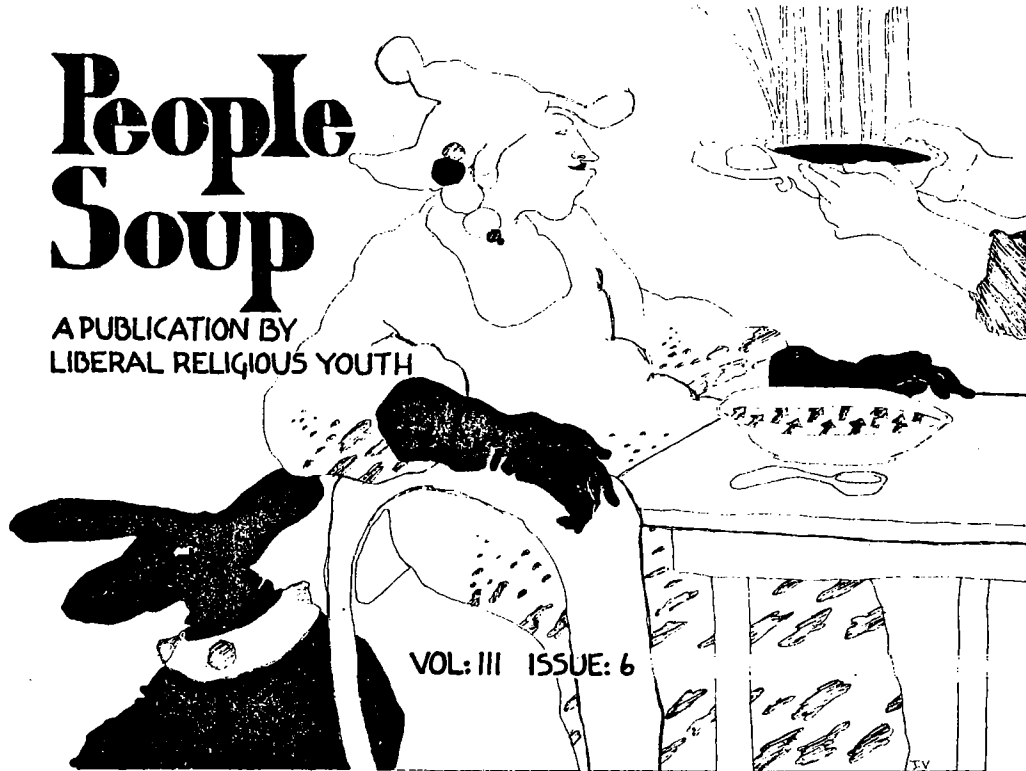


# People Soup

A PUBLICATION BY  
LIBERAL RELIGIOUS YOUTH

VOL: III ISSUE: 6

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## LIFE AT BOSTON CITY HALL or, A MASSACHUSETTS HIPPIE IN KING KEVIN'S COURT

John G. Beebe Center III

It's hard to say exactly why I started working at City Hall. The physical reasons are simple; my school said "If you want to graduate you have to work at some place 'meaningful' for a month." So I was left to the defining of "meaningful". As I have always been interested in politics, I turned in that direction immediately. It wasn't until I got a strong matriarchal suggestion from the home front that I headed towards City Hall. In other words, I owe this all to my mother...

At any rate, I put on my suit and tie, pulled back my hair and went downtown to apply for a job as an intern in a city councilman's office. Said plainly, I was scared. I had been to City Hall many times before but it had always been with a picket sign in my hand and a battle cry on my lips. I was worried as I went under the closed circuit TV cameras, that I might be recognized. I moved unobtrusively to the special "councilor's elevator" and pushed the button. I began to feel better. I was half way there with only an elevator trip to go. The door opened and I stepped inside. There was only one person in the elevator, a small older woman with a fancy hairdo and glasses. I stopped dead in my tracks and started shaking. It was Louise Day Hicks standing in front of me. I could feel myself cringe. Would she recognize me from the year before, when I had been part of a small but loud pro-desegregation group that had front row seats at a public address she had given?! My right hand quickly scratched my nose. It took eight seconds to get to the council's floor and I sweated as many gallons, with Louise's eyes boring into me but with no light of recognition. I made a break for the elevator door and made it, thanking my suit and tie with every breath.

The interview went fairly well and two days later I was called and informed that I had the job. Two weeks later I went back to City Hall and was given a desk, a legal pad, a telephone, a little blue book, and three triplicate forms which stated "constituent complaint forms". That is in a nutshell, problems that citizens of Boston have had with some department of the city. One woman had a basement swimming pool that hadn't been there three days ago, courtesy of the Boston Water Department. Another woman was beaten up each day on her way to school. And finally a man who wanted back \$300 he had paid into a city retirement plan before he quit his job.

I asked my manager what to do. "What do you think you should do?" he replied. I soon learned that this man said little else. Which is unfortunate, however, it did give me a free license to handle the problems as I saw fit. Yet I still didn't know what to do. I took the first "constituent complaint", reread it and then looked in my BLUE BOOK. In it was a number for the water department. I decided to take a chance and give them a call. A male voice answered and identified itself as "the commissioner's secretary." I almost hung up but decided against it, and then explained who I was and why I was calling. He thanked me very much for my information, called me "Sir" and assured me that the problem would be taken care of immediately.

Feeling a little more self-assured I decided to take on the problem of the woman that was beaten. I called the transit authority and (figuring if something works once it might work again) explained who I was and why I was calling. The man who answered seemed very upset at what I told him and said that he would assign two subway police to that station. Great. Two down, one to go. I

called the City Retirement Board and asked if they could give this man back his money. They declared that they would and thanked me for calling the problem to their attention.

I leaned back in my chair, put my feet up on the desk and lit a cigarette. The next day I was to find all of the problems had been solved. All that was needed was for some fool like myself to say that I worked for some fool like my councilman to some fool like a member of the water department and something gets done for some fool like you...or me.

City Hall does good things for many people but not at the level of the mayor or councilman. Their legislative activities include tennis, handball, and cashing paychecks--unless you bump into a really good councilman, which I was lucky enough to do. Even so, the necessary functions of City Hall are done by the office managers and the people that work for them. What really surprised me was the ease with which a person could get something done at City Hall. As a long-term veteran of several groups that tried, I know you can't fight City Hall--but you can use it.

If you write, call in, or the best--walk into a councilman's office, they can't afford to refuse you any help they can possibly give. Remember to see yourself as the councilman will see you--as a vote! Dress up a little and try to look official. In City Hall, if you look official you can get anything you want and I mean just about anything. I now have a collection of original press releases which I procured merely by stating that I worked for a city councilor.

continued on page 3

People Soup  
 1980-1981  
 1982-1983  
 1984-1985  
 1986-1987  
 1988-1989  
 1990-1991  
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 1994-1995  
 1996-1997  
 1998-1999  
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 2014-2015  
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 2022-2023  
 2024-2025

Shelley from Kansas,  
 "Confusion will be my epitaph.  
 As I crawl the cracked and broken  
 path. If we can all sit  
 back and laugh. But I fear to  
 morrow will be crying."  
 together, of course.

Bob Dargel: "England assumes  
 that all men will do their  
 best..." to be at Trifed. Under  
 section 4, chapter 2, line  
 47, you are hereby required to  
 comply. (please!) J.B.C.

C.G.- I love you, and so does my  
 continental bead. rainbow.  
 if you want your mailbox to be  
 an even better part of your  
 life and the best part of  
 where you happen to be, just  
 write me (and help keep my  
 mailbox smiling, too): rainbow,  
 6655 Lawnton Ave., Phila., Pa.  
 19126. or if you got the bucks-  
 (215) 927-4206.

To Morton Murphy: Amidst all  
 your most energetic hoppings,  
 let your mind skip and jump  
 way back to the Nov. Rolling  
 Ridge Conference for a moment.  
 We are two of the people  
 who performed "15 Glorious  
 Years" with you for the talent  
 show, and because we were so  
 impressed by your lyrical ability,  
 we'd like a copy of them  
 (the lyrics). Please let us  
 know if you still have them.  
 Happy Hopping from, Janice  
 Okoomian and Loree Farrar.

Eric! Betsy's hogging it!  
 Tell her to share - PLEASE!  
 Crazy Karen.  
 Mir, Just like I promised...  
 I love you. Crazy.

TO WHOM IT MAY INTEREST:  
 David Knight and Lynn Rubinstein  
 were married (to each other)  
 on May 1, 1976 and are living  
 happily ever after as legal  
 residents of Canada. Congratulations  
 and/or condolences may be mailed  
 or delivered in person (much  
 preferred) at 194 Broadway St.,  
 Kincardine, Ontario, Canada.  
 NOG-2G0. (519) 396-4304.

