ___ | ___ | ___ | ___ | | | | |
| | 169 | 97 | 20 | 35 | 71 | 17 | 41 | | 52 | 3 | 75 | 116 | 147 | | | | |
| F. Nurse's application | ___ | ___ | ___ | ___ | ___ | ___ | ___ | S. Ghoulie's pal? | ___ | ___ | ___ | ___ | ___ | | | | |
| | 61 | 6 | 146 | 22 | 115 | 145 | 21 | | 133 | 166 | 57 | 123 | 81 | 89 | 19 | | |
| G. Anabaptist sect | ___ | ___ | ___ | ___ | ___ | T. Energetic quality | ___ | ___ | ___ | ___ | ___ | | | | | | |
| | 91 | 95 | 64 | 24 | 105 | | 129 | 15 | 159 | 33 | 156 | | | | | | |
| H. Corrupt | ___ | ___ | ___ | ___ | ___ | U. Obnoxious | ___ | ___ | ___ | ___ | ___ | ___ | | | | | |
| | 29 | 11 | 90 | 149 | 72 | 127 | | 9 | 31 | 45 | 152 | 142 | 12 | 136 | 10 | 126 | |
| I. Gender-neutral pronoun | ___ | ___ | ___ | ___ | V. Drinking gourd | ___ | ___ | ___ | ___ | ___ | | | | | | | |
| | 171 | 74 | 5 | 66 | | 128 | 86 | 168 | 56 | 100 | 87 | | | | | | |
| J. Frequently | ___ | ___ | ___ | ___ | ___ | W. Lewis Carroll character | ___ | ___ | ___ | ___ | ___ | | | | | | |
| | 70 | 32 | 49 | 96 | 130 | | 148 | 54 | 48 | 141 | 55 | | | | | | |
| K. Yankee's side | ___ | ___ | ___ | ___ | ___ | X. Participate | ___ | ___ | ___ | ___ | ___ | | | | | | |
| | 40 | 134 | 137 | 80 | 50 | | 138 | 85 | 92 | 39 | 76 | 44 | | | | | |
| L. Rebel's side | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | ___ | Y. Vintner's microbe | ___ | ___ | ___ | ___ | | |
| | 36 | 98 | 139 | 68 | 131 | 30 | 164 | 25 | 42 | 65 | 167 | | 122 | 82 | 28 | 58 | 101 |
| M. Recovering | ___ | ___ | ___ | ___ | ___ | Z. Disease indicators | ___ | ___ | ___ | ___ | ___ | ___ | | | | | |
| | 2 | 93 | 118 | 18 | 23 | 111 | 77 | | 113 | 140 | 16 | 160 | 157 | 67 | 153 | 59 | |

PEOPLES PUZZLE

"Be Well!"

by Rob Kingsolver



ACROSS

1. One of 50
6. Pl. suffix with ex-- , com-- , or im--
15. Positive thinking (3 wds)
17. Requires anesthesia
18. Final yr. at the U.
19. Prefix with --mony
20. Cost saving medical gps.
21. ____ as an elephant (2 wds)
23. Northern Canadian Prov.
24. Police alert (abbr)
25. Unworldly places (2 wds)
29. Brined, chemically (2 wds)
31. S. Korean civil rights activist
32. MBA course
33. Uncertain
36. Early internet service provider
37. Dedication to herbivory
41. Veto
42. Layered gemstone
43. Simplicity
44. Slumbered
47. Horror villain, 1st in the series
49. Practical pants (2 wds)
52. Radical 60s protest gp.
55. Medical dose meas.
56. Louisiana sandwich
57. Alternative to a coffee (2 wds)
58. Waiter's expectation (2 wds)
60. Chem. symbol for gold
61. Antennae
63. Hopeful evaluations (2 wds)
66. Doctor's orders
67. Indonesian skewered dish

DOWN

1. Obama's daughter
2. Dull noise
3. Pulse elevator (2 wds)
4. Worn by dogs
5. "He" in Portugal
6. Healer
7. Royal Bank of Canada, on NYSE
8. Red dye
9. Tidal flow
10. Ave.
11. Longshoremen's union (abbr)
12. Egg donor?
13. Igloo (2 wds)
14. Go downhill
16. Refrain lyric (2 wds)
22. Bell ringing (2 wds)
25. Green Gables girl
26. MDs tell you to say it
27. Memo heading abbr.
28. Nickname of our sun
30. Eggy quaff
32. Bad guy
34. Prepare family dinner? (3 wds)
35. "Same to ____"
38. With 46 Down, Dorothy's pup
39. Italian airline
40. Gaelic version of John
41. High-level US intel. org.
45. Rated for older kids
46. See 38 Down
48. Eyesores?
50. Tic
51. Medical TV drama, 2004-2012
53. River mouth
54. Impertinent
57. Suburb of Honolulu
58. Not a science
59. Burmese coin
62. Offered by B&Bs
64. Long mountain path (abbr.)
65. Width, in typography

March PUuzzle Solutions

CROSSWORD--"Back to School"

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

ACROSTIC

"Good books are to the young mind what the warming sun and the refreshing rain of spring are to the seeds which have lain dormant in the frosts of winter." -- Horace Mann, Books for Students

In our next Issue: The book that changed my life.

In an era of illiberal authorities banning books and threatening librarians, we need to take a moment to acknowledge the power of books to transform lives. Can you think of a book that changed your life in a positive way? Was there a fictional character you identified with, an author who made you think differently, a story that revealed new perspectives, or a biography that inspired you? Please take a moment to let us know about a book that helped you become the person you are. Drop us a note at tapestry@allpeoplesuu.com with your contributions or ideas.

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

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 Minister: Rev. Bruce Beisner

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