

THE AMHERST UNITARIAN UNIVERSALIST NEWSLETTER

121 North Pleasant Street, P.O. Box 502, Amherst Massachusetts 01004

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Important Information

STREET ADDRESS: 121 North Pleasant St.,
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INTERIM MINISTER:

The Rev. Cynthia Frado

413-253-2848 (office) or 508-320-5771 (cell)

Office hours: Tuesday and Thursday, 10:00 A.M. - 2:00 P.M.

Day off: Friday. Other times by appointment.

CONGREGATIONAL ADMINISTRATOR:

Judy Mitrolka

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Office hours: Monday through Friday, 10:00 A.M. - 2:00 P.M.

DIRECTOR OF RELIGIOUS EDUCATION:

Rebecca Fricke 413-687-8722 or rebfricke@gmail.com

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NEWSLETTER

Copy Editor: Janis Gray, 413-259-1584
Production Editor: John Foster, 413-253-2632
Deadline for submissions: 15th of each month.
Please sign submissions, so we may reach you if
we have questions. Submit entries one of two
ways:

1. Email it to jsgray@crocker.com.
2. Mail it to 219 Wendell Road, Shutesbury MA
01072.

Please limit entries to 500 words (100 for the
“For Your Information” section). Submissions
may be edited to save space or to maintain a con-
sistent style. Thank you!

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Schedule of Services

Sunday, September 4, 10:30 A.M. – *Is Our Congregation Relevant?*

Glen Bertrand and Steve Rice

Is our UU Society relevant? What does it mean to be relevant in today's world? What kind of conversations should we be having? Steve Rice and Glen Bertrand, who attended a workshop last spring on congregational relevance, will try to address these questions.

Sunday, September 11, 10:30 A.M. – *Ingathering Sunday Not All Those Who Wander Are Lost*

The Reverend Cynthia A. Frado preaching

In this, our first worship service of the new church year, our Interim Minister, Rev. Cindy, will explore some of the deeper nuances of the human journey along with their inherent invitations and opportunities for personal and communal growth.

Today we will add a small amount of water (either brought from home or from a provided pitcher at church) to a glass container in the side vestibule, symbolic of our "pouring ourselves" into our gathered communion of loving hearts. It will be placed on the Chalice table during our opening hymn.

This is a GREAT day to invite a friend to join us for worship!

Sunday, September 18, 10:30 A.M. – *The Layers of Our Unfoldment*

The Reverend Cynthia A. Frado preaching

Today we are celebrating Lifespan Religious Education and how it impacts our maturation process as well as our spiritual development. The layers of our unfoldment are many, and we are never finished opening to our potential and cultivating our inner sense of knowing.

During this morning's service, members of the Coming-of-Age class will be presenting symbols of their childhood to their parents for safekeeping until they "cross the bridge" to Youth Group in late spring. Help us bear witness to the power and poignancy of this rite of passage in our RE (Religious Education) program.

Do you know a family that is searching for a spiritual home? This would be a great Sunday to invite them to UUSA!

Sunday, September 25, 10:30 A.M. – *Tikkun Olam: Repairing the World*

The Reverend Cynthia A. Frado preaching

The Jewish High Holy Days are upon us—a new year—a time of reflection, atonement, renewal, and recommitment to those principles and higher truths that bring wholeness to the broken places in our lives and in our world. You do not need to be Jewish to appreciate and benefit from the healing and empowering message of this holy season.

Special music for this special day! We hope you can join us.

Today is our Dedicated Offering Sunday.

Musings from the Interim Minister's Inkwell

In the Beginning Was the Word, and It Was Pencils

Ever since I was a child, I have loved...no, LOVED the beginning of every new school and church year. There is nothing more satisfying than fresh notebooks and sharpened pencils to get the creative juices flowing. What wondrous tools of possibility are those miraculous yellow sticks? Even though I now type more than I hand-write, and more often than not use pens instead of making my mark with lead, I still covet the electric sharpener that keeps freshly ground pencils at the ready. For me they are a sign of the ethereal waiting to be made manifest...for the gestation of thought to be birthed into words and ideas. For me they are a sign of new beginnings. Indeed, I see a sharpened pencil and my fingers begin to twitch for a fresh legal pad or a keyboard that allows me to think and edit with even greater clarity and speed. There are, after all, sermons to be channeled, letters to be written, notes of gratitude and compassion to be penned, columns to be pondered, zentangles to be drawn. For me, fall and pencils, school and church, are all synonymous with fresh new beginnings and untold possibilities.