Daniel Eaton Pentlarge:  
 Please write home. Your  
 supper's getting cold.  
 love, mom  
 (aka h. snyder, mt. holyoke  
 college, south hadley, mass.  
 01075)

To the wonderful person who lent  
 me the red shirt (with the hole  
 under the arm) at the Hamden  
 conference in March: I've  
 repaired the hole. I want to  
 return it. Moira, 73 Meadow St.  
 Guilford, Ct. 06437

To anyone who will be in the  
 Champaign/Urbana area and/or  
 attending the Univ. of Ill. during  
 Fall '76: If you are interested  
 in forming an S.R.L. or maybe  
 just meeting some interesting  
 people with whom you can relate  
 while in the vast sea of  
 anonymous students in Champaign  
 land; contact, write or call:  
 Liz Boston 808 Oakcrest,  
 Champaign, Il. 61820 OR Therese  
 Zelman 1519 W. Park. Champaign,  
 Il. 61820 217-359-3416

To the friendly people of Manhattan,  
 Lawrence, and Kansas City:  
 From you I have gained knowledge,  
 love energy, courage and peace  
 of mind. I am forever grateful  
 you took the time to care. You  
 are what life is all about. I  
 love you, Rab

HEY EVERYBODY!!!!, letterwriters  
 is still here to help your mail-  
 boxes love you again. even if  
 they love you anyway, write me  
 want to know who you are. so,  
 send us a letter and tell us who  
 you are, what your greatest love  
 is, you pet's name, and anything  
 else you can think of. why? we  
 tryers have been slowly cutting  
 ourselves off from each other  
 for no good reason. we feel it's  
 time we got together again. we  
 value your friendship much more  
 than you could imagine. please  
 write. take care. we love you!  
 sue 958 w. Jackson  
 dave-hat 1745 Meade st. pgh. pa 15208  
 Pnvs. Ohio 44077

To Anyone who stayed at my  
 billet at Thanksgiving in  
 Ottawa: Please write, I'd like to  
 have another weekend like that  
 one. Maybe we could arrange  
 something. Anneke 202 Ivy Cres.  
 Ottawa, Ont. Canada K1M-1K8

To Rich Skrill: I'll see ya  
 soon, "fore I'm a comin".  
 Caroline.

Key: I had to, I loved it so  
 much. Caroline.  
 Michael J. in S.F. Ca.- Surprise  
 Love you much, it's for you.  
 Fondly and with love, Caroline  
 in Sac., Ca.

Ruby Begonia: It's nice to be  
 "home", thanks for taking me  
 back. I love you and I never  
 want to lose you again.  
 Your sister of Lakewood Laurels,  
 The Shaggy Bitch.

Eric M., Myncha write? I'd  
 love to hear from you. Try to  
 get around to it. Ellen  
 Gould, 141 Warwick Road, Mel-  
 rose, Mass. 02176.

Hiya to Danny (Wolf) P., Miriam,  
 Elaine, Annie, Karen, Betsy,  
 Karin, Beth, Danny G., Wayne,  
 Peter, The Count, and Countess,  
 June, and Cornelia Van S.S. See  
 you all at Star (or sooner, hope-  
 fully)! Miss ya muchly, Ellen.  
 randy-i love you madly.(you too  
 clifton james wetherfield III)

Dear Wendy, Hope you remember  
 me from Deb, Easter 75. I no  
 longer have your address. Please  
 write and let me know what it  
 is. I love you. Ned Smith,  
 2655 S.W. 106th Seattle, Wa.  
 98146

Bob Lange: Are you ever going  
 to visit Mips, again? I had a  
 dream about Baba, the man in  
 the black coat and Bridgemans.  
 Write me: Melissa Barnes, 2613  
 64th Ave. No. Brooklyn Cen. Mn.  
 55430

To Mark formerly of Omaha-III,  
 glad you're in town. Stay here.  
 Melissa

Deborah in Augusta, Have you got  
 a pig yet? I was wondering how  
 the fields around home are doing.  
 Been to any good parties?  
 Melissa

Dear Hammerhead, Try to make  
 things easier for yourself! Take  
 me for what I am. Love you  
 always, Lesserhorse

Charlie the Wombat, Son of the  
 wombat god, at the Brookfield  
 Zoo: We miss you much, wish  
 you were here, in the land of  
 the mid-night sun. Lots of love,  
 Kate, Mally and Moosekins

Dear Wendell,  
 You rabid, racist, redundant,  
 radical, right-winged, retarded,  
 rotten, recycled, reclaimed,  
 rancid, radioactive, raffish  
 ragged, rank, rampant, ran-  
 dom, rangy, rascalillon, rav-  
 aged, ratty, rawnoned, ratchet  
 jaw! Ror o' Rove, radiant  
 rainbow ratchet jaw, pam.

Dear Terry, Nancy, Heidi, Val,  
 Cathy, and Moira,  
 Congratulations-to the new DVF  
 exec. Comm. (minus I treasurer)  
 Love, Pam

Adam is fine. I love OVF!  
 Adam Goetzman.

Margi and/or Cathi,  
 I didn't want my hat anyway;  
 just a letter, or something,  
 cause I lost your addresses.  
 Tell Terry D. I said, "What's  
 goin' on, Slick?" an' Rich  
 Fuller I said "Hay," and Dave,  
 "I love you." Which way is Ky.  
 anyway? Love, Alex Shedroff.

Brad, I lost your address too.  
 Alice Cooper lives on in the  
 minds of many. Right arm,  
 Alex.

Darr, (in Minn. somewhere),  
 Mimi Kapell would like to know  
 if you are alive, Her address is  
 4003 Beechwood Ave., Clinti.,  
 Ohio. 45229.  
 I don't know you, Alex.

GayeJoanAmyTonyTracyShellie  
 PatAll of Dayton, I love you.  
 Alex.

Dear Starry Eyed Traveler,  
 I still love you and think of  
 you often. I'll write soon.  
 Your Guardian Angel.  
 P.S. I think I'm going to  
 icontinental.

Is there anyone out there whose  
 goes to the University of Penn.  
 or is planning to go there? If  
 so, please write to me. I'll  
 be there next year. All letters  
 will be answered as soon as pos-  
 sible. Write to: Lyn Oswald,  
 17 Greenwood Ln., Valhalla, N.Y.  
 10595.

Laurie L., your poetry in the  
 March issue was beautiful. D.B.

Is there any club for Tolkien  
 nuts? Are there any other  
 hobbit lovers? Please announce  
 yourselves.

Dear Gail, Arizona isn't all  
 that big or all that far away  
 when you consider the long arm  
 of the thumb. Look to the east  
 and remember, the NERO Army  
 wants you. Love, John B.C.  
 from Harvard.

(Thing One) Miles, I can see for  
 miles.... and miles and miles...  
 I miss you. Love, Crazy (Thing  
 Two).

Rusty Littell, Where are you?  
 Everyone is asking. Luv,  
 Persistent.

Terry & Sigrid: please write to  
 me. W.L. from Cherry Hill!

Cheryl M. from Pitt., I am  
 waiting for your promised  
 replies. Luv, Wendy of Cherry  
 Hill.

Bob Davis- Please write if you  
 get a chance. You sound like a  
 person I'd like to get to know.  
 Brenda  
 89 Pommogussett Rd.  
 Rutland, MA 01543

Billy, I miss your letters.  
 Where are you? Write soon.  
 Love and kisses  
 Brenda

Anybody out there (you?)  
 going to SUNY Oneonta or Albany  
 this fall? Please write. Or  
 write anyway.  
 Rita Tomkins  
 309 Tuxedo Place  
 Hawthorne, N.Y. 10532

Dwayne: welcome back. We shared  
 some good. Someday lets take a  
 trip together. Have a good one  
 and thanks for responding.  
 Mucher of me, Katie

Dear Chris, I still care, do  
 you? love, T-B.

To all who were at DVF Spring in  
 Wilmington, DE. : I found a  
 wrist watch in the YMCA pool  
 shower room. If you lost one,  
 please write to me, tell me what  
 it looks like, and I'll see that  
 it gets back to you. I'll take  
 good care of it, promise. Val  
 Box 236 RD #2, Phoenixville, Pa.  
 19460

Rachel, my little vanilla bean,  
 let's communicate. I miss you.  
 Bev

To all siblings of mine: I love  
 you. Bev

Jules, I have decided that you  
 should run for the executive  
 committee. Please think about  
 this. Love, Bev

To C.C. in Ma. you need some  
 CHRIS, MICHELLE rolled in a  
 JON smoked by ETHAN LESLEY  
 that will get you very very  
 LYNN. Board Jokers

To whom it may concern: We're  
 still waiting passionately for you  
 to come. Ethan Groupies

To D.C., B.C., D.M., A.M., K.W.,  
 W.S., K.R., R.T., and all the  
 rest of the AZ horney toads:  
 Thank and love, L.P. now in CA.

