



# Editor's Note

The cover of this issue of the Tapestry is a computer-generated "word cloud" created by Deborah Potts Novgorodoff. It is based on language submitted by our congregation in response a recent survey about All Peoples.

(A sample of these responses is offered on page 10 of this issue.) Words used most often appear larger in the word cloud, so it's clear that we generally see All Peoples as a welcoming community that is guided by UU values in its efforts to care for others, both within the church and in the world.

The congregational survey, along with input from Chalice Circles, welcoming groups, committees, and other contributions is all part of an effort to write a mission statement that reflects a common understanding of who we are and what we do. Writing a mission statement, whether for a non-profit, a government agency, or a commercial enterprise, presents an opportunity to re-plot the organization's future course and to adjust its priorities. Changes, even small ones, are not always easy to accept. It can take some time for our individual experiences to catch up with our collective aspirations. The challenge of daring to dream, and then to adjust to changes as we make those dreams into a new reality, provides our March issue with a timely theme.

In this issue, you will find our minister's reflections on changing times, descriptions of our church identity and direction written by congregants, a history of the ever-adapting KEAP program that was presented in a recent Sunday service, and an essay about a personal journey contributed by Jan Nelson. Change, it is often said, is the only thing we can count on as we look to the future. If we can't dig in our heels and stop the world from changing, we can certainly support one another through any transitions that may appear on our horizon.

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## Together on the Journey

by Rev. Bruce Beisner  
Minister, All Peoples UU Congregation

**I**t is hard to believe that this month will mark five years since I was first introduced to All Peoples and I began the process of being called to serve as your minister. That spring of 2021 was a time of tremendous change for just about everyone. For me, it meant moving from Texas to Kentucky and getting to know a whole new group of wonderful people. For our congregation, those days involved embracing a new name and welcoming a new settled minister after over three decades of familiar and exceptional leadership from Rev. Elwood Sturtevant. In our larger society, 2021 was a time of continuing to adapt to new ways of doing things in order to survive what was the second year of a worldwide pandemic.

The other day, I was recalling a conversation I had with a longtime member of our congregation about nine months or so after I

arrived at All Peoples. One Sunday during coffee hour, this person pulled me aside and said to me: “I am really liking what is happening around here these days, but I have to tell you that sometimes it does not feel like my church anymore.”

This person was not passing judgement on me, our Board, and anyone else. They were not complaining or critiquing. They were just expressing the way that they were feeling about the incredible amount of change that had been taking place within this community that they love. I really appreciated this person’s honesty. I told them that when it comes to places and people that I have grown attached to, I feel the same way sometimes as well.

“Sometimes this does not feel like my church anymore” is a sentiment that has been repeated over and over again by members within our congregations since the very beginnings of Unitarian Universalism. And that is because we are, and always have been, a religion that is constantly evolving and changing. We are truly a religious movement made up of people who take the search for truth and meaning seriously and do our best to remain open to new ideas.

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Two centuries ago, to be a Universalist or a Unitarian meant that you were a liberal Christian. Our churches were places for using reason and Enlightenment philosophy to interpret biblical scriptures and finding a loving and always forgiving God in the teachings of Jesus. By the end of the 19th century, being a Unitarian or Universalist might have meant that you had begun to

embrace the experiential spirituality of Transcendentalism or the ethical religion preached by Theodore Parker. Then the theories of Charles Darwin, the discoveries of scientists and medical researchers and the societal changes caused by the industrial revolution all began to creep into the Unitarian and Universalist consciousness. They brought with them a dramatic shift towards Religious Humanism. In the last 50 years, our theological evolution has incorporated teachings from Pagan and earth-based sources, Native American traditions, feminist and womanist spirituality, Black liberation theology, and a host of practices and concepts from many of the great religions of the world.

At every step on this journey, from the 1800s to this very day, shared identities and theologies have emerged, dominated for a time, and then dissipated. And there have always been people within our congregations who have needed to say: "Sometimes it does not feel like my church anymore."

*Change can be accompanied by a sense of loss and that is real. One of the blessings of being part of a community like ours is that we share in those feelings and struggles together*

Transformation often involves giving something up or letting someone go. Change can be accompanied by a sense of loss and that is real. One of the blessings of being part of a community like ours is that we share in those feelings and struggles together. We are here to encourage each other to adapt to change as best we can and to seek out the possibilities it can bring. Change may unveil some new perspective on an old and stubborn problem. Sometimes, it gives us a deeper

sense of grounding in a long-held belief. Change can transform us in new ways, but it can also teach us to understand why we value what we value more clearly.

I like to say that our UU value of Transformation is simply the affirmation that we are all "beloved works in progress." It is OK to not feel perfect or complete because we are not meant to be. Remaining open to what life has to share with us today is not always easy, but it is always worth it.

I am so grateful to be on this journey of becoming with you.

Blessings,

*Bruce*



## New Member Focus

from Janet Taylor,  
Congregational Life Coordinator

### Mary Stone



**I** grew up in Dayton, Ohio, where my family was very active in an American Baptist Church (progressive, think Highlands Baptist as a comparison). I moved to KY to attend Transylvania University. After graduation, I moved around for work and wound up in Louisville in 1995. As an adult, I attended several Methodist churches.

I've been married to my husband Matthew for 23 years, and we have a 19-year-old son, Ben. We live in Old Brownsboro Place (not far from Ballard High School.)