And I wonder, what inspired stories will we write together in this new chapter at UUSA? What honored memories will be inscribed upon our hearts and what new visions will be cultivated for those who will follow? What grief will be held in tenderness and strength, and what joys will be raised up high and celebrated? New begin-

nings are the inherent beneficiaries of the Field of Potentiality...that clean slate of Infinite Possibilities that compels us to dream and ask the “what if and what could be” questions. Such cyclical starting points are tender and fragile, powerful and strong, unpredictable and hopeful all at the same time.

The pen might be mightier than the sword, but the sharpened pencil holds within its very core the power to transform thought into unimaginable potential, itself a part of the cyclical nature of life. Time and time again it is worn down to its very bones, and time and time again it is re-sharpened to reveal the true essence of its inner being, one bold stroke at a time.

Sort of like us.

May we all enter the beginning of this new church year with open minds, loving hearts, and sharpened focus that we might joyfully bring out the essential brilliance and uniqueness that presides within each of us. Then, and only then, can we become the change that we want to see in the world. Let the writing of this new chapter begin!

Blessings, peace, and some mulled cider for the journey...

Rev. Cindy

I LOOK FORWARD TO MEETING YOU IN CHURCH!

Dedicated Offerings

Dedicated Offerings are a way for our UUSA community to recognize and financially support worthy organizations engaged in projects that reflect our guiding Unitarian Universalist principles. One Sunday every month we meet (except June, July and August), we schedule a Dedicated Offering (DO), allowing that our Society also needs our support on the other Sundays of the month. On occasion, we hold an additional Dedicated Offering during a given month in response to an unanticipated crisis somewhere in the world. Through the amazing and continuing generosity of our congregation members, we raised total of \$9,142.00 in FY 2016 to help 11 different organizations.

Dedicated Offerings are suggested by both individuals and committees of the Society, and the program is managed by the Minister and the Dedicated Offering Committee. For this new year, the committee picked three themes: Family (September-November), Racial Justice (December-February), and Environment (March-May).

On September 25, our Dedicated Offering recipient will be Family Outreach of Amherst (FOA).

This organization is the safety net for low-income families in Amherst and surrounding communities. It is unique in its ability to address all the issues struggling families face: mental health, domestic violence, addiction, housing, and life skills. FOA believes the families it works with are experts in their own lives and should be active participants in creating change in their lives.

Thank you for showing your support for the Dedicated Offering program, not only with your contributions to the DO recipients themselves, but also with your contributions to the Society on other Sundays when our budget counts on those receipts. Please remember that no one is required to contribute to our Dedicated Offering recipients. This is a voluntary initiative.

A form to suggest Dedicated Offering recipients for next year (beginning September 2017) is available in the office. Our goal is to cover a wide range of areas of need in our area and the larger world, including these categories: local, regional, national, international, environmental, medical, educational, animal rights, arts/music/culture, and different ages and genders.

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Religious Education Ministry

Rebecca Fricke, Director of Religious Education

The UUSA Religious Education (RE) Ministry and I have a great year planned! **Rev. Cindy** and I have worked on the calendar and there are some new things for us all to look forward to.

Elementary – Every Sunday children will start the service upstairs. Rev. Cindy is a masterful storyteller and we will have a time for all ages when the children will hear a story which will go along with the Sunday's service theme. Like last year, the children will be sung downstairs after the hymn and our RE Sunday service will continue with joys and concerns, a short discussion and then a variety of activities to choose from. We will be having a whole-congregation worship almost every month so that we can share our faith as one. **Jacy Armenti** will continue to lead the birth to 5 year program and we thank her for her caring expertise and continuity.

Coming of Age (COA) – This year our middle school youth and a few 9th graders will be going through a program called [Coming of Age](#). The year will start with a bonding experience at a ropes course and at the end with a pilgrimage to Boston to learn about UU heritage. One of the most important aspects of this curriculum is time devoted to learning spiritual practices such as prayer, meditation, social justice, art – focused time to leave behind any stress and concentrate fully on being at peace. The COA will meet twice a month, usually on Sunday evenings from 5:00-6:00 P.M. **Karen Fisk** and **Glen Bertrand** will be the facilitators. Thank you, Karen and Glen!