MorningStar, are you having a  
 good time living with Heather?  
 Drop me line sometime let me know  
 how you are doing. remember,  
 "Nothing ever dies it just  
 evolves into another form" Je'  
 'aime r (mpx virge 836-1509

IN MEMORIAM: BILLY COX  
 Died August 24th, 1975 by  
 drowning in a river rapids in  
 British Columbia, Canada at the  
 age of 21. Those who knew him  
 miss him and wish him well in  
 the next world.

Agi,  
 Here it is! Your first People  
 Soup personal! I hope you en-  
 joyed being totally crunched at  
 Madison- Keep that scrunch  
 going strong, kiddo! And re-  
 member, Mac really is a flat  
 tire, and Spanish oranges are  
 numero uno!

Your pal,  
 Mary Butt-

David C.-Your Mushroom Pizza  
 is getting cold! Love, R.C.  
 On Pizza to all in PSLRY and  
 everywhere. mushroomy yours,  
 Rachell.  
 that they may become virtually irresistible  
 do everyone a favor and don't  
 take on the Mushroom Pizza  
 warm fuzzies and piano music-  
 chery! (also ralfite habersuecer  
 there, please, that's the  
 more, appropriately, letters.

Love, Cathy Carney  
 USHAGLE from a  
 Cathy Shampoo Banana  
 From the Town of Urbana  
 Madison was dyno

Rob Fellows and the kids  
 at Evergreen: High and I  
 miss you all. Love, Rachell  
 M.H.M. Stobery oooey-goey  
 kisses. Love, Rod-girl.  
 Sandy

Dear Everybody: Please remember  
 the following- Don't take your-  
 self too seriously there are no  
 absolute guides to anything  
 Doing nothing is a valid res-  
 ponse-sometimes. What do you  
 think you're doing? Regards;  
 Eryk (der cryp)

Dear Everybody: Please remember  
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 think you're doing? Regards;  
 Eryk (der cryp)

Three scooges of ShadySide,  
 is the butcher in? I broke my  
 knife cutting the oatmeal and  
 the mice here (not to mention  
 of charens (not to mention  
 the razor blade in the  
 closet) please send the exter-  
 minators before I lose my  
 sanity. Popeye of S.C.

PERSONALS

TAR HOLLOW STATE PARK  
BRING FRANCY CLOTHES  
AUGUST 22-29, 1976  
COST \$40 PRE-REGISTERED BEFORE AUG 17



FOR FURTHER INFORMATION WRITE: JENNY SKWIERTZ  
6330 HONK STREET  
OR PRE-REGISTRATION  
PHIL., PA 15206  
412-382-6184

**OPK** IS A CAMP IN THE HOLLOW STATE PARK, AUGUST 22-29, 1976. **OPK** STANDS FOR OHIO, PENNSYLVANIA, INDIANA AND KENTUCKY. **OPK** IS RUN BY A COMMITTEE OF 8 PEOPLE. **OPK** COMBINES THE FUN OF A CAMP WITH THE LEARNING EXPERIENCE OF A CONFERENCE. **OPK** IS A PLACE FOR YOU TO GROW AND LEARN AND REALLY JUST HAVE FUN... OUR THEME THIS YEAR IS: "BORN IS THE TOMORROW YOU DREAMT OF YESTERDAY" WE WILL TRY TO EXPLORE THIS IDEA BY USING EXAMPLES OF PAST, PRESENT, AND FUTURE TOMORROWS, IN WORKSHOPS AND ACTIVITIES. BESIDES WE WILL HAVE: SWIMMING, FISHING, FERRIS WHEELS, MOVIES, GAMES, HUNT, FUN, TRAILS.

MASSACHUSETTS HIPPIE CONT.

I am writing this as I sit in a council session, to say that City Hall is a worthwhile and necessary institution. You can effect changes that you desire through City Halls. I am suggesting that people take a look at their own city halls and familiarize yourself with how they work.

It is very easy to get a job at City Hall. If you are required to do a work study at some time in your life and want to see "how the other half does it", I highly recommend it. I think it will give you a good and realistic perspective on what, from time to time, you may be up against; for me, the grandeur is gone. I am no longer in awe of CITY HALL.

I wonder how I could be? They say that the mayor is crazy and crawls around on the rug of his office reliving his childhood. Louise Day Hicks may be up for contempt of court..

For anyone who wants it to be, the City Hall is a tool and an effective one. I urge that you make use of it.

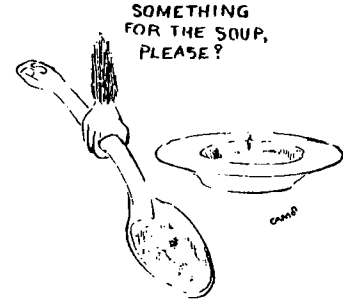
Ed. Note: The use of the word councilman in this article has not been edited yet we are not in agreement with its use. It might be of interest to know that it is used in Boston despite the number of women in this position.

### United Nations Seminar

Interested in a conference to work on solutions to issues that affect the world? The Fourth Annual UN Youth Seminar will be January 14-17, 1977. This conference has dealt with themes such as "political prisoners," and "the international balance of power" in past years. A meeting to plan the Seminar's theme will be held by youth of the New York area in early fall. If you are too far away-- your input is still valuable and will be received by Bob Brown (address below).

The Seminar includes workshops, discussion, simulation games, movies with resource people from government departments, universities and volunteer agencies appropriate to the theme. It is held at the Church Center of the UN Plaza--so some awareness of the UN's activities is gained.

Arrangements will be made with one of the UU societies and your sleeping bag will be needed. Registration figures are unknown yet. But the price is rumored low and scholarships are available. For more information, or to share ideas (to request scholarship aid simply indicate why you have a need), write to: Bob Brown, c/o UU-UN Office, Rm. 7D, 777 UN Plaza, New York, NY 10017. The seminar is sure to be another high-energy and positive force created by those youth who participate.



SOMETHING FOR THE SOUP, PLEASE?

Many times an issue of *People Soup* will have a plea for articles, information, and graphics. The reason for these pleas is that *LYR's* newspaper needs input from its readership. The Executive Committee could be only a newspaper staff and spend all of its time on *People Soup* - but that isn't its purpose. *People Soup* isn't the Executive Committee's, it belongs to all *LYR's*. Because we wonder how many people truly feel that their input is valuable, because we wonder how many people just aren't sure what sort of input we want, because people ought to know the reasons why *LYR* has a newspaper -- we thought that we would let you know.

1) COMMUNICATION- A channel for relating experience with workshops, programs, problems and the solutions used that will be useful to others rather than just reading material.

2) ARTICLES BASED ON THE THEME OF THE PARTICULAR ISSUE-

3) ARTICLES TO INFORM- such as social issues like Senate Bill 1. These are more objective, hopefully, than what is classified in the Biofeedback pages.

4) ENTERTAINMENT- poetry, personals, and the artwork.

5) BIOFEEDBACK- interchange of opinions on certain issues that pertain to the world at large or more specifically, *LYR's*.

6) FED'S UPS AND DOWNS- announcements about federation or local activity, including conference information.

We hope that this helps to clarify a few minds and encourages some of you not so brave souls to try out your writing ability. (It is shocking to realize that from a readership numbering more than 5000 that so little trickles in to us to print. Interesting fact- we print almost everything we receive and yet there is never enough.) If you can do it for your classes then I'm sure you can do it for the Soup. Try us, we'll like it. If you have any questions or you'd like to try out some ideas on us before beginning-- just write to *LYR* 25 Beacon St. Boston, MA 02108.

-- just us typewriters,  
Jennifer, Gary, Carlotta

WRITERS IN THE FIELD ARE NEEDED FOR NEXT YEAR -- INTERESTED?? The purpose of having writers is to guarantee input for the Soup from sources other than the Executive Committee. A contract is developed between the writer and the Executive Committee. It includes how much and what type of work shall be expected each month. In return for their contribution is a token salary of \$10 per month. An ideal experience for individuals wanting to explore their writing potential.

Note: These writers' work does not replace contributions from readers, it is a supplement.

In The Beautiful Colorado Rockies At Beautiful Caps Lodge  
the famous **RMF MICON '76**  
"Philosophies of Life"  
JULY 24-31  
\*hikes\*dance\*field day\*mountain air\*  
\*other traditional Micon type things\*  
cost will be approximately \$50.00  
No Munchkins Please.  
for more information or if you are interested in doing a workshop or 2, WRITE TO:  
Chuck Kearns 7519-N.72nd Ave. Apt. # 11  
Arvada, Colo. 80003



Did you get this Soup? Or are you still wondering why your mailbox was empty when your friends' weren't? Could be that you haven't sent back your name, address, and birthyear. Also, if you have moved you must send us a note letting us know your new and old address. If you would like to receive the Soup and never have-just do like everyone else- send your name, address/zip code and birthyear. It's free!

