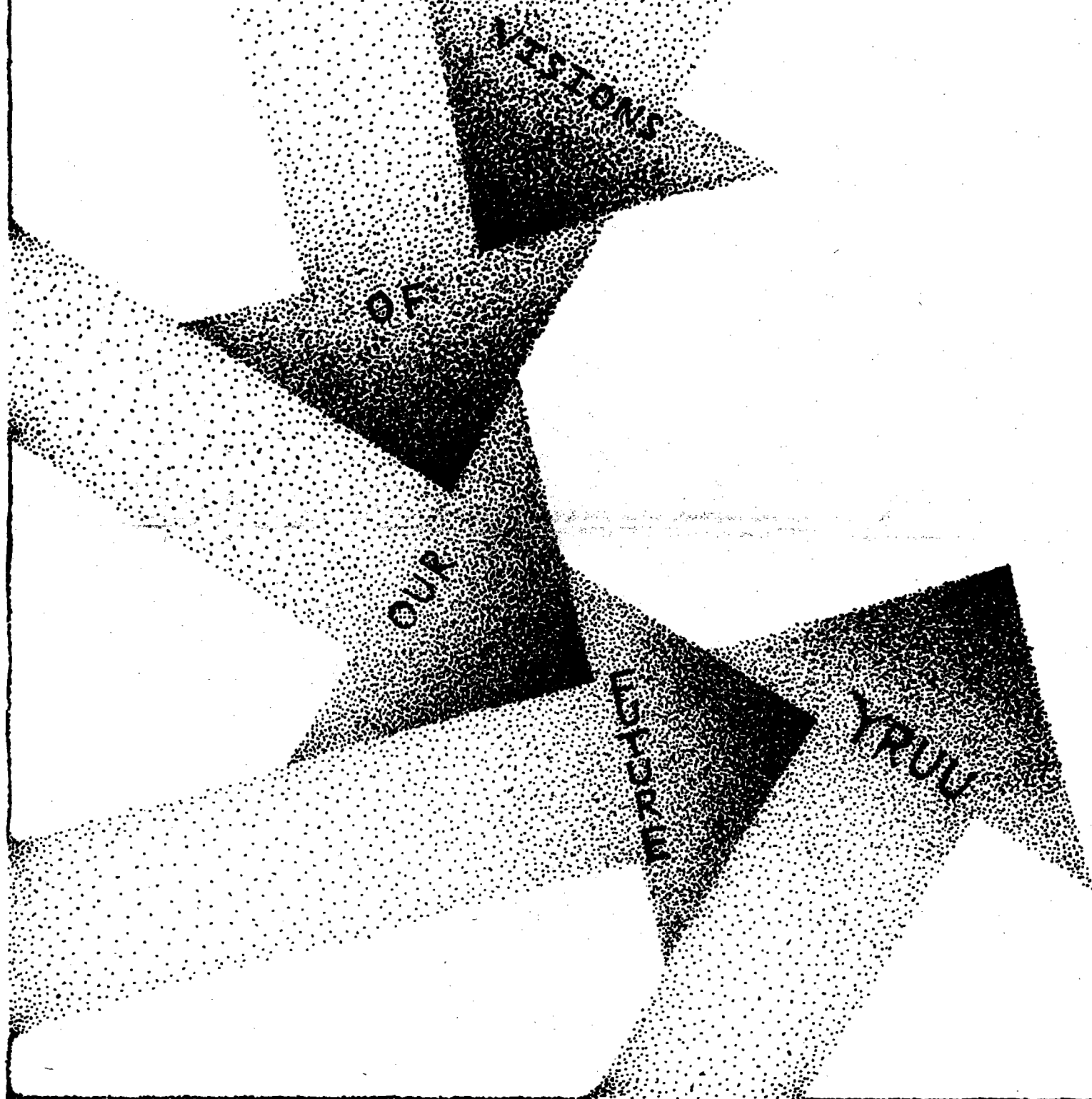


FALL 85

# SYNAPSE



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Synapse - a publication of Young Religious Unitarian Universalists



**UNITARIAN  
UNIVERSALIST  
ASSOCIATION**

of Churches and Fellowships in North America  
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Developing a loving community of youth through:

- + youth empowerment
- + religious and social questioning
- + youth and adult cooperation
- + worship, learning, fellowship, and social action

#### YRUU Statement of Purpose

YRUU shall serve its members for the purpose of fostering spiritual depth, creating a peaceful community on earth and peace within us, and clarifying both individual and universal religious values as part of our growth process. Our purposes are to provide and manifest a greater understanding of Unitarian Universalism, and to encourage the flow of communication between youths and adults.