I've had my own business as a grant writer for non-profits for nine years. Prior to that, I worked in the corporate world, primarily in marketing, branding, and hospitality. Currently, I volunteer with the Kentucky Humane Society and am studying to become a master gardener.

### Charles (Denny) Mudd

**I** am grateful to say that I was raised in Louisville, KY by a small, not too strict Catholic family. My mother and father were the first couple to have an interfaith wedding in a non-Catholic Church (Presbyterian, mother's church). My spirituality was shaped by my family, Catholic School and my first jobs out of college (Psychology BA), working for the church as a substitute teacher and youth minister. I was also spiritually influenced by a variety of jobs, volunteer work, various people and books such as *Conversations with God* and *Buddhism for Dummies*. My first spiritual experience with All Peoples was in 2001 when my mother and step-father were married by Rev. Elwood Sturtevant.

A few months after my mother and step-father married, they moved to Florida, where they shared 22 happy years. My mother moved back to Louisville. I currently live with her. I also have a brother and aunt in Louisville. My only other family are a few aunts, uncles and cousins scattered across the country.

Professionally, my longest term of employment was at Humana from 2003 to 2016. I enjoyed several different roles. However, my favorite was investigating fraud, waste and abuse by healthcare providers. For the past 10 years, I have worked in a variety of customer service, healthcare and retail jobs. Currently, I am working part-time at a restaurant. But I am still interviewing for full-time jobs that better suit my interests and skills.

I love the outdoors, festivals, music, swimming, and dining out. Looking forward being an active member of All Peoples.



## Adaptation

by Joan Miller

It's hard to adapt  
When "it's always done this way"  
Is stuck in your mind

Be open to change  
Re-thinking is difficult  
Benefits abound

You will never know  
Unless you take that big leap  
Into new thinking

*David shares a poem  
written in his youth.*

## Solo

--by David L. Cooper

Day drips into night across  
the maple-treed canvas.

The humid night fills the still  
canvas  
accompanied by a symphony  
of cicadas.

I am alone, again . . . .

Dark blots out the horizon &  
absorbs the sky and trees.

I am alone &  
the cicadas call their mates

## POET'S CORNER

## Little Rabbit

by Larry Farr

Little Rabbit.  
It is so cold outside.  
Little Rabbit.  
I want you by my side.  
As I stand here in my warm home.  
Motivate me to write this poem.  
I can feed you: that I can do.  
What is it like in being you?

Little Rabbit.  
Where do you go at night?  
Little Rabbit.  
Coldness is out of sight.  
Do you have a home to keep you warm?  
A home that protects you from a storm?  
Do you feel the pain of cold as I do?  
Do you realize the self of you as you?

Little Rabbit.  
Running away from me.  
Little Rabbit.  
I fed you so please stay.  
If there is a God, then why such pain?  
"God is love" doesn't fit the terrain.  
Predators want to tear you apart.  
Guilt and love for you straight from the  
heart.

Little Rabbit.  
I wish I could be you.  
Little Rabbit.  
Change back when I am through.  
My birds and squirrels share the same plot.  
Seems my feeding you is not a lot.  
Have to accept the reality.  
You must be you and just let it be.

# Yankee Stadium

--by Jill Withrow Baker

We have not yet determined  
the weight of the force of gravity  
at different points above the earth,  
yet we know it instinctively,  
when we see a baseball arching into the sky  
and we immediately know, without a doubt,  
its future path.

My brain accurately calculated  
that the tremendous force  
that sent a baseball up and out would diminish  
as it pushed through the hot air,  
and that the pull of gravity would bend it  
in a predictable arc as it flew toward me –  
coming as it did from below the first row rails  
below the bleachers,  
where someone from Chicago hit a foul.

And true to the laws of physics,  
the white ball sailed in a true trajectory  
that led directly to my cupped palms,  
placed before my face.  
Sure enough, it bent to me,  
until a split second before I caught it,  
the man to my left reached out his right hand.  
The ball smacked it with a loud crack so hard  
he could not hold it,  
and the white ball dropped into my lap.  
“Should I throw it back?” I asked.