It sure is delightful to be hearing from a few of you folks. We get a little disenchanted when so few people send contributions for your *People Soup*. We want it to be enjoyable to read - but we/you are dependent on you for the material that makes it Soup. Very few people seem to realize the need for readership input. And many must feel that they couldn't write anything that would be interesting. Quit fooling yourselves. Where do you think the articles in this issue came from? You folks. We are hoping that some others of you will want to take a turn too... Deadline for the last issue of this year is June 7 - probably past tense by the time most of you read this. But when the new year begins, you can be sure that the new executive committee will appreciate whatever collects during the summer. So...remember when you read your Soup that it is you folks that write it!



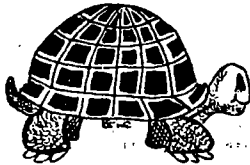
# BIOFEEDBACK MONITOR SYSTEM

Friends,

Been thinking alot about the concept of holism (looking at systems as a whole instead of only separate parts) and one of the things it relates to is the mind-and-body system.

In this society it seems that there's a great value placed on intellectual activity and skills, and the body is considered less important. We're trained for years in school to be logical and rational, but anything having to do with the body such as sex, emotions, or just taking a shit are considered disgusting and animalistic. It's really very obvious. P.E. grades don't count on your grade point average. We must keep our bodies hidden at all times, and constantly try to improve on them-make them fatter or skinnier, hide the way they smell, try to burp and fart quietly. Hair is a very sensuous body thing, and letting hair grow on your body is a rebellion to this. You're saying "look, there's hair coming out of me, it's just the way my body is, so why try to change it?". All four letter words relate to body parts or body functions.

I feel I've got to respect my body as much as my mind. This bod is the only tool I've got for perceiving the world. My basic idea is that everything you do or say, every movement and part of your body is an expression of who you are. "Who you are" is usually thought of only in terms of your mind. But everything in your thoughts is also expressed in your body, in ways you don't realize.



Two books about this are The Betrayal of the Body, and Pleasure, a Creative Way of Living, by Dr. Lowen, who is a psychiatrist doing research on this. He is finding that you can extend the idea of body language (involuntary movements you make that express how you're feeling) to reading the accumulated tension in your muscles to find out what you're hung up about. He started bioenergetic therapy, which says that your body learns certain patterns of behavior like your mind, and you have to change the muscle memory as well as the intellectual hang up in order to get rid of a problem.

Muscles get tense when you're trying to control, hold, or suppress something. The tension makes it hard for blood to get to the muscle, which means it can't bring nutrients or take away wastes, and makes a perfect breedingground for disease. Have you ever been tense and worried for a long time and then finding yourself getting run down and sick? I think emotional and physical tension are completely connected. If you suppress anger, it goes into your body. You clench your fist, your jaw, or tighten your stomach, or your stomach can secrete too much acid and develop an ulcer. When you get massaged and your body relaxes, your mind also relaxes. Read The Well Body Book or Be Well.

So your body is an expression of yourself. If your body is tight, so is your mind. If you don't feel good about parts of your body, it will probably show. Most women in this culture are taught to be afraid of sex or being sexually attacked, so they tend to arch their back and tuck their pelvis in. If you feel insecure in general, the fear may show in a tense back, neck or shoulders. Something that amazes me is when I'm doing deep massage, the person will suddenly think of an old memory having to do with the part of the body I'm massaging.

I'm trying to integrate my mind and body. If I take a deep breath and relax in a tense situation, it's alot easier. If I let myself feel my emotions, they don't hang around. I'm trying to quit worrying about losing weight, and strangely enough, I'm starting to!

Much love,  
Cathy Carney

Dear folks,

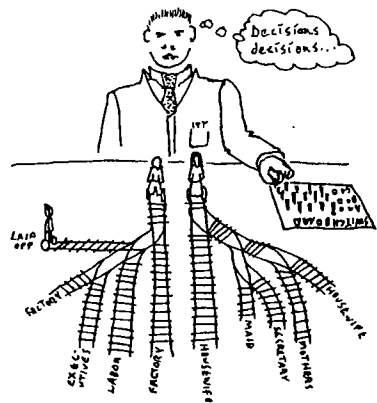
Let me say before I begin that this is an offering of positive suggestion which has arisen out of negative feelings. I am in my own eyes an "old LRYer". I feel I have journeyed through the tunnel of LRY and come out the other end. At the base of my reasoning for writing this is my love for LRY as an institution and for you as an LRYer. Otherwise my effort in writing this wouldn't be worth the trouble, would it?

I was involved in the planning of a large LRY conference some weeks ago. I felt my presence there was to be more of an advisor than anything else. I almost felt like an LRY alumni; which brings me to an important point. This being, that LRY is now and has always been a self-perpetuating organization. The old people phase out and the new ones move into the positions of responsibility. This is the life cycle of LRY.

I don't feel that this cycle was in action at the conference. Very simply, the older LRYers (and advisors) ended up carrying most of the weight of the conference. I found in the majority of conferees a large lack of commitment. The attitude of the vast majority was to sit back and reap the benefits of the conference. This strips the entire conference of the possibility of developing any feeling of community or group awareness. If, when I first got into LRY and had not found this community feeling, I'll say quite honestly that I would not have bothered to pursue LRY any further. I'll go on to say that feelings like group concern, group compassion and just old-style love are the only foundation LRY has. I think in a lot of ways LRY is feeding off its past, and those stockpiles are gettin' might low.

This probably sounds like the biggest bitch session you've ever heard, I know! But remember that I have nothing to gain from reprimand or bitching at you. There is a reason for my laying all of this on you. I know from my own experience that LRY is really only a wild fleeting moment in one's life. Few are even fully aware of it until it's gone. Make the very most you possibly can out of LRY. Be more caring, take on more commitment and give more love and compassion than you think you should. You only have one chance and I can vouch for the fact that it's one worth taking.

LRY love,  
Ian



Dear People Soup People:

Something has been rattling around in my head since I was at a conference in Lawrence, KS, once upon a time. A man came and gave a talk on what was supposed to be Unitarianism. However, it turned out, after he'd gone through some of the history of the Unitarian-Universalist Church, to be merely knocking the more conventional Christian religions. He didn't present any reasons for being a Unitarian, like what many Unitarians believe, or what they think is right or wrong, or what makes them feel that way. Now, I'm not saying that Christianity is right or wrong or anything, but I was always under the impression that Unitarians were tolerant of other religions and beliefs, even if they were Christian ones. Where was this important tolerance in this instance? I guess what really bugged me about it was that just about everybody in the room just sat there grinning and cheering and apparently never stopping to think about what was really going on; it was supposed to be a workshop on Unitarianism, but nobody seemed to notice when it changed into a "How to Knock Christianity" workshop. Is this what being a Unitarian means?

I have encountered this intolerance other places too. I happen to wear a cross, and several times when people have noticed it, they've freaked out. Then comes the third degree: "A CROSS?!?! Why do you wear a cross?" or the incredulous, "You don't believe in God or anything do you?!" and then there's the look -- the what-are-you-some-kind-of-straight-person-or-something look. I don't think a lot of LRYers realize that lots of times we are just as prejudiced as a lot of Red-necks (see there?) we know; it seems like a cross on a person is to an LRYer what long hair and backpacks are to an Iowa farmer. If somebody wants to believe something that you don't happen to take seriously, it's only gonna affect his/her lifestyle, not anyone else's. And hasn't acceptance of others for what they are or believe without making them feel they have to defend themselves or their beliefs, been something LRYers have liked to pride themselves on? Just because a person believes in God or goes to a non-Unitarian church doesn't mean s/he is not still a real person.

Let's get Bicentennial here for a minute and look back to the Pilgrims and early colonists. They came here for religious freedom, which does not mean just Christian religions. That is how the Unitarians got started here too, as I understand it. Freedom of religion means among other things, freedom not to believe in God -- but it also works the other way.

I want everybody to understand that I'm not getting down on anybody; I just think the idea could use a little thought. Next time you see a cross or Star of David or something hanging around a person's neck, and your first reaction is distrust, stop a second and think: would you freak out at a Hindu?