In so doing, we shall nurture the freedom and integrity of the questioning mind, and embrace all persons of diverse backgrounds. We shall encourage the development of a spirit of independence and responsibility.

We shall strive to support our members and member-groups with educational resources, a communications network, and with love.

These purposes shall assist us in developing an effective system for social action, and serve to raise our levels of mutual respect, communication, and community consciousness.

Based on the recommendations of the 1985 YRUU Youth Council, an ongoing forum of opinions on the theme "My YRUU Experience (in 200 words or less)" will be printed in this very spot and continued in *Synapse* editions to come. If you would like to tell everyone your YRUU experience, send it typed in 200 words or less to:

*Synapse*  
25 Beacon Street,  
Boston, MA 02108 USA

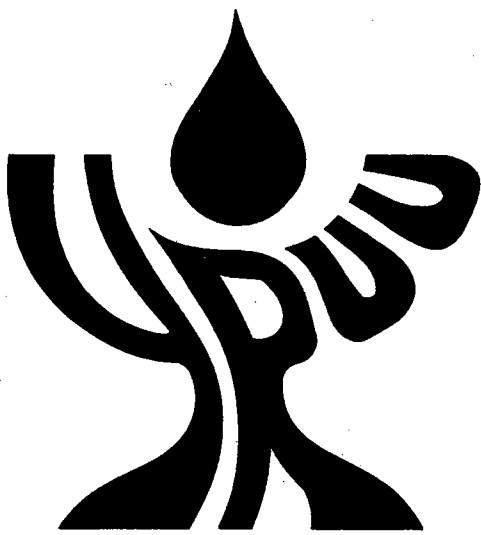
## MY YRUU EXPERIENCE (in 200 words or less)

I came into Continental YRUU relatively late in life, I attended my first Youth Caucus and my first Youth Council in 1984 when I was sixteen, and I went to my first Con-Con this year. However, I was aware of what was happening politically in the youth movement earlier and I was proud of what youth were doing for youth. That is how I saw YRUU before. Now I see YRUU working for itself and for others. In future years I can see YRUU as a vital part of our denomination. YRUU, I believe, is ending its infant stage and moving into its adolescence. We are growing rapidly, changing, and improving. We are now involved instead of just being spectators. We are able to do things for ourselves, yet we know who and when to ask for assistance.

I am honored to be in YRUU on all levels: local, district, and continental. I hope to see YRUU grow and become stronger continentally and worldwide. I would like to see YRUU mesh with the UUA and keep people ages 18 through 30 actively involved with Unitarian Universalism. I would also like to see YRUU make youth more aware and active concerning pertinent social issues.

Action is where YRUU is headed. We have all of our purposes and principles written, now we must act based on these principles. This is where I see YRUU now, and I hope to see it stronger, larger, and more self-sufficient in the future.

Jennifer A. James  
Pittsburgh, PA



## ENGLAND EIGHTY-SIX

Let's all go to England in July for a week-long conference of International Religious Fellowship! The theme is "Poverty or Prosperity—which way now?", the dates are July 19-26, 1986, (with a week-long tour of Northern Ireland afterwards) and the site is Barnston Dale Camp, not too far from Liverpool. Registration is (approximately) £60-65.

Contact the Youth Office for more information at: 25 Beacon Street, Boston, Mass. 02108

## Letters to: SYNAPSE

Dear Shirley,

I am writing a response to your letter in the last "Synapse," not in defense or to lay blame but to share some observations of an issue which I too have had on my mind recently. This issue is that of barriers which exist in varying degrees between the generations throughout the YRUU organization. This is of great importance since adults now play an integral role in YRUU. The imperative questions are what creates the barriers and how can we resolve them?

*"the only way to come together is to work together"*

As I see it, the problem exists from the start as we all, for lack of better direction, fall into comfortable roles or as you term it, "typical behavior." For the adult it is playing the disciplinarian, there not as part of the community but just "in case something goes wrong." With this attitude it's hardly a surprise that "something always does." For the youth (who, although in some cases may have forced the need for an authoritarian), the programmed response to the adult is one of resentment and rebellion. Hence, there is little effort to communicate but instead more to avoid and create as much distance between them as possible.

In an adversarial atmosphere such as this there is no way a unified community can exist. What we must do in order to escape the situation is to redefine the roles we play. The advisor must realize his or her responsibility as a role model, not a night watchman. The youth must recognize the adult as a full, worthwhile member of the community who also has a right to enjoy him or herself, and whose age difference only adds to our diverse composition. As for your (humorous?) suggestion to "make them both feel guilty," I strongly disagree: the only way to come together is to work together.