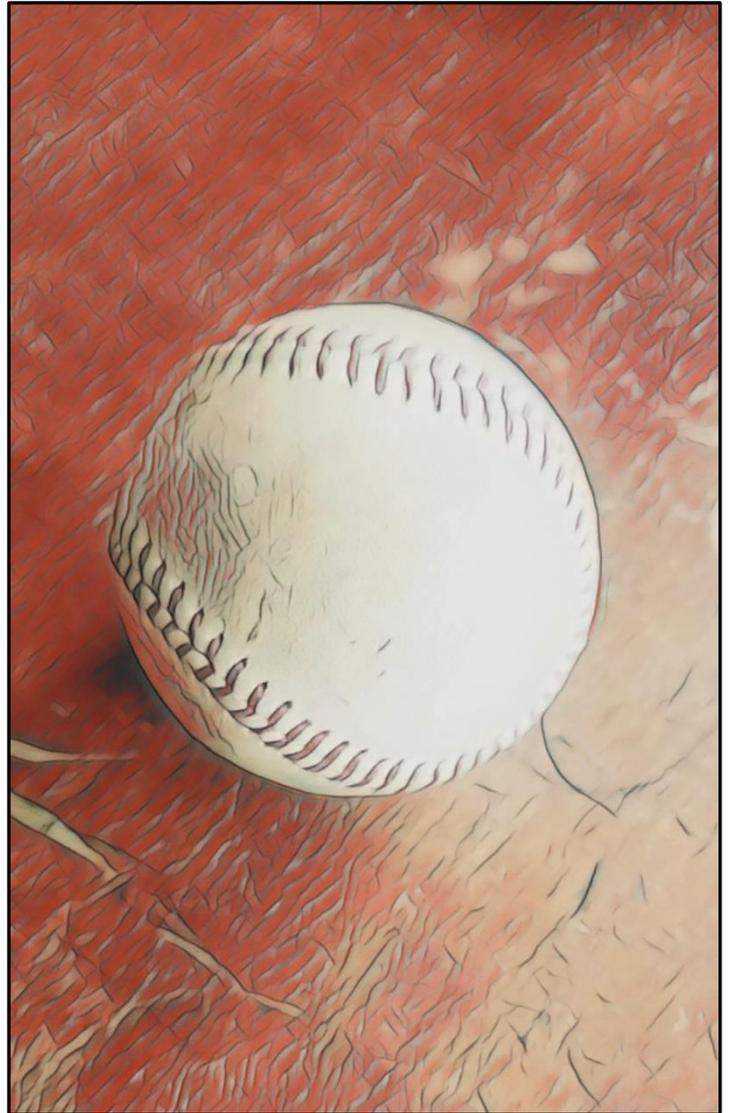


photo by Jill Withrow Baker

*This poem is based on a true story. Jill has kept the souvenir baseball for many years, and shared this digital image of her prize.*

# All Peoples at the Movies

## "Help!"

Review by Frank Nye

If you look back to when the Beatles were making music, it was the highlight of youth popular culture. In the US in 1963, there were 98 Million people *under* the age of 30 and only 91 million people *over* the age of 30. The Beatles hit the scene in 1963; their appearance on the Ed Sullivan show sealed the deal.

The Beatles made two movies. The first was "Hard Day's Night." This movie was about a fictional day in the life of the Beatles, showing them traveling from Liverpool to London to appear on a TV variety show. The Beatles played themselves.

The second movie was "Help!" in 1966. The movie opens in an eastern Asian temple, where a girl is about to be sacrificed. But she can't be sacrificed because she does not have the "Ring". Next you see Ringo playing drums with the Beatles wearing the ring. After that, the leader first tries to get the ring back and then tries to sacrifice Ringo. There is also a mad scientist who also wants the ring because, with it, dare I say, he could rule the world.

The scene travels from London to the winter slopes in Switzerland.

The Beatles (John, Paul, George and Ringo) soldier on through all of this. From playing in a recording studio where Ringo has the floor cut away underneath his drums, to recording a record in the middle of a field with tanks and army troops guarding them.

All the situations presented in this movie could be called silly. The scene where they cut the

floor out from beneath Ringo was something out of a cartoon.

How often today are there movies where tanks are guarding a rock band recording a song? Culture today has become very serious. There is little room for humor in popular movies. Bullies, thugs, and narcissists punish those who they fear might be mocking them. They are scared of humor. Humor exists to elevate and explore rather than denigrate or hide thoughts and emotions. Humor doesn't dismiss dangerous subjects but instead cracks them open so they cannot be overlooked. This is especially important when the subject is one that is not considered "fit" for public discussion.

Does this remind you of anyone today? No humor means nobody can be making fun of him.

The concept of "silly" has a long history in the movies. All you need to do is look at any Marx Brothers, W.C. Fields, Monty Python, or Buster Keaton movie. They are constantly using images and ideas that even then were silly, such as the minister of silly walks or the silly Olympics. Late in the sixties and into the seventies, silly went away and movies became *serious*. There are still funny movies but very few could be called silly.

It is hard to be silly when you are struggling day to day just to live. Who has time to be silly when you don't know where your next meal is or where you are going to sleep at night? Just the same, a little silliness at the movies might help keep us from taking ourselves too seriously.



# OUR CHURCH COMMUNITY

*To help All Peoples engage in the self-assessment and reflection needed to re-write our mission statement, many of our congregants completed a questionnaire about who we are, what we value, and where we are going. Here are a few of those responses:*

## *What keeps you coming to All Peoples?*

- Members are friendly and accept and love everyone equally. The sermons invite me to think deeply about what's important in this world.
- The congregation helps me hold my life together, my past with my present.
- Community; affirmation that there are real people who share my values and understand my heartbreak and outrage at what is happening in my country.
- This is where I think deeply about my purpose in life and where I learn to put my values into practice.
- Having a community that values justice, music, the arts, learning.
- We were early adopters of taking a stand for the environment and the community sees us as a leader.
- Honestly giving our best answers for life's mysteries, even when the answer is "We don't know."
- This church community always helps me celebrate the high points in my life, and has always supported me through the hard times too. I enjoy learning new things and being exposed to a variety of perspectives.