Melvin

Dear Soup,

I must point out that I am writing for myself and not for PHOENIX since my term as ex-officio advisor ended Sept. 1975. However, the subject is very close to my heart, because in my 6 1/2 years as an officer in PHOENIX I have had to deal with the internals of a federation as well as the relationships between feds.



uate" from LRY. Now I realize that this is due to two things: (1) ECF always charges 9 to 13 dollars for every conference it holds; (2) ECF always uses the holiday timeslots, with the combination of these two things they manage to financially and spiritually drain the nearby feds but do they mind? NO, no not at all. They have managed to accumulate a surplus so they can do without us for awhile, while we slowly try to rebuild what we had.

It is indeed sad and sickening that the current regime in ECF does not perceive these facts nor take steps such as we and the then-foresighted exec. of ECF did 2 1/2 years ago.

In the future I would advise Jane and Lisa not to try to make a rebuttal to a statement that is in fact quite true.

Hoping for better days & ways,  
Robert W. Campbell  
May 18, 1975  
Detroit, MI

Ed.Note: It is difficult to print such a hostile and petty letter as this. I do not debate any part of the issue but am appalled at the way it has been dealt with. This recent interchange through the Soup seems to indicate a communication breakdown which I encourage be more constructively handled. I too am hoping for better days and ways.

First of all I do not admit that every federation has it's bad conferences. There are only those conferences in which the people running them don't know what the fuck they are doing or are supposed to do. Which in 9 cases out of 10 is caused by poor involvement on the part of the federation in organizing the conference; and by federation I don't mean the exec board; I mean the membership. There is only one thing that determines how a conference will turn out--"any conference is only as good as the people who attend it."

We in Michigan have never had a billeted conference and never had any problems with conferees sleeping in the church. They might feel like wastepaper baskets by the time the conference is over, but baskets filled with nice things.

About the \$80 profit made by the conference. Chas was not the only one who heard about this. My sister Laurie was there and heard about it too. About Chas, he is the most persistently honest person I have ever met. If he says he was in a room and overheard the conference people talking about spending the profit on smoking dope and beer for a party, that is exactly what happened.

As for conference prices, food prices in Ann Arbor and Toronto are almost identical and we have never charged more than \$9 and that was for a 5-day conference.

Second, the conference in question was not even held in Toronto. I have thought about it and \$10 for three days is way too much, especially for the poor quality and low quantity of food at the conference in question. So much for your "facts of life".

50% off for 500 miles? It's about time, that was agreed to by our feds over 2 1/2 years ago.

A tumor of \$13 for an ECF conference??? I and many others have paid that price for four different conferences up there in leech land!!

May I refer you to the Hamilton Executive Treaty and Directives which were negotiated in May 1974 between the PHOENIX EXEC. and the ECF EXEC. Among the things agreed to were: (1) any dues-paying member of PHOENIX or ECF would get a \$1 off the price of a conference in either fed; (2) 50% off conference price for any person(s) traveling 500 miles or more (3) rotation sharing of holiday conference time slots; (4) planning and having at least one tri-fed conference a year (ECF, PHOENIX and NFF); (5) formation of a tri-fed quarterly magazine (6) planning of a tri-fed leadership training conference.

While these agreements were made and #1 was honored at 3 Michigan conferences it never was when we attended a conference up there. Now, after 2 1/2 years we find out that ECF has finally re-agreed to #2; well, one out of six isn't bad is it?

Over a number of years I have noticed a strange phenomenon, while ECF is almost always financially solvent, the feds. that it gets most of its visitors from (PHOENIX, NFF and Mohawk) go through periodic cycles of rot and rebuilding. At first I attributed this to the fact that every so often an extremely well-organized nucleus of a federation will "grad-

was just such a person with these communication problems and I still have many of them, no thanks to many people. At least I've managed to still exist but there still are those a lot worse off than I. To those who none of this applies, I'm sorry. To those who think that none of this applies you are really full of it. Anyway, I would still like to thank very warmly those that really care and helped me through some tough years of my life.

Love and Peace

(I am signing this "X" because too many people are afraid of the truth and I am tired of debating those who think they are together 100%. We all tend to sometimes preach but not practice. LRY still lives in my heart and will always; both the good and bad of it. I am sure that many of you probably feel the same way as I do and I hope you can have more influence than I ever had.) As I am travelling, I have no home base or address.

Dear People,

My name is Steve Glasgow and I am from Huntsville, AL. LRY group. I just finished reading the March, Issue 4 Volume III of People Soup and it was delicious! (smack!) The first thing I want to say is "thank you" to all the people involved with People Soup and I'm sure it has been said repeatedly how much this paper really affects our lives all over the country. You people have no idea how happy I was to see it in the mailbox! I sincerely feel that People Soup has something to offer to everyone. So, a pat-on-the-back goes to all of us.

The second thing I would like to say has to do with all this controversy going on about the state of LRY. I keep hearing everyone getting so upset about "centralization" of LRY and its evils. Well, as far as I know, "centralization" is just a big word for folks gettin' together. And when folks get together they exchange ideas. This is what I was under the impression of believing the purpose of the UU religion. I personally see nothing wrong with that at all.

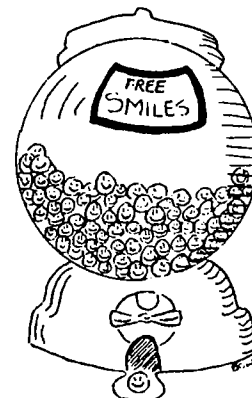
Furthermore, I believe all this fear of "centralization" of LRY is totally unnecessary. In this issue, Mr. Hall said in his letter that he had gotten the impression that adults were the "enemies". I am sure I speak for many LRYers when I say that adults are not the "enemies" at all. Adults are our parents, our leaders, our examples. And we love them very much. Of course, despite of age difference, people always have disagreements. But this is natural and is not to be confused with hate or establishing "enemies". These comments made to one another are necessary to reach compromise. And as it says in this issue (directly above Mr. Hall's letter) "Resolution Initiates Communication". Therefore, I would like to assure the people concerned that the "state of LRY" is very good. And if everyone can keep trying to understand each other, it always will be very good.

Sincerely,  
Steve Glasgow  
2715 Briarwood Dr. SE  
Huntsville, AL



Dear People Soup:

I am leaving LRY this year but with many mixed feelings about the whole affair. I would like to thank all those many people in LRY who helped me grow to see things more clearly and understand life. I couldn't have gotten this far without your help. To the rest of you who helped to make life miserable for me I wish that you would go and get a little help yourselves. I've only been to a few conferences but a lot of what I saw really turned me right off. There were so many people talking about Love and Caring, yet a second later maybe ignoring someone crying out for this love or help. Coming into LRY is difficult for many only because older LRYers don't try hard enough to make these people feel welcome. Who are you all fooling with this false front so many of you have set up? Maybe you just don't realize that some people have trouble getting up enough courage to start a conversation or that small talk that slowly leads to friendship. Sometimes this rejection is enough to put a person into a deep depression leading to drugs or death. There are also some who maybe don't like pot or acid. Is this a good enough reason to avoid a person? If you go to a conference merely for the party atmosphere then maybe there is no hope for you. LRY has a sky-high potential if only people were more caring and I don't mean talking about how caring you should be. Just reach out to someone and it will feel great. Everything I say is truth whether you want to believe it or not. I write all of this from experience because I



# the hot debate; Should Sex Feel Good? -liv

One of the hottest debates on campus this year is whether sex should feel good. While most agree that sex is bound to play some role in the lives of young adults, it is not clear exactly what that role should be. At a recent convention, people dealt with this issue.

According to the million dollar minister, Billy Graham, who spoke at the Let's Study Sexuality convention at the University of Chicago this spring, "Sex is God's way of telling Man to keep going on; it is not meant to be fun, feel good, or otherwise be perverted in the process." This view is no longer very popular, as Mr. Graham admits, "But if you think after all these years I'm going to do it for the sake of ye olde carnal desire, you're a schnook."

Another view, expressed by Mrs. Turtlemyer, a middle aged woman dressed in a stylish jeweled evening gown, is that sex is the highest expression of love between a man and a woman. When asked "But does it feel good?" Mrs. Turtlemyer slapped this reporter in the face and started shouting inane obscenities until she was no longer intelligible.



Perhaps one of the commonest assumptions about sex at the convention and in other less formal discussions on the campus was that sex is something done between a man and a woman. Brad Sweetart, of the Gay Activists Alliance, took issue with this assumption at the beginning of the convention. "Ladies and gentlemen, sex is an act between two human beings that is meant to bring mutual pleasure. The gender of the people involved doesn't matter." This statement caused a great uproar for fifteen minutes, as many were either disagreeing with idea that sex is for mutual pleasure or with the opinion that gender does not matter. According to Milton Hobbsnuckle, a representative to the convention from Boston, "The question of whether gender matters is moot: there are no such things as homosexuals, and besides it's sick, and they need to be helped."