Thanks,  
David Messner,  
Columbia, Maryland

## LOCAL GROUPS IDEA:

# New Handbook Ready

It's ready! It's done! It's what everyone needs, desperately! It's what you have been waiting for and begging for—for far too long! THE LOCAL YOUTH GROUP PROGRAM HANDBOOK (YEA!) by Rev. Wayne B. Arnason, Mara Lyn Schoeny, Caprice Young, and decades of tradition and love!

The handbook will tell you what YRUU is and will introduce you to the vital things to think about when starting a youth group for the first time and keeping it going for all of time. Choosing advisors will no longer be a mysterious task. With the help of ideas for the care and feeding of advisors, once your group finds great advisors you won't kill them off accidentally.

Never again will your group say, "Geez. . . there's nothing to do, this is boring. Let's go chew on dandelion stems or play Go Fish." The handbook gives you ideas for fundraising (not just bake sales either), worship (no longer a scary, boring word conjuring visions of hymn sandwiches), social action (small scale personal stuff to saving the entire world), and fun and games (active games, encountering and sharing, theater games, trust and touching, and exploring group dynamics). The handbook has been written with the idea that

groups that do the same thing, week after week, get boring and unfulfilling, then die. Its authors also kept in mind that not everything is for everybody; so the handbook has some stuff some people will hate, some stuff everyone will love, and lots of stuff everyone will find helpful.

The handbook not only gives you fish, but it also teaches you to catch those slimy devils. The chapter on Local Group Decision Making and Leadership explains fair, positive ways to make decisions. What is Brainstorming and Consensus *really*, anyway? The handbook explains it all for you. Plus, the chapter about Youth/Adult relations will help you understand how to keep youth/adult and youth group/congregation relations healthy and happy. It also contains models for church Youth/Adult committees (the omni-everything YAC!). If all that's not enough (and even if it is), the handbook concludes with a chapter on how to get more information.

By now, you must be convinced that you need this handbook. It is available for just \$8.75 and obtainable by writing to the:

UUA Sales and Distribution Center  
25 Beacon Street  
Boston, MA 02108



Editors:

Regarding Jane Park's "Sexual Violence: Everybody's Problem."

While we understand the horror of sexual violence against women, we found this article to be grossly anti-male, and blatantly absent was the problem of sexual violence against **men**. What about sexually abused little boys? What about gang rape in prisons? And sexual violence against men by **women**?

All of Ms. Park's points and examples are effective and understandable. However, a step further towards reaching a positive solution to the problem of sexual violence is not to treat men like some general enemy. Men must be included in the prevention of rape, in discussions, education and solutions.

We find the title of this article misleading, and the author's attitude to be just as sexist as those she condemns. In order to obtain a truly equal society, it is necessary to stop thinking in terms of "us against them." This sort of thing does not advance society, but leaves it stagnant and divided.

Signed,  
Christine F. Wood  
Karl Mallett  
N.O., LA

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EDITORIAL POLICY

Articles appearing in SYNAPSE are chosen for their social, press opinions and or values that are not necessarily those of the editors or of some of our readers and dissenting opinion will be given fair exposure in subsequent issues. We recognize the need to keep from offending the sensibilities of the wide variety of our readers and also a need to respect the integrity of our contributors. Where these values conflict we will err on the side of accurate representation.

There is a limit of two personals per person per issue. All personals must be accompanied with a return address in case for any reason the editors find it impossible to run the personal.

Advertising rates are \$4.00/column inch for UUA related groups and \$8.00/column inch for others. For UUA related groups, rates for larger blocks are:

Quarter page \$60.00  
Half page \$110.00  
Full page \$200.00

For groups other than UU related organizations, the rates are double those for UU groups.

## Write and draw for SYNAPSE

Deadline: January 15, 1986

Theme: Peace . . .

The theme for Continental Conference 1985 was "Namaste: that within me, which is also within you, greets you." Building on that theme and incorporating the United Nations 1986 dedication of the International Year of Peace, the next *Synapse* theme is "Peace. . . ." Send your drawings, pictures, and articles to us to print. Your interpretation of the theme is up to you.

This year the YRUU Youth Council has decided to make it a contest to contribute to *Synapse*, so an impressive certificate signed by an important person and a YRUU T-shirt will be awarded to winners in each of these categories: poetry, short story (less than 2000 words), essay, editorial, article, drawing, and photograph. We also need a cover for *Synapse's* Peace . . . issue. As many of the entries as possible will be printed. Go to it! For Peace . . .