## *If someone asked, "Why does All Peoples exist?" what would you say?*

- Because people/Louisville needs a liberal religion.
- Because social justice is our way of living out our values.
- For the gathering of people who want to find new heart and direction.
- To serve the needs of the community, to replenish and enhance our members with love and joy and community, to actively pursue justice and a world that works for all.
- We're here to support and build each other up, to combine our strengths and share our faith as a community.
- To give a smile that draws you in and lets you know that you're safe.
- Open minds, loving hearts, helping hands coming together for the greater good.
- This community seems to seek wisdom and is constantly working to grow spiritually.
- Seekers walking hand in hand regardless of each other's backgrounds. What matters is how we reveal our values and share in a spirit of love with kindness and compassion.
- To remind us of our values / principles so that we can individually and collectively live them out loud.
- To support all the people who step up and do things and donate and help members stand up for justice and equality.

## *What should remain true, no matter how we grow or change?*

- That we are here to love each other.
- Every child matters.
- Our basic messages of love, inclusion, delight in diversity, and equality for all.
- To be a welcoming place for all.
- Compassion, enthusiasm, intelligence and humor.
- Fun activities.
- Sharing words of hope and doing more for others.

## *What does the name "All Peoples" call us to be or do?*

- To continue to reach beyond ourselves to understand the other.
- We welcome all people, we believe in the inherent worth and dignity of all people, we care for all people,
- "All Peoples" symbolizes to me our basic pursuit of a world that works for everyone, and equality for all.
- Welcoming- not just saying "Come on in!" but really taking an interest in understanding the person and their journey.

## *What is missing, underdeveloped, or holding us back?*

- Not enough far-reaching publicity of what we offer.
- Our shyness and our busyness.
- We all need to keep working on communicating with newcomers.

## *Complete this sentence: All Peoples is a congregation that . . .*

- is socially concerned, and has a loving community.
- lives its values.
- will never be too comfortable.
- opens its heart to members, visitors and the wider community.
- really wants to help.

## *What three to five words do we hope people associate with All Peoples?*

- Love, Engagement, Service
- Progressive, Evolving, Compassionate
- Aware, Present, Fair
- Welcoming, Loving, Inspiring
- Inclusive, Educational, Friendly
- Trust, Strength, Kindness



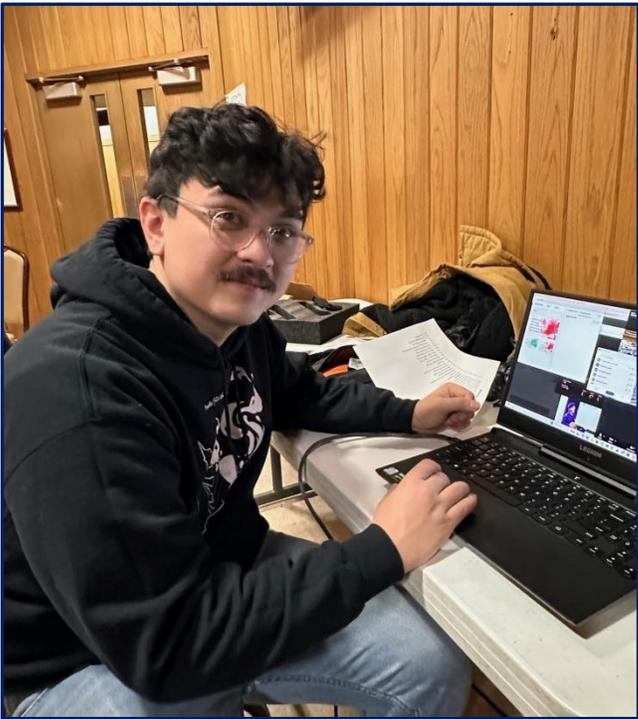
# A DAY IN THE LIFE OF ALL PEOPLES

*Hootenanny is our annual celebration of music in the folk tradition.*

*John Gage (shown at right) led the singing on January 30, as he has for many years.*

*Thanks to Ellen Wade for these photos.*





# NATURE IN OUR NEIGHBORHOOD

## MOREL MUSHROOMS

*Text and photo by Rob Kingsolver*

**M**orels, hickory chickens, molly-moochers, dryland fish -- like so many widely distributed life forms, the common name of morel mushrooms varies from one locale to another. Even biologists specializing in fungi have an assortment of opinions about names for these interesting mushrooms, since morels exhibit quite a lot of genetic variation throughout their global range. Although the experts used to recognize three species common to the US, some have proposed a dozen or more new species names, based on differences detected by DNA sequencing.

No matter what you call them, morels growing in the Americas and in Eurasia have a lot in common. As members of the group commonly known as cup fungi, morels bear their spores in microscopic sacs clustered within cup-shaped bodies. Although many of their close relatives produce only a single cup, the morel mushroom has many cups radiating out from a single hollow stem-like column. The pitted surface of a morel mushroom reminds some folks of a waffle wrapped around a stick.

Each cup on the morel surface can shed thousands of tiny spores into the air, so the whole structure has tremendous reproductive potential. These spores are carried far and wide by the wind, and the fortunate few that land in a good spot germinate, generally in damp forests, giving rise to thread-like filaments that grow into the soil. The resulting mass of fungal



threads, called a mycelium, can become a huge network of interconnected strands occupying a large wooded area. Since they grow underground, we are not generally aware of the presence of these soil fungi until they produce the above-ground reproductive structures that we call mushrooms. In Kentucky, morel mushrooms emerge from the ground in late April through early May.