High School – The HS youth will meet throughout the year – usually on Sunday mornings twice a month. This summer when I interviewed the youth there was general agreement that they wanted to worship and do service outside the building. We have a lot of youth talent and leadership and I am looking forward to what develops. I will be the Youth Group facilitator and I'd like to thank **Kate Rice** and **Ben Brau**, who will be the adult volunteers.

Adult Classes – I have a few things in the works and details will be forthcoming:

- At the same time that the COA meets, there will be a group for parents of COA youth. The two topics to be explored are Parenting Adolescents and Spirituality. **Lisa Cyr** will be facilitating this group.
- A quarterly book club, which won't necessarily involve books, because sometimes an essay is just as satisfying. I will be leading this with the help of **Jenn Chylack**.
- A quarterly crafting group that will take on projects that will encourage us to explore our creativity and spirituality.

I am looking forward to meeting the RE families in a few weeks, meeting everyone upstairs and getting to know all of our new members and friends. Please contact me if you have any questions either by email – reb-fricke@gmail.com or by phone 413-687-8722.

I look forward to our future connections,

Rebecca

Mindfulness Mindfulness is bringing awareness to what is happening within our minds, bodies and hearts in the present moment. Learning to live more fully in the present, attentive to our inner experience, we are able to respond to life with greater clarity, steadiness of mind, kindness and wisdom. Come and enjoy guided mindfulness practices and time for discussion. No prior experience needed. Two Tuesdays each month, 7:00 – 8:00 P.M. (September 6 and 20), in Classroom A.

Jess Murphy

Membership

Photo directory!

Among the many exciting things our revitalized Membership Committee is working on is an updated UUSA directory. It has been years since we have had a directory with members' pictures, so we are taking this on this year. Having pictures helps us put names to faces and more easily connect with each other.

Sandy Sladen has offered to staff an informal “photo booth” in the Social Hall on Sundays during Social Hour. She will begin on Sunday, September 4 and continue through Sunday, October 16. It might be challenging, but please try to have all your family members present on the same Sunday so everyone can be included in a family photo – kids and teens too!

If you have questions or can't make it to any of the photo booth sessions, please email Sandy at sandysladden@gmail.com to discuss other options.

Amherst Block Party – September 15, 5:00 P.M.

Our UU Society is going to participate in the Amherst Block Party scheduled for September 15 beginning at 5:00 P.M. This is the day the town closes off N. Pleasant Street between Main Street and Triangle Street and organizations throw a big party with live music, food, booths, and fun activities for people of all ages.

Since we are in the heart of town, and therefore of the party, we are going to take advantage of the opportunity to share with the broader community who we are and what we are about. We will have tables out front with coloring activities using our Angel of the Lilies as the basis. **Jay Stryker** will be inside playing the organ and piping the sound outside to attract folks to come in, learn more about the organ and to view the stained glass window. We will also have literature available about our Society, the RE program, and how to get involved.

If you would like to help with this, please contact **Sandy Sladen** (sandysladden@gmail.com). We will need one person to help set up at 4:00 P.M. and one person to help clean up around 7:00 P.M. In addition, it would be great to have volunteers help Sandy staff the table throughout the time period. Our new interim minister, **Cindy Frado**, has already volunteered, so it will be a great opportunity to get to know her better as well. This will be a very casual event, so any amount of time you can stop by and help would be great. THANKS!



Who comes to our weekly Wednesday Breakfast? Our volunteers, some shown here! And our guests — more than 100 regularly: some who have no homes, some who live nearby, some who want to enjoy the company of others, older folks, college students, veterans, kids and their families. They all join together for this important community meal. Volunteering to help is very enjoyable and we want to thank all those who have signed up. Thanks to our new volunteers **Karen** and **Andy Fisk** and **Charlie Atwood**, and to our regular volunteers: **Vicki, Sophie, Clare, Grace, Elizabeth, Darcy, Rick, Liz** and **Mary**. Sign up online <http://signup.com/go/83M6sv> or email glenbertrand@gmail.com and join us. Thanks, Glen Bertrand.

Music Notes

OPEN CALL! CALLING ALL PEOPLE! ALL AGES! ALL MUSICAL ABILITIES!