In the women's room, between discussions, this reporter interviewed someone through the toilet dividers. "Would you say who you are and where you are from?"

"No."  
"I hear heavy breathing, groans, and a quiet humming noise; what are you doing in there?"

"I'm masturbating."  
"Why?"  
"It feels good."  
"Then you agree that sex should feel good?"

"Honey, this isn't real sex, this is solely between me and my vibrator; now bug off..."

Outside the convention were hundreds of demonstrators carrying picket signs such as "Keep sex out of the schools", chanting "dirty dirty dirty" as they walked in a circle in front of the building.

"They're teaching my kids about the birds and the bees, dirty dirty dirty, what is going to happen when my daughter realizes that she can do it, too?" said Mrs. Wittberg, a mother of four from a local township.

"What do you think sex should be? Should it feel good?"  
"Of course it should feel good, but only for mature people. I don't mind my kids kissing; that's healthy. But when they hump each other, if you'll excuse the expression, I draw the line. Dirty dirty dirty It's for their own good. I insist my daughter comes home from her evenings by 11 o'clock, and my sons by 1. When they're mature and on their own I don't care what they do; but when they're with me my children will not be promiscuous!"

One of the workshops at the convention was a heterosexual couples' lovemaking exercise. The couples were supposed to strip and then fuck. At the workshop one man said, "Yeah, I think sex should feel good, but these goddamn rubbers are like taking a shower with a raincoat on; it's hardly worth it."

"Why don't you switch methods?"  
"Well my lover refuses to take the pill since they found out it is linked to blood clots, and diaphragms make her back ache for some reason, and you know what they call women who use the rhythm method..."  
"What?"

"Mothers. Ha ha. So here we are, horny as rabbits in May, and I gotta wear this balloon on my cock. (sigh) I wish they'd put more money into researching birth control."

Another man, while engaging in sexual activity, said, "Sex isn't fun, but you gotta do it if you want an orgasm. I guess that's the way it is. It's like you gotta work for the Man if you want that paycheck. Well, when you get home and all you want is a nice tall beer and an orgasm you gotta go through foreplay and then fucking and hope she doesn't get sore before you come, or that she'll keep going anyway if she does get sore. Sometimes I think I'd rather just rape someone."

"So you have sex to feel good but it often doesn't feel good?"  
"I'd say, almost never."  
"Why do you do it?"  
"It feels good in a way; besides I feel like I'm boss when I fuck a woman, and that is good."

Other views, at the convention, on whether sex should feel good, included "Sex is counter-revolutionary, it takes away energy from the struggle..." "Sex should feel good for the other person more than myself" ...and "Sex should feel good, period, so do it any way, any where, and with anyone you want."

None of the sheep and goats brought by participants had any comment on the question.

(Note to the reader: Nearly all the people in the article are fictitious; the attitudes and ways people are acting are not. Does anyone have any ideas on how this all came to be, or where we can go from here?)

## REPRESSION OF SEXUALITY: who benefits? -liv

Sexuality is repressed in this society, and when it's allowed to surface, as in Playboy or in "Everybody Needs Milk" billboards, it's somebody exploiting people's bodies and their humanity for a buck. Everybody suffers from this. There are reasons for all this, I will suggest in this article, and though everybody suffers, some people, the very rich, also benefit. The reason I talk about this is that the work (or play) we can do to reclaim and control our sexuality can begin now, I believe, but can not be completed until the basic reasons behind the problem have been stopped. It is important to understand the forces that limit our personal growth.

The following analysis may be hard for many people to follow, since it is pretty abstract (forgive me) and "new" (it is based on Marxism, which is over a hundred years old!), but I encourage you to try. (I'm still learning about it.)

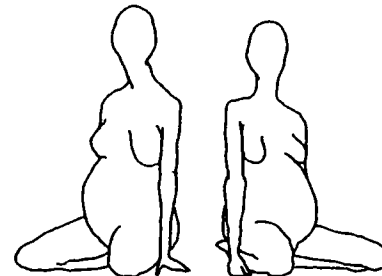
We live under an economic system called "capitalism", where private individuals are the "rightful" owners of most wealth and the various "tools" used to create that wealth, such as factories, information about our bodies which doctors have kept a mystery to us, computers and various machines, etc. This is in contrast to a system called "socialism" where the people who collectively create the wealth and the tools by their labor are the rightful owners. In fact, some studies in the U.S. have shown that 1.5% of the population owns outright in its own name 80% of all stocks, 100% of all public (municipal, county state) bonds, and 85% of all corporate bonds.

"What's all this communist propaganda got to do with sexuality?!" I'm getting there...

Some people obviously benefit tremendously by the economic system we have. But capitalism is more than that, it is a whole social system. The institutions such as marriage and the nuclear family, our laws, certain ideas and attitudes, our political structures, and our schools all serve to perpetuate this system. For example, nuclear families came into

being along with the rise of capitalism, four hundred years ago, pushing out the former "extended families", which had included all kinds of relatives, and even strangers. The nuclear family stands for privacy and isolation, which are essential to capitalism, since workers are used as and supposed to be individual labor-objects. The next step towards isolation would be everybody living alone, but that would cut out the other things the nuclear family does, such as maintaining workers emotionally and physically (housewives' job), and providing a refuge for tired, hassled workers (although the family can often be a hassle too).

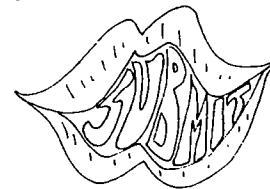
One reason for repression of gayness and sexuality under capitalism, thus, may be to maintain the family and family life. The family needs a control and imposition on sexuality so that it is perpetuated; it would not do to have a lot of people choosing to sleep with and relate emotionally to anyone, male or female, married or not, they wish.



A second reason for the repression of sexuality may be that it keeps women dependent on man, limiting the number and gender of sexual/emotional partners. This is important to capitalists, for it is partly women's subservient role, cemented by their dependence on men, that gives men the power in their lives over women and benefits that keep them going back to work for the capitalists without being totally demoralized. Besides, women's dependence on men, which beyond repression of sexuality is based on being unpaid and sometimes kept out of the workplace, helps serve to squeeze unpaid and unrecognized labor from women at home: namely, housework.

Finally, the repression of male homosexuality may serve the purposes of capitalism by shaping men's character and intimidating them into control, lest they be called "faggots". This threat is one reason workers don't show "weakness" or certain feelings, and thus keep on working for the bosses' profit like machines.

All these forces may seem ominous to someone who just wants to fuck without getting hassled by her parents. If capitalism is the monster behind our particular society's repression of sexuality, we've got quite a problem on our hands! And the problem is larger, for economics is only the public part of the story. Ideas and attitudes come with this mess to justify it, and as much as we will have to change our economic system to fully reclaim our sexuality, we will have to fight the capitalist ideas in our heads. We're up against deep messages like: "If you're gay you're sick", "kids shouldn't have sex", "you have no choice but to find a 'true love' and legally marry and live with that one person forever", "sex is dirty", "women are pieces of meat", "masturbation is not real sex", "you have sex when you're supposed to, rather than when and with whom you want to", etc. I think there are things we can do, both politically and in our personal lives, but the answers have to come from all of us. I just wanted to suggest some reasons behind these problems and who is benefitting at most of our expense.



In summary, who benefits from repression of sexuality? Ultimately, only a small number of rich, white men, who have got their fingers up their noses instead of their ass.

# TRAVEL GUIDE

In Minnesota presently there is a one person effort to get an LRY travel guide started.

The project is oriented towards interested LRY'ers and local groups who have little to do. It is also directed at people who want to hear about and do fun things with LRY'ers.

The structure for the framework of the project is as follows:

1) There will be 50 people working as state managers. These people will simply keep records on who goes where and when. A month before a person leaves that state, the state manager will notify the destination state manager.

2) There will be 12 people working as district managers. After the state manager has taken note of what the person needs, she/he will send it on to the district manager. The district manager will turn to a teletype and have a computer print out possible places for the person to stay on their trip. The district manager then sends it to the person who is going to be traveling.

3) One project manager. She/he just keeps things running smoothly.

Presently that is a rough sketch of what is involved. In all likelihood there will be changes in job descriptions. Also the following jobs have been filled:

California state manager - Leigh Taylor  
Project manager - Peter Kelley

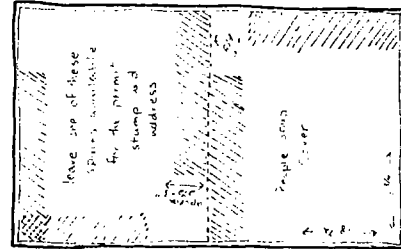
All other positions are open. As you can see much is left to be done and the only way it will work is by interested people like you. So if you are interested, contact:

Peter Kelley,  
295 Glenmoor Dr. Long  
Long Lake, Mn. 55356

We all know that a travel guide has been wanted for sometime now, the chance is here, the preparations are being made; lets see it work!