Another common feature of morels is that they are considered quite a delicacy by cooks in the Americas, and in France, Turkey, and China. *(Please note: This article does not provide enough information to be sure whether any species of mushrooms you might find are safe to eat or not. Since there are some similar-looking fungi that are toxic, be sure to study mushroom identification in depth, and go with an experienced mushroom hunter before collecting any wild mushrooms as food.)*

The demand for morels for culinary use motivates mushroom hunters to take to the woods every spring, but these "molly moochers" are not always so easy to find. They don't pop up in the same places every year, and they can be hard to see among the brown leaf litter that covers the forest floor. In Eurasia, and in the Western US, some morels are fire-adapted. Late summer or fall forest fires are often followed by a bumper crop of morel mushrooms coming up through the blackened ground the following spring. After a fire has removed vegetation and leaf litter, the mushroom's spores have a better chance of landing on bare ground, where they can germinate with greater success.

Aside from providing tasty ingredients for human chefs, morels play a couple of key ecological roles. First, as they grow through the soil, the morel's thread-like extensions release digestive enzymes that help break down organic material, like pine needles or dead leaves. This digestive process not only feeds the fungus, but releases nutrients needed by trees and other plants. Like many forest fungi, morels also form associations with tree roots. The fungus transports mineral nutrients into the "root hairs" that cover the finest roots of the tree, helping the tree collect what it needs from the soil. The fungus in turn is fed carbohydrates that the tree makes via photosynthesis and pumps down into its root system.

Although we don't usually think of our city as a forest, parts of Louisville do have a sufficiently mature tree canopy to attract and support forest species, including morel mushrooms. In my former residence on Westport Road, I looked for morels when I mowed my yard for the first time every spring. I usually spotted one or two, including the morel pictured above. I steered the lawn mower around each one, so that the oddly shaped mushrooms were unharmed, and their spores could have a chance to "go forth and multiply." Some folks look for robins on the lawn as a sign of spring, but I am always on the lookout for morels.



*A truly good book is something as wildly natural and primitive, mysterious and marvelous, ambrosial and fertile, as a fungus or a lichen.*

*—Henry David Thoreau,  
Journal, 16 November 1850*

# WALKING THE WALK

*All Peoples celebrates the conclusion of a decades-long project committed to the health and welfare of Kenyan children.*



*The Early Years -- by Deborah Potts Novgorodoff*

**L**ong, long ago – two decades to be exact, this congregation’s work with Kenyan children was begun. Here lies the origin tale!

Gail Chandler (a long-time church member) has a daughter named Tara, who, in 2003, spent time working at the Vihiga Children’s Home in eastern Kenya through a program at her college. Mrs. Agesa, a retired social worker, had taken in a small number of children who had been left homeless by the AIDS epidemic. Gail began to correspond with Mrs. Agesa, contributing money when she could. Not long after, Debby Sublett and Gail put their heads together and decided that this church could help to support the orphans at the Vihiga Children’s Home. Debby patterned the program on Women for Women, a program that creates sponsorships for women in need.

Potential sponsors could choose their child, and thus a relationship was born. The children were housed, fed and went to school at the Vihiga Children's Home. We felt they were in good hands, since Mrs. Agesa was a former social worker who had retired from a state job in good standing.

Around this time, we raised over \$200,000 to build a 3-story building to house the children. The need was great, and Mrs. Agesa was eager to take in more children.

In 2006, a large group of sponsors made the trip to Kenya – 27 of us to be exact.

We interviewed the children so that we could bring information back to sponsors; we built cubbies for their belongings; painted walls in the new dormitory; built a playground with swings; gave out clothing and shoes and attended to the children's medical needs. This trip fit the mission of our International Justice Committee – which is to help those in developing countries who are in need *and* to expose members of our community to cultures different from our own.



*April 2006 volunteers*



*Bernie Navgorodoff and Greg Weeter with the "Cubbies Crew"*



*Arlene Tuttle, welcomed at Vihiga*

As an aside, trying to keep the trip costs affordable, we went on a low budget safari, camping throughout Kenya. Imagine -- Arlene Tuttle, into her 70's, a New Yorker who had never camped before. Now she was sleeping in a tent with only a Masai warrior and his spear between her and the lions!

In subsequent years, there were more trips. A group of young people, mostly children of church members, stayed 3 months, along with Kathi Peterson. Other trips went in following years. Many said the experience was life changing.

Along the way, ever mindful of making sure our sponsors' money was being spent well, we hired an accountant named Geoffrey. And we hired Nancy, a nurse, to make sure the children's medical needs were attended to.

At some point, we began to fear that the care the children were receiving was declining despite our continued support. We were especially worried that they were not being fed enough, and we pressed Mrs. Agesa to hire a dietician. A small group of us went in 2010 to see the situation for ourselves. And we were not happy. We met with Mrs. Agesa and some of her family members and confronted them with a number of things. I remember getting angry and stomping out of the meeting. On my way down the stairs, I encountered little Collins who was about 5 years old. He looked me in the eyes, and he said – "I need love." Oh my, what to do?

Debby Sublett is my justice hero. She knew that we could not abandon these children. Working with Geoffrey and Nancy, she came up with a plan to take these children out of the Vihiga Children's Home and place them in independent primary and secondary Boarding schools.

Somehow, miraculously, we were back on our feet again. It's at this time that we renamed the program the Kenyan Education & Aids Program, or KEAP, spelled K-E-A-P. I liked this name – for me it symbolized that we were "keeping" these children in a warm embrace, not walking away from them. And my hope was that Collins and the others would find love.