This year, the dynamic UUSA choir is opening its rehearsals on certain Sundays (between 4-6 total) for **OPEN CHOIR SUNDAYS!** What does this mean? It means that if you like to sing but don't want to make the time commitment to being a regular member of the choir, or you are a young student who is busy but likes to sing but doesn't always like to get up on Sundays to sing with a bunch of mostly older people?!? ☺, **NOW IS YOUR CHANCE!!**

Thanks to the brilliant suggestion of our fearless Religious Education leader, **Rebecca Fricke**, we will be offering a few times for people of all ages and abilities to let their hair down and just come in for a half hour rehearsal from 9:30-10:00 A.M. before service and sing with the choir that morning. How fun is that?!?! The music will be chosen by **Brenda Miller**, the music director, to fit the theme of the service and be learnable in a short amount of time so that we can still rock it after a short rehearsal.

Stay tuned for more specifics! Our first OPEN CHOIR SUNDAY is tentatively scheduled for OCTOBER 3.

Enjoy the rest of your summer, and we DO look forward to singing with you. Can't sing? Maybe you can play a drum or tambourine?! Just give it a try. We can tell you from experience, it is very moving!!

Sincerely,
Brenda Miller
Music Director,
for Rebecca Fricke, RE Director and
The Music Committee, UUSA

Social Events

The Women's Lunch Group meets every other Thursday at noon for spirited conversation over local, inexpensive cuisine. Our next gathering is Thursday, September 1 at 12:00 Noon at Barstow's Dairy Store and Bakery at Longview Farm (172 Hockanum Road, Hadley – on Rt. 47 South headed towards South Hadley, shortly after the entrance to Skinner Park). We welcome every woman, whether she is new to our Society or a longer-time member or friend. It is not necessary to RSVP, but if you have questions or want to be on the notification list, contact **Sophie Rogers** at 413-835-0644 or sophiesailing@gmail.com.

The Men's Breakfast Group is now meeting on Wednesdays at 7:00 A.M. at Kelly's Restaurant (314 College Street, Amherst). Contact **Michael Sussman** at msussma@music.umass.edu for details.

Our monthly Potluck Social Suppers will resume in October. Details to come!

Our Caring Ministries



I experienced a wondrous, timeless moment looking up into a majestic pine tree in our daughter's little yard in Grand Junction, CO during our precious visit in July. Returning home, I re-connected with this poem by Daniel Berrigan.

Credentials

*I would it were possible to state in so
few words my errand in the world: quite simply
forestalling all inquiry, the oak tree offers its leaves
largehandedly. And in winter its integral magnificent order
decrees, says solemnly who it is
in the great thrusting limbs that are all finally
one: a return, a permanent riverandsea.*

*So the rose is its own credential, a certain
unattainable effortless form: wearing its heart
visibly, it gives us heart too: bud, fullness and fall.*

Fr. Daniel Berrigan
Thought, Summer 1957

Our condolences to the family and friends of **Karen R. Murphy**, who was very active in our UU Society several years ago. She passed away on August 17 at her home in South Hadley following a long illness. The family requests that in lieu of flowers, donations be made in her memory to Providence Ministries, 51 Hamilton St., Holyoke MA 01040.

ALERT – Our UUSA will be sponsoring discussion circles based on the outstanding book *Being Mortal* by Atul Gawande, MD, on issues we all face as life inevitably draws to a close. “Riveting, honest, humane” and full of true stories, this is a hard book to lay down. Copies are available in local libraries and at the UUSA. With thanks to **Molly Moss**, **Mary Wyse** and **Jessica Murphy** for organizing these upcoming discussions. Get a head start on reading and stay tuned!

Our Caring Circle meets monthly to review the needs of our UUSA friends. **Clare Bertrand** and **Carolyn Cave** are coordinators for the Caring Circle. If you are unable to get in touch with your Caring Circle

person for contact, rides, food, and simple needs, please call them for assistance.

Warmly, **Clare Bertrand, Linda Callahan, Carolyn Cave, Sue Kelly, Karen Mack, Margaret Manson, Martha Nelson, Susan Rice, Chas Stevenson, Lynn Sussman and Gordon Wyse.**

Call someone on our Pastoral Care Team, which also meets monthly, for more complex or personal needs: **The Rev. Elizabeth Alcaide, Bo Mack, Jessica Murphy, Fran Plumer, Pete Rogers, Michael Sussman, Libby Walton-Stanforth or Mary Wyse.** For all who are traveling on life's journey, through the good times full of grace, or through the rocky valleys we experience along the way, know that you never need to walk on your path alone.