# BLACK INK ON...

To all friends who have sent artwork: WE LOVE IT! It makes the Soup so much nicer. When we have lots of artwork of several sizes, styles and subjects, it is much easier to lay out the Soup. Please accept a truly warm thankyou for sending your artwork. If you don't see it in this issue, it is only because it will be in a future issue. But don't think that we have too much because we deplete our supply quickly. Please continue to send your work, and encourage your friends to send their creations (black and white photos, too). We are all artists.



Remember we can only use black ink on white paper. The width of a column is approximately 3 7/8 inches. The dimensions for a full cover are 11 3/4 by 18 1/2. If you are thinking of doing a cover, a few small items must be planned into your design. Check out an old Soup. One of only a very few places must be left available for the permit stamp and address. I tried to draw a diagram, but it might be best to write to us. I would send examples. The volume and issue - we'll write in the numbers. And probably space at the bottom of the page for the copyright information. Easy things to remember.

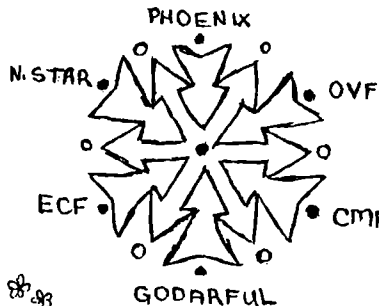
Thanks again to the artists of this issue: see the credits on the personals page.



# LARC

The scene is Shakamak State Park near Jasonville, Indiana---beautiful pine trees and cotton-candy skies and a lake with a beach! The idea is "Practical Applications of Higher Consciousness", or, "How to Change Reality". Even though there is no such thing as "time", if you come from July 11 to July 17, you'll be there when the rest of us are. All of six feeds are invited: CHF, OVF, ECF, NSF, GODARFUL, and Phoenix. Lower Southern District is our guest-fed, naturally. Suggested books to read in order to understand our theme better are: Handbook to Higher Consciousness by Ken Keyes, Jr.; Cosmic Consciousness by R.M. Bucke; Be Here Now by Ram Dass; Time by Alan Watts; and fiction: Another Roadside Attraction, by Tom Robbins, and Stranger in a Strange Land, by Robert A. Heinlein. This year's LAKES AREA REGIONAL COMMUNITY (LARC) CONFERENCE is now on Special, Pre-Season Sale for the Low, Low Cost of \$30 pre-reg (\$35 at-the-door). Send \$\$, warm fuzzies, questions, and bribes to: Martha Gipson 317-583-2338 P.O. Box 3 Montmorenci, Indiana 47962

STOCK UP NOW--BUY ?!!



Showing ignorance is strength. Ignoring knowledge is wisdom. --Lao Tzu

... The development of life means the rise and growth of consciousness. --de Charlin

The transmigration of life takes place in one's mind. Let one therefore keep the mind pure, for what a man thinks, that he becomes. --Upanishads

... you must always take full responsibility for what you are experiencing. --Ken Keyes, Jr.

The "freedom" of the cosmic realm is superior. It absolves a man from his former self and makes future slavery impossible. --H. M. Bucke

Everything was beautiful Nothing hurt. --Stony Stevenson

I was an much older then; I'm younger than that now. --Bob Dylan

In spring, the flowers, and in autumn the moon, in summer a refreshing breeze, and in winter the snow, what else do I have need of? What hour do I have need of? --Ch'an poet

The ears never tried to stop things up. The more he does for others, the more he has. The more he gives to others, the greater his abundance. --Lao Tzu

The freedom

We can change the world. --Cynthia Kahn

Carrying body and soul and embracing the one. Can you avoid separation? Attending fully and becoming whole. Can you be an a newborn babe? --Lao Tzu

I am perceiving everyone, including myself, as an awakening being who right to the higher consciousness and oneness. --Ken Keyes, Jr.

The past is dead; The future is imaginary; Happiness can only be in the Eternal Now Moment. --Ken Keyes, Jr.

If the doors of perception were cleaned, man would see things as they are, infinite. --William Blake

# FUTURE DIRECTIONS

Jennifer Shaw

Nine months into the year, I am fully aware of the frustration that accompanies this job. I have also decided that only the people who experience it can know and understand the frustration. So my friends, you will have to guess, for I do not feel it of relevance to elaborate on it. My point is that I have worked this year not just on the tasks that need doing but also to alleviate some of the frustration. I feel that improvements in the structure and programs of LRY are what is needed.

I have heard, from discontent folks, gripes and a lack of knowledge about LRY and especially what we in Boston do. I have experienced a lack of cooperation based on misconceptions and a lack of communication. The only way to deal with these situations is to answer questions and try to encourage people about what is really happening. There are times when I feel like resigning from such an endless struggle. Yet, I know that if the questions are coming, if there is that much interest, then eventually we can only benefit from the exposure we get. And



I am particularly excited to remember that some of those people with questions are very positive about LRY and have no desire to gripe. They can see its problems and still realize that LRY is a fantastic organization/experience. These people are hope. They are cooperation. I do not wish for people to ignore what is wrong with LRY, because to me that is destructive. That indifference does not help to change what is wrong.

Cooperation, hope and ideas create solutions, change, improvements on what now exists--rather than destroying something and beginning again. People are ready to recognize problems, they have hope and they have ideas and that gives me strength. Strength to find the mechanism that channels ideas from all interested peoples into constructive change.

April 23-25, the UUA Board of Trustees met in Boston. LRY has been a subject of discussion before at these meetings. This time the discussion was indicative of a positive attitude shared by most, that I was satisfied to feel.

Included in the Board's packet of information and business items was a report from LRY as well as a proposal. When it was LRY's turn on the agenda, I clarified our proposal and waited, not knowing what to expect. I had tried to guess the Board's reaction. Logically, I couldn't see how they could reject the proposal--but you can never tell...

LRY proposed the need for a committee to examine youth programs in the denomination, to research and brainstorm ideas for improvement, to develop alternative budgets for the UUA Board to consider as to the best ways to provide programming for youth, generally of high school age. That mouth full of words simply provides that a committee to do some constructive thinking about youth programs be organized.

Without opposition it passed. I knew then that the worst of our conflict was history. What a boost in spirits. Celebrate--now we can only gain support, friends. It may be



difficult to understand the significance of this committee and its easy acceptance as such a key moment. But surely it is an obvious step forward.

The committee will be composed of youth and adults from the denomination. Two of the positions have been appointed with the others to be made at the Board meeting at General Assembly. Much to my excitement, Leon Hopper, a minister who recently resigned from the UUA Board to accept his position at the UUA headquarters, has been appointed. He has interest and a broad experience working with youth--as well as perspective. I wish I knew more so I could really clue you in to my appreciation of his input. Maybe you have guessed by now--but I, too, have been appointed.

Other general descriptions of people wanted to be represented to the committee are an LRY youth, a non-LRY youth involved in another program, an LRY advisor, a "professional" who works with youth, and a DRE. If you are such a person or know of such people send recommendations to: Robert Walsh; Committee on Committees; 25 Beacon Street, Boston, MA 02108.

This is also a chance for anyone to have their thoughts received. Think about your gripes. What is the real problem, got any ideas about solutions? Perhaps you have ideas that are important to youth programming? If you feel inspired--send these ideas to the Committee once it is established. This committee needs the respect and cooperation of the people it represents to complete its tasks.



## NOT A TOURIST

I have wandered around Boston now for two weeks and this definitely is Boston. But is this me? All of the feelings I used to have about what I am conflict with the fact that I am here. I keep catching myself feeling comfortable here, and something inside of me says that this is not right, or at least not me. I think about Kansas City, but I am not homesick. I make plans for when I leave but there is no place that I would rather be than here, right now. And I think about my family's home, but I know that on my return, I will be taking steps to move out.

I first heard about the Executive Committee Internship Program many months ago. I accepted the opportunity to come, for the month of May, but thinking back on that decision, I wonder whether I even believed that I would do it.

The internship program involves going to Boston, Ma. for one month, living with the executive committee, and helping them with the work that they need done, including putting out "People Soup". LRY pays for your room and board, and you pay for your transportation to and around Boston. Now, that sounds great. But to me, the thought of leaving my sheltered existence of friends and family was terrifying. For months I did not hear from anyone in Boston, and very conveniently, I forgot all about it. Then, one night early in May, I was at work. It was about five minutes before we closed the store and my sister came in to let me know that she had come to pick me up, and to tell me that Jennifer Shaw of the LRY executive committee had called. Suddenly, I couldn't think of a reason not to go. By the time the store had closed and I was riding home, I had made up my mind. The next morning, after quitting my job, returning some library books, and going to the orthodontist I found myself on an east bound train.