## *KEAP, The Middle Years -- by Mary Goodwin*

Now on with the story of KEAP, but first I would like to say that this program played a key role in me joining and becoming involved with this congregation.

When I joined the KEAP committee in 2013 it was working hard to keep these kids healthy and safe while being educated at boarding schools. With Debby Sublett leading the way the committee and sponsors had to "up their game"-more work and more money.



*JAMBO fundraiser at the church*

I was so impressed at the coordination between "us" in the US and the work in Kenya. Juggling all the kids in different schools is not an easy task (seemed daunting to me). So much was involved with wiring money, monitoring each child's performance as well as any medical or personal needs. Debby was amazing at getting and then sharing the information with the sponsors. On top of this, the program had to change and adapt to ensure student success --for example, tutoring sessions were started over school breaks. This led to better test scores.

The story is not complete without the fundraising efforts of the entire congregation (sponsor commitment did not cover all the costs!) Prime examples are the yard sales (often raising \$10,000), JAMBO dinners (with games) and the Veggie Sales featuring harvested food from the impressive garden of Debby Sublett and Vernon Cook. Hard work but fun! So many connections were made.

There were trips to Kenya. In-person connections were crucial! Another trip was planned for 2014 and I took this opportunity to go. I am so grateful and will never forget those two weeks; we were truly embedded in the culture.

The first week in Kenya involved working with the kids and visiting schools and homes. We stayed at the Mago Vocational School, some of the kids were students there and many kids stayed with us during this time. New to all this, I observed and noticed the care and compassion as much work was accomplished in this short period of time. Debby would sit with each student to assess any needs, both school and personal. In addition, she met with students going onto postsecondary education to ensure applications were complete, the budget was explained, and necessary tools like computers were available. Deborah would video and interview students to bring back to share with sponsors and the congregation-what a gift!

While Debby and Deborah were busy, Addie (Debby's daughter) organized activities to occupy the other kids. One I specifically remember involved the students creating art on a large canvas, which we brought back to Kentucky. Another was a "work" project for the vocational school and entailed painting a large room-so much fun to work with these young Kenyans! Then we went on the road (some of these were very rugged; were they really roads?) to visit homes and schools. Seeing the local community during visits was very powerful and the struggles of these students and their families was obvious. Time during this week was special-one specific memory is watching three girls singing their school song together-they showed such joy that it brought tears to my eyes! One more thing....while at the Mago Vocational School we met Sheilla-she will play a pivotal role in the final part of KEAP's story!

### *KEAP, Making a difference in the World -- by Sheila Ward*

In 2014 we made one of the best decisions we ever made in our 21 years-- Hiring Sheilla Vamulla to be our caretaker. We met Sheilla in 2014 in Kenya at the Mago Polytechnical School guest house. We were staying there because we wanted to check out their program for our students who were not going on to college. Sheila managed our accommodations as part of her job with the hospitality program.

We were impressed by how well Sheilla took care of us, and her rapport with the staff and students. At the time, we were desperately looking for new staff to look after our kids. Debby Sublett suggested we recruit Sheilla for the job. I said it was a terrible idea because obviously Sheilla was already employed and appeared to be quite busy. Debby replied, when you want a job well done, ask a busy person. I was outvoted and we hired Sheilla. Thankfully!

Some of the things she did as caretaker included visiting the kids at their many schools, attending parent-teacher meetings, and counseling, encouraging, and scolding the kids when they needed it. She also took kids to clinics and hospitals—actually staying with them and feeding them because food is not a part of hospital care in Kenya.



*Addie Sublett, Deborah Potts Novgorodoff,  
Sheilla Vamulla (in a Derby hat) and Debby Sublett*



When one of our kids -- Lillian -- got really sick with AIDS, Sheilla took her into her own home, fed her, monitored her medications, and kept her on track with her schoolwork. Lillian lived with Sheilla for several years and she really flourished while she was with her.

As the kids got older, Sheilla got them into university and trade schools, helped them find jobs after graduation, and communicated to Debby by email. There are many things we probably don't know about because she didn't have time to sit down at the end of a long day and write an email about it all.

Sheilla came here to Louisville to visit with us twice in her 12 years. Some may remember her big smile and hugs. It was Sheilla Vamulla that got us through the second half of the Kenyan Education and AIDS program.

Credit also needs to be given to the Sisters of Charity of Nazareth, who awarded us with three \$10,000 grants during the final years of the program. That saved us a lot of fundraising (yard sale, etc).

At some point in the mid two thousand teens we realized we couldn't keep taking on more kids. We were sponsoring over a hundred, and many of us were at an age when we couldn't commit to another 20 years supporting a child from elementary school through college. We determined that by 2025, we would have met the commitment we'd made to those kids. And we have! So what did we do next? Take to our rocking chairs? NO! We looked for our next long-term international justice project. And after many meetings and traveling to Ecuador (just like we did in Kenya), we settled on work with the Cofan Peoples--an indigenous

tribe in the Amazonian Rain Forest. If you haven't already heard about it, and gotten involved in it, we hope you will. Because: we are a congregation making a difference in the World!



Mongo Trade School graduates, 2018

## Moses' Story -- by Addie Sublett

Hello, my name is Addie Sublett. I started sponsoring Moses in 2004. We sent letters back and forth, and I mailed him little gifts so we could stay close even though we lived far apart.