As we begin a new church year, may we warmly welcome **Cindy Frado**, and rejoice together in our miraculous journey toward wholeness... bud, fullness and fall, oak, pine, rose, bird, pet, human being.

Blessed be.

Elizabeth Alcaide
for the Pastoral Care Team

SMALL GROUP MINISTRY

Small Group Opportunities Perhaps you haven't heard about our Small Group Ministry Program. Or you know about it but don't know if it's for you. Here is what some in our congregation have said:

"When I was a new member of UUSA, I found the small group a perfect way to get to know people in the Society and to become involved. The discussions we have in small group are much deeper than those that we can have at coffee hours or in committees. The level of support is wonderful." – Betsy Loughran

"Our group means the world to me. Small group is the one place where I feel truly listened to and where I know what I say will be kept within the group. We offer support to each other when support is needed. We share each other's joy when joy arises. We talk about a broad range of issues which we choose ourselves – from poetry to theology, from forgiveness to family culture. It's the one time of week I hold completely free of other engagements." – Courtney Gordon

"Small group fills a need that cannot really be met by Sunday morning services. It provides one the opportunity to really connect with other individuals, and to get to know one another in a deeper way, as we share our insights and personal experiences with one another. My group meets on an evening in the middle of the week, and so it carves out a special space in my busy workweek, when I can slow down, have time for reflection, and listen to the reflections of others. It is actually a very sacred time for me." – Anne Louise White

"Small group allows you to get to know people well enough to go beyond the superficial. It depends on guidelines that promote trust. It's important that the people in the group are chosen for you, so you make friends with people you might not otherwise have gotten to know." – Gordon Wyse

We have four small groups at the moment, each with about eight people. They meet one to two times a month, usually in people's homes, to talk in a somewhat structured format and in a supportive atmosphere about issues of importance in our lives.

To learn more, please contact **Mary Wyse** (413-549-5406) or one of the other members of the Small Group Steering Committee: **Bill Cooksy** (413-367-9761), **Mary Beth Seminario** (413-253-0894), and **Anne Louise White** (413-367-9761).

Social Action



Black Lives Matter You may notice a Black Lives Matter banner is no longer mounted on the west side of our Meetinghouse. It was stolen over the summer. The theft was reported to the Amherst Police Department.

Just One Thing On September 11, the second Sunday of the month, a basket will be in the foyer for donations of food for the Amherst Survival Center. As families struggle to supply children with school supplies, they depend more on donated food. Let's start our church year by filling the basket to the brim!! Can you give just one thing? THANK YOU!!

Not Bread Alone On Saturday, July 30, UU volunteers joined other volunteers at the soup kitchen at First Congregational Church to provide a tasty lunch to community members on a very hot day. **Mary Herman** and **Gabriela Horvay** chopped vegetables needed for salads, stews, soups and egg and potato casserole. A delicious eastern chicken dish was the entree and blueberry pie finished the meal. **Pete** and **Sophie Rogers** helped serve this meal as well as clean up. **Mary Beth Seminario** organized the donated produce for distribution after the meal. A HUGE THANK YOU for everyone who helped. Our help will be needed again on Saturday, October 29. Please keep a few hours free that day if you'd like to help cook, serve or clean up. Contact Mary Beth Seminario, 413-253-0894, mbsem@comcast.net.

ATTENTION All UU Social Justice & Green Sanctuary Activities . . . UU Musicians . . .
UUs Building Cross Race/Class Collaboration . . . UUs Ending Hunger with Good Food . . . Agricultural/
Permaculture Activists . . .

UUs ARE GATHERING
on Saturday, September 24

10:00 AM to 4:30 PM @ ALL SOULS GREENFIELD, 399 Main St.

with

The Rev. Fred Small,

founder of UU Green Sanctuary, who is also a soul-bending musician/song leader/worship leader with a wealth of information and experience! This is your rare opportunity to work with one of our best! Worship together, meeting each other again, sharing our stories...