Now that I am in Boston, I am finding that I really didn't have that much to be afraid of. Boston feels as much "here" as Kansas did when I was there. I don't feel like I am "over there". This is all real. I don't feel like an alien. Coming here was a safe decision because I have a place to live and a job to do. I may only be here for a month but it is not a vacation. This is my trial separation from home. In Boston I can't go running back. I am learning to be happy within myself, and self-supportive. I have to be. It is the time for me to be.

HEY!

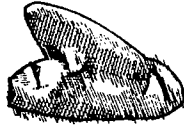
Are you looking for an educational experience that speaks to your whole person - a chance to do and learn farming, forestry, natural science, woodworking, blacksmithing, welding, ceramics, and art, clarifying personal values, and join a close, supportive, self-determining rural community? Life and education at Tamarack Farm Community are one and the same. Participants and resource people work together to define a daily schedule, run the farm, and develop educational goals and means best suited to participants at the time. Each person is free to experiment with modes of learning and initiate studies and projects of infinite variety. Community decisions are reached by consensus - an agreement that everyone involved in is ready to abide by. It isn't the easiest way to run a farm and school, but people listen to each other and have the power to change things. We work hard, lead a simple lifestyle, and trek through Vermont's Green Mountains from Sept. to June. Coed, 17 years or older. For more info., contact Rox Anderson  
Tamarack Farm Community  
Plymouth, VT 05056

AND ADULTS PLEASE!



# TO BE OR NOT TO BE<sup>9</sup>

Assuming that you have just finished highschool, and are considering the direction you want your life to take, have you thought about working for LRY for a year? This summer the LRY Board will be electing the four new members of the LRY executive committee. For one year you will live in the Boston area, and work in the Continental offices of LRY. Your rent and food are paid for by LRY and you receive \$70 a month stipend. The job is an invaluable learning experience. You learn self discipline, because exactly what and how much you do is your decision. You will be working and living with people who are, at times, very different from you, and you will be constantly involved with the Unitarian Universalist Denomination and it's members.



What exactly will you be doing? Below are the directorships as are being proposed to the Board. The projects and directives of next year will be determined at the Board meetings.

- The proposed Directorships are:
- A) A Director of Program Development who will be responsible for the development of programs and packets that will further the goals of LRY across the continent through:
    1. Researching, writing and coordinating LRY packets and programs in People Soup, the Total Program Packet and wherever else necessary; for the effective use by local groups and federations.
    2. Coordinating LRY's interests at the General Assembly of the Unitarian Universalist Association.
    3. Initiating and coordinating LRY sponsored social actions projects and researching editing, and distributing information of contemporary social issues and concerns to LRY.
    4. Acting as one of the coordinators of the Clearinghouse.
- The Director of Program Development shall hold the title of "President" in the eyes of the Commonwealth of Massachusetts.

- B) A Director of Leadership Development who will be responsible for fostering leadership and the concept of youth autonomy in LRY through:
  1. The planning of regional conferences that will aid members of LRY in developing and teaching leadership skills and training persons for the implementation of LRY programs and packets.
  2. Facilitating the growth of new and existing local groups and federations through correspondence and direct contact.
  3. The planning of the Board of Directors meetings, working with the executive secretary to compile and distribute the Board minutes; producing a regular Board newsletter, coordinating affiliation with Continental LRY, and serving as the Ex-officio member of the Judiciary committee.
- C) A Director of Denominational Communications who shall be responsible for the continuance of communications between LRY and the Unitarian Universalist Association at all levels through:
  1. Coordination of business and relations with the UUA Board of Trustees, it's committees, the UUA staff and other UUA functions of particular interest to LRY.
  2. Establishment of work with the UUA Department of Education to develop and foster intergenerational communication and activities within the denomination.
  3. Coordination of the efforts of Youth Caucus
  4. Serving as the LRY representative to the Youth Adult Committee.

- D) A Director of Finances and Publications who is responsible for the business of the corporation and the coordination of People Soup through:
    1. Balancing and maintaining the checkbook and budget; compiling monthly financial statements; seeking out non-exploitive ventures for the investment of LRY's monies; corresponding with the Internal Revenue Service and the Commonwealth of Massachusetts; filing correspondence, information and materials produced by LRY; coordinating the upkeep of LRY's mailing list.
    2. Gathering articles, news, personals, photographs, graphics, letters, and other People Soup material; coordinating the writers in the field, layout, editing, and anything else necessary for a regular and responsive People Soup.
- The Director of Finances and Publications shall have signatory powers for the corporation and in the eyes of the Commonwealth of Massachusetts, hold the title of "Treasurer".

INTERESTED? ANYONE 18 OR YOUNGER CAN RUN FOR ANY OF THESE OFFICES. COME TO BOARDS AND RUN, YOU MIGHT BE ONE OF THE LUCKY WINNERS!



## ATTENTION ALL CONTINENTAL LIAISONS !!!

TO ALL NON-BOARD MEMBERS

### PLANNING ON ATTENDING BOARDS

This is to inform you of the policy we will be implementing in reference to transportation of Board members to Summer Boards. LRY cannot afford to pay everyone's transportation. We are going to try to subsidize people according to their individual situations of money and distance. We will not pay more than the cheapest form of public transportation (usually bus) and preferably less. The rest will either be paid by yourself or your federation.

In addition, LRY is not taking any responsibility for getting Board members to Continental Conference, only to and from Lincoln Nebraska. However, there is some sort of transportation being arranged by individual LRY'ers. Contact Danny Pentlarge, 9 Germain St. Worcester, Ma. 01602

To receive your subsidy- write us with your estimation of expenses, explanation of your situation and how much money you will need from Continental LRY. This must be sent to 25 Beacon by JULY 15, 1976. If you miss the deadline, your chances of receiving a subsidy are pretty slim. Please let us know as soon as possible if you are coming.

This is our policy concerning non-board members attending Summer Boards 76.

First of all, you must pre-register by July 15th. And the sooner the better as the number of non-Board members must be limited. Please remember that this is a serious meeting, and not a conference. If you expect to hang out and be entertained, you are not welcome. Please come with a positive attitude about participating in Board activities.

The cost will be \$16 for the week, (July 27-Aug.4) or \$2.50 per day for fractions of the week. Make checks payable to Liberal Religious Youth. WE WELCOME INTERESTED PERSONS. PLEASE RESPECT THIS POLICY, SO THAT WE MAY AVOID CONFLICTS DURING THE WEEK. NOTIFY US BY JULY 15 IF YOU ARE GOING TO BE AT BOARDS FOR ANY AMOUNT OF TIME.



# Fed's Ups & Downs

AFFILIATE

Central Midwest Federation: Had their spring Conference in Madison, Wis. May 14, 15, 16.

Greater Washington Area: Just had our annual Triangle conference. As usual it was a combination of madre & madness. Elected new executive committee. Members consist of: Skot Davis, Baba Holmes, Tom O'Dell, Alec Hobotek, and the self appointed philosopher of the U.S. of A., Marc Roche is the continental Liaison.

Metropolitan Area: Conference June 18-20 in Foughkeepsie. Elections will be held. Several new locals starting.

North Star: Held an intergen in St. Cloud on April 23-25. Held their spring conference in Wayzata, Mn May 14-16.

Starr King: Had elections in April and having Mendocino Conference July 4-10. \$56.00 write to registrar: James Finley, 3823 Wingate, Carmichael, Ca. 95608.

Sunco: Had spring conf. May 28-31 in Jacksonville, Fla. Theme: Daybreak.

TOAK tm: Holding their June Conference in Beaver's Bend State Park, June 6-12. Theme: Creativity & Developing within yourself.

Ohio Valley: Our locals are doing good now, out of the blooming stage and into the development stage. And we're making the first steps toward reuniting our fed. There is a conference in Cincinnati on Memorial Day Weekend and everyone is welcome to stay until Monday.

IF YOUR FEDERATION IS NOT IN HERE, IT IS BECAUSE NO ONE NOTICED TO SEND US ANY INFORMATION.

We folks here at 25 Beacon are in a dilemma. It's time for all the federations to affiliate with Continental LRY. The situation is that hardly anyone has sent in their affiliation requirements so far. Most federations have just elected new officers so we are unaware of who to write to. Could you do us, and yourself a great favor by sending in the names of your newly elected continental Liaison? Please rush. We need the information as soon as possible so that we will know who is going to be represented at Boards. If we don't find out who these people are, they won't get information about Boards, and they will come unprepared (if at all) and the meetings will be very chaotic. Pity us all!! Just send in those names and addresses to LRY 25 Beacon St. Boston, Ma 02108.