In 2006, I had the wonderful opportunity to travel to Kenya and meet him. Over the years, I visited him four times. The kids were always so excited when we came. We filled our visits with fun activities—dancing together, playing the Hokey Pokey, running field day races, and enjoying parachute games. Those moments were always full of energy and laughter.

When the kids didn't have soccer balls, they would make their own. I was always impressed by how resourceful the kids were when they made their own footballs and toys.

I volunteered to be the fundraising chair, and during my visits I created special projects the children could make for their sponsors and for fundraising. We designed a handprint banner, a fingerprint family tree, and colorful masquerade masks, just to name a few. A special thanks to Wanda Ferrell for her creative decorating ideas for our fundraisers—JAMBO, Valentine's Fling, and Mardi Gras. We had so much fun together!

This program has not only changed Moses's life—it has shaped mine in ways I never expected. Over our 21-year journey together, Moses has become my best friend and a true part of my family. Today, he is a successful teacher. He shares his life with a wonderful young woman, Vivian, and they have a son whom he named after my mom.



# Push on Through to the Other Side

Essay by Jan Nelson

**I**t only took seconds for the accident to occur. There I lay, calling out for help in a state of shock, confused, and traumatized. Off in the distance, I heard a siren and a helicopter. I knew they were coming for me, and I was glad.

I was lifted into the ambulance and driven to the top of the hill, where I was transferred into the helicopter. As the helicopter lifted off over the wooded area, I gently turned and looked out of the small window. Calmly, I said to myself, "well, I've always wanted to ride in a helicopter, but not quite this way, under these circumstances. Finally, we landed safely at the hospital. My journey was just beginning.

After several days in the hospital, and months of physical therapy, the emotional process began. Trauma affects people in different ways. My fear of traveling to unknown places, and trusting others to be in control of a vehicle, changed my way of thinking about life. I struggled with that trauma, through fear, anger, occasional nightmares, and solitude, but somehow kept pushing through all of that, because of who I am.

I realized that there was going to be certain activities that I could no longer do. However, I reminded myself of "what I could do." I began reconnecting with my African drumming group, and friends in my music world. I went back to my book club, and along the way, I met new friends. I also returned to the gym, and began working out again, building my strength, both mentally and physically, knowing that I couldn't do everything, but I was OK with that.

Life's been a little different and challenging along the way, but all in all, it has made me a stronger person. Writing this article has finally helped me to let go, and accept the fact that sometimes life can throw you a curve ball, but you have a choice of how you choose to "play the game!"



## ANSWERS TO DECEMBER 2025 PUZZLES

### CROSSWORD

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

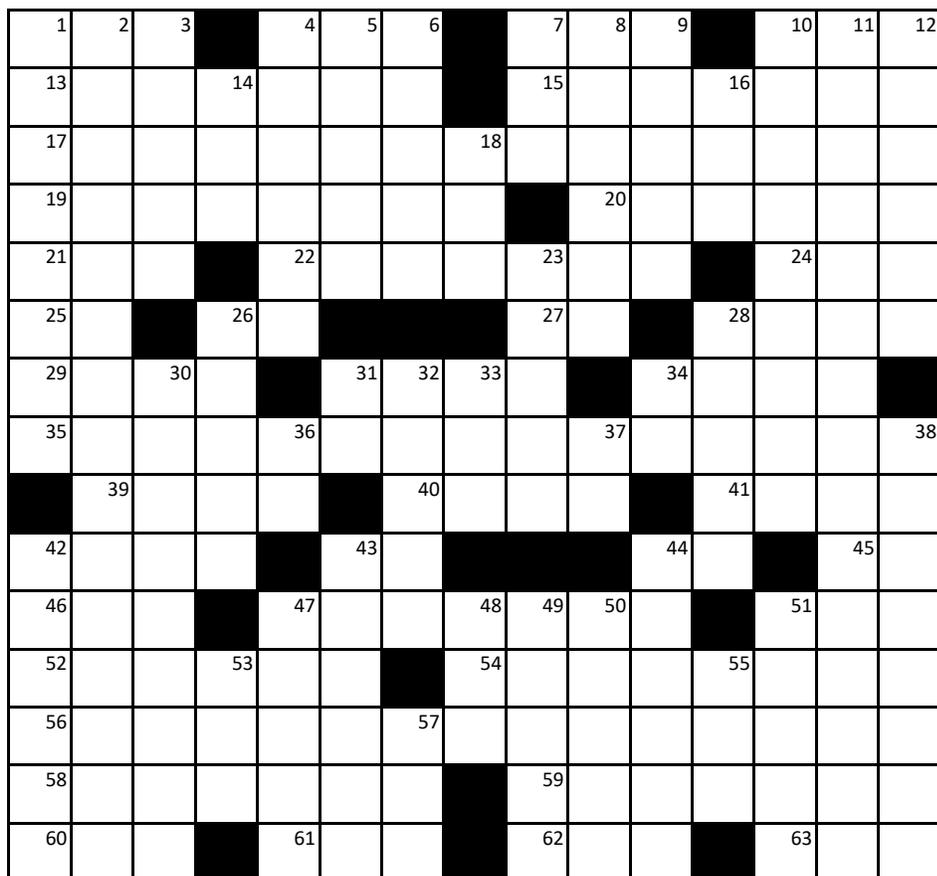
### ACROSTIC

*If future generations are to remember us more with gratitude than with sorrow, we must achieve more than just the miracles of technology. We must also leave them a glimpse of the world as it was created, not just as it looked when we got through with it.*