Send entries to:

**Synapse**  
**YRUU**  
**25 Beacon St.**  
**Boston, MA 02108**



Good Clean Fun at Con-Con?

**After CON-CON****"TIME TO FACE REALITY"**

Smiling and oblivious, my heart calmly ignores intellects reasoning.

**"TIME TO FACE PRESSURE."**

Still oblivious, my heart ignores.

**"TIME TO FACE PEOPLE WHO WON'T SMILE AT YOU WHEN YOU WALK BY."**

As the facts begin to penetrate, my heart feels security floating away.

**"TIME TO FACE REALTY. AND PRESSURE, AND PEOPLE WHO WON'T SMILE AT YOU WHEN YOU WALK BY, AND PEOPLE WHO DON'T LIKE LIVING THE LIVES THEY'RE LIVING."**

The security is gone now and my heart panics as its support floats away like a cloud . . . Nooo!!

**"HAVEN'T YOU BEEN LISTENING TO ME? IT'S TIME TO FACE REALITY."**

Grasping at the escaping cloud, my heart cries, "But why? Why can't I continue to live with that happiness?"

**"DON'T YOU KNOW ANYTHING! THAT FEELING ISN'T REALITY."**

Not willing to accept this, my heart tries to gather strength. "But how can I go on without that wonderful feeling? How can I go on without the security that CON-CON gave me?"

**FEELING INSECURE IS LIFE. THAT SECURITY WAS JUST AN ILLUSION."**

Ready to protest now, my heart objects: "I don't believe this. I think I can live, and be happy, and feel secure, and smile at EVERYONE that walks by. I think I can do that in my reality, just like I did at CON-CON."

**"DREAM ON. FACE THE FACT THAT THAT FEELING IS NOT REALITY."**

Determined not to face a reality it did not want to live, my heart says, "I'm GOING TO MAKE THAT FEELING MY REALITY." Sensing a wonderful confidence, my heart climbs onto a cloud of security buoyant overhead.

**Nicole Kosanke  
Honolulu, HI**

## SO, WHAT IS THIS CON CON THING?



CON CON is short for YRUU Continental Conference. It is the annual-summer gathering of all the YRUU people. This year, more than 200 YRUUers met for one week of August in the wilds of a 4-H camp in Iowa. The theme of the conference was "Namaste: that within me, which is also within you, greets you." It was pretty amazing; so amazing, that people who attended have a difficult task in describing it. I'll give you an example. Following is a personal that we received, that is too long to print in the personals section, but too descriptive not to print:

*"2 everyone who made "Water" such a Kool & Hip place 2 B-i miss u so much and will never forget each of the 6 days I spent out at con con with u all. A special remembrance 2 the ever so proper Leah, the rifle huts, my 'family' of gods & mortals, shaving cream and Impulse fights, Eric wearing my mini skirt and underwear (boxer shorts), those wild and crazy French guys, MUD WRESTLING, mid-night pizza, not eating, starving for MEAT, veggie food-yuck, not sleeping ha ha ha, making new friends, getting closer 2 ones I already knew, breaking in the virgin foofs, the guys at Big Bud, tickle fights, listening to the Beatles, Bowie, and Femmes all the time, the messy cabin, never going to touch groups, squishy bear the stoned cat and the cabbage patch doll, Chris-my-brother-the-sex-god, Jeff, the bus ride 2 con-con, the bus ride back home, and finally sleep!*

Hugs & Kisses  
Lisa the Nymph goddess"

I ask you, do you have any idea what she is talking about? I don't, and I was there! Here's another:

*"To the stars and Cold feet in Iowa, and two special D's: I've written, I'm writing. I miss you so already: withdrawal symptoms. Memorable weeks; midnight confidences and long distance dreams. Thank you for your friendship, your caring and support. I'm alive and thinking once again. To the westerner: 2AM Jello just won't be the same; keep and nurture the spirit inside even when you're dormant, and you'll survive through anything; what was Murphy's law again? To the easterner: hmmm . . . that's music to your mouth ay? . . . expect me on your doorstep soon, and won't skip out on the shower this time. To all other soul sharers: anybody seen my navy crewneck sweater?, last seen by the tree beside the PIT, I want it back!; hope to bump into you all some time in the near future, to connect and share some more. Be proud beautiful people, you're worth caring about. NAMASTE.*

A serious goofy bibble-Babbling Canadian"

Does that make any sense to those of you who weren't at CON CON? I'll try to translate them both now:

*"Dear everybody at CON CON, especially a few of you who I stayed up all night talking to, CON CON was great. It was a place that was safe and loving and fun, where I could do silly things, and dumb things, and serious things, and have people like me for who I am. I'm saving all my memories forever. Thanks to all for helping me learn, love, and laugh a lot. Keep the faith.*

An individual who shared something deep"

So what is this CON-CON thing? It's no big secret, just hard to describe. Plan now to come next summer for a week in August (probably the second week in August), in the Pacific Northwest among the giant fur trees. The cost will probably be under \$130 for registration. Just save \$1 each day, starting now and you'll have the registration fee plus transportation! I'm banking! Watch the next *Synapse* for details. This is one experience you'll have to describe for yourself.