MORNING:

The development of new ways of thinking (Northampton UU Molly Hale)

Opportunities for immigrant resettlement (Amherst UU ML Spinelli and Springfield UU Joan Butler)

LUNCH at the STONE SOUP "Pay What You Can" CAFE

THEN, choose one of three workshops to attend from 1:00 - 3:00 P.M.:

1) **Food!** Many of our congregations feed the hungry. The Café Workshop may be able to help you create a welcoming mixed class/race setting!

2) **Agriculture and climate** GROUND BREAKING "Rotational grazing and carbon sequestration"
Bring your farmers! Ridge & Lynne Shinn

3) **Omnibus Energy** What we won, & what we can anticipate for 2016/17

3:00 P.M. Insulating/Solarization of our Churches

3:30 P.M. Closing: Radical Hope! Singing Ourselves Home

Registration: administration@uugreenfield.org Donation \$5-\$10

Green Sanctuary

The Green Sanctuary Committee will meet on Thursday, September 22, at 7:00 P.M. at the home of **Mary** and **Gordon Wyse**, 219 Lincoln Ave., Amherst.

Connecticut River Clean-Up Scheduled for Saturday, September 24 The Green Sanctuary Committee is again sponsoring this year's event for the UU Society of Amherst. **Ron Grosslein** will lead our team this year. Please give Ron a call (413-253-5638) or email (ron@swallowtail.com), or sign up after a service, to let him know you want to come.

We'll meet at 9:30 A.M. at the Sunderland Bridge over the Connecticut River. If you cross the bridge going west, take the first right after the bridge onto on River Road, and take the first right after that into the gravel parking lot there. We'll clean up trash under the bridge and up and down the riverbank a bit, and then move upstream one mile to another parking area. We'll also do the Sunderland side of the bridge. Parking for this site is up the access road in the town office lot.



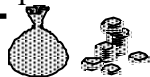
Ron Grosslein and Jay Stryker pose with part of USAA's 2014 river clean-up haul

We expect to finish about noon. Wear clothing appropriate to the weather that can get dirty and wet, and make sure everyone in your group can recognize poison ivy. Work gloves or rubber gloves are a good idea.

Bring a snack and something to drink. If you're bringing minors who are not your children, their parents will have to sign a permission form, which you can get from Ron. Please bring the signed form when you come to the clean-up. If you are willing and able, please bring other potentially useful items such as trash bags, rakes, shovels, recycling bins, rope, insect repellent, wash water and soap.

We will keep an eye on the weather, and send an email to those who sign up if the event is cancelled. Call Ron on his cell phone if anything comes up at the last minute (413-687-1491). See you at the river!

Fundraising



Here's the buzz on our quilting bees! Last year a group of UUs, including many who had *never* done anything like it before, made a gorgeous quilt together to offer as a raffle prize at our Stone Soup Bazaar & Cafe. Now we're doing it again. Even if you don't sew, or don't even know how to sew, consider joining us this year. We had a lot of fun, made new friends and – oh, yes! – raised a lot of money in ticket sales.

The photo at right is from this year's first quilting bee August 27 in the Willie Eaton Social Hall. Below are the remaining dates we plan to meet. Come to just one for an hour or two, or come to both!

- Saturday, September 10 from 9:00 A.M. - 4:00 P.M.
- Saturday, October 15 from 9:00 A.M. - 4:00 P.M.



Stone Soup Bazaar & Cafe We will be hosting this fundraising event again on Saturday, December 3 from 10:00 A.M. - 4:00 P.M. (note new time based on feedback). Please mark your calendars and plan on coming. Save some of your holiday shopping for this day, and enjoy the many artisans and craftspeople who are supporting our event. And don't forget the yummy homemade soups, breads and baked goods available for snacking and lunch.

As always, our fundraising events are successful when we have your support. While we already have many confirmed artisans, we still have room for about 10, so please spread the word among any artists and crafters you know, even if they have not sold in fairs before; ours is a warm and friendly place to start. If interested, have them contact **Sandy Sladen** at sandysladen@gmail.com for an application and vendor agreement.

You will be receiving much more information about this year's Stone Soup Bazaar & Cafe and the many ways you can help over the course of the next few months. In the meantime, if you like to cook soup, bake bread or muffins or assemble gift baskets for raffle, let Sandy Sladen or **Rachel Peterson** (rqpeterston@gmail.com) know and we will add you to the team. Thank you.