*-- Lyndon Johnson  
Looking Ahead*

# PEOPLES PUZZLE

*"Don't Think Twice"*  
by Rob Kingsolver



## ACROSS

1. Science degree
4. Place to be pampered
7. Bro's sib
10. Bourbon barrel wood
13. NASA or OSHA, for example
15. "Please \_\_\_ the side door."
- 17. What Dylan said about the times**
19. Softball feats (2 wds)
20. Something to save up for (2 wds)
21. It could be stubbed.
22. Distillation
24. Prevail, going backwards?
25. Preceding "Paso" or "Dorado"
26. Black Hills state (abbr)
27. Ozark Mountains state (abbr)
28. Most University faculty
29. Aide (abbr)
31. Louisville's bus service (abbr)
34. Caine's costar in "The Italian Job"
- 35. Who Dylan asked for a song**
39. Grub
40. Clarinet or bassoon
41. What you have to pay to play
42. Liquefied fuels (abbr)
43. Organic gardener's bug killer (abbr)
44. How @ can be pronounced
45. First word of the US constitution
46. Consumed
47. Apprehensive
51. "Bunny" from Puerto Rico
52. Title for Rogers or Potato Head
54. It's infinite.
- 56. Where Dylan found the answer**
58. Like Wake Forest's mascot

59. Stay in bed?
60. Enzyme suffix
61. Where to drive as far as you can
62. Computer command key
63. Car in a Beach Boys song

## DOWN

1. Calculating competitors (2 wds)
2. What a snake charmer does (2 wds)
3. Word before brulee or fraiche
4. Caught
5. Pear genus
6. Expressions of agreement
7. "Just a \_\_\_."
8. Pawned (2 wds)
9. Hackneyed
10. Instrumental church music (2 wds)
11. 'Twas just a passing thought (5 wds)
12. Heard on WFPL (2 wds)
14. "\_\_\_ of little faith!"
16. An egg has a big and a little one.
18. Yoruba life force (= 60 Across.)
23. Mother of pearl
26. Sports data
28. Cloth fold
30. "The producer was able to \_\_\_ plays on Broadway."
31. Serious lung infection (abbr)
32. Largest human artery
33. Deeply regret
34. Bookstore chain initials
36. Steinem's magazine
37. Six point play (abbr)
38. Felt compelled (2 wds)
42. 11th Greek letter
43. VT senator's first name
44. Sleeveless farmwear (2 wds)
47. Deceptive move
48. Try to get elected
49. With -mural, describes on-campus sports leagues
50. Meaningless prefix?
51. Fetch
53. Cube root of eight
55. Lamb's parent
57. Driving hazard

# 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. The first letters of each of the words, read from top to bottom, spell out the author's name and topic.

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

A. Questions

163 44 2 83 138 150

B. Community values

160 113 107 78 27

C. 100%

145 151 69 92 65 156 77 98 53 9

D. Recently discovered

112 5 164 79 36 47 132 40

E. 4th Gospel author

16 76 80 154

F. "\_\_\_ \_\_\_ dawn"

143 110 123 130 103 59 157

G. Like an earworm

58 32 119 121 94 88

H. Burger joint freebie

19 152 60 18 161 86 63

I. Typewriter key

158 116 64 7 48

J. Write-in option

21 133 140 29 100

K. Male relatives

15 95 71 142 61 147 168

L. Not lined up

134 35 52 139 108 49

M. Toward 0° on the map

102 72 31 106 159 23 137 51 144

N. Masticates

129 122 50 97 34

O. Routine practice

136 111 127 41 87

P. "Is \_\_\_ here?"

148 124 149 46 120 115 54

Q. Mary Poppins' job

42 85 22 33 11

R. Take a long look

125 162 135 73

S. Cuba or Malta

99 70 8 67 166 101

T. Told the tale

75 45 118 37 17 91 74 12

U. Cook's task

167 14 30 56 25 68 24 13 96 10 105

V. Wobble

55 81 126 4 114 82

W. Sterile

131 26 93 84 6 43 165 66 57

X. Small sphere

38 128 62 89 146 141

Y. Diminishes

153 1 155 20

Z. Forty winks

104 28 90 3 117 109 39



**O**n July 4<sup>th</sup> of this year, The United States will commemorate the 250<sup>th</sup> anniversary of its founding in 1776. Like an individual person's birthday, this significant anniversary evokes mixed feelings. Some Americans will proudly express their patriotism, and others will meet this milestone with a sober assessment of who we are and what we have become as a nation.

As UUs, we can celebrate the two Unitarians (John Adams and William Ellery) and the two Universalists (Josiah Bartlett and Benjamin Rush) who signed the Declaration of Independence, putting their lives on the line by speaking truth to power. It is also appropriate to remember that the same Enlightenment philosophy reflected in our UU principles also influenced the architects of our constitution and bill of rights. However, the word "patriotism" gives many of us pause, because it is so often assumed to require uncritical acceptance of anything the government of the moment chooses to do.

What is your definition of patriotism? How do you feel about our upcoming national birthday? Drop us a note, and send a personal story, photo, poem, book review or art work to share your perspective.

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

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