— an editor



## A Week in the Cornfields

It was an interesting plane trip. There were two different sets of beautiful, adorable brats screaming at the top of their lungs. I slipped the "Lords of the New Church" into my box as I slid my Panasonic Headphones on (the huge kind not that new half inch diameter crap). As The Lords explained the Method to their Madness, I closed my eyes and pressed the neurons of my imagination to look forward a few hours to CON CON '85. I knew I would have fun! But, Would I learn? Would I grow? Would another part of my hidden self come forth? I expected so. "We'll see." I said out loud, forgetting that the music was loud only to me.

Combining the fun of workshops and activities, the work of planning, and the closeness and spirituality of Touch Groups and Worship, CON CON '85 became an experience to be remembered for a lifetime. It was my first CON CON and second conference, and it changed my life (violins please!). Along with having fun I found answers to questions I've been asking for a long time.

CON CON '85 began with only a trickle; it was slow and easy going. It was fun. For a workshop I did interactive drama and enjoyed this too. We did many improv exercises and just had a ball. Laila and Scott are great (pay me later guys).

Next of course, I should mention relationships. Now, although people who really know me would disagree, I honestly came to CON CON with a native notion that I would find no one. Wrong old buddy, dead wrong. After playing the usual adolescent games, I met a really special friend who also happened to enjoy my company. To an outsider this

must seem like a short time to get to know people, but as we all know, you live half a lifetime in that one week.

Did we have fun! The Earth Ball was great, as were the other all day activities led by John Mallet. We played the usual games, and then Ritchie had us change Rock, Paper, Scissors to Giant, Gnome, Wizard—What a Blast! One day I went mud wrestling with about twenty others. Once, when we discovered Matt Lynch asleep on the van seat in Mid Mod Lodge, we attempted to carry him to the field, unfortunately he awoke upon hitting cold air. Damn, it almost worked!

And now last, but not on any terms least, comes the two most important aspects of CON CON—Touch Groups and Worship. My Touch Group, the Hearts, became a real family. Guided by Laila, we opened up and shared our thoughts about ourselves, each other, CON CON, relationships, spirituality and life in general. Under the calm leadership of Jacob the CON CON worships were the balls. Few better worships could be found. At my first Conference (a weekender) the worship I planned seemed to leave me having found a Key. After the Namaste Worship, I saw the Door. After New Man/New Women, I unlocked the Door. Now, after the Last Night Worship, I stand before the Door ready to enter. I feel clean, happy and calm. I know what, or rather Who, is on the other side, but now I must become intimate with Him. "He" is me, my hidden self, my core. "He" is also you. I love you all. I love us. Namaste my Lifefriend, NAMASTE.

Sean O'Sullivan  
Nashua, N. H.



Touching Friends in Touch Groups at Con-Con

## CAFFEINE, CAFFEINE USE, AND CAFFEINE INTOXICATION

Caffeine is an alkaloid compound available easily and legally in food, beverages and over-the-counter medicines. There are both enjoyable and hazardous stimulant effects from the ingestion of caffeine in coffee, tea, cola drinks, chocolate and cocoa, as well as the over-the-counter preparations: No-Doz, Vivarin, and Caffedrine.

With mild usage (150-250 mg/day), the drug has mild stimulant effects, such as: more rapid flow of thought and relief of fatigue; somewhat keener intellectual functioning; an increased appreciation of sensory stimuli and a slightly quicker reaction time. Caffeine also affects the heart's rate and rhythm and blood pressure. It increases urination and irritates the stomach lining.

Moderate (300-500 mg/day) to heavy (500mg or more/day) use of caffeine can cause symptoms similar to anxiety or like other stimulants: restlessness or jittery-ness, excitement, flushed face, insomnia, increased urinary output, and gastric distress. Symptoms of withdrawal occur with moderate to heavy caffeine use and include headache, nervousness and poor concentration.

Larger doses (1.0 Gm and above/day) of caffeine lead to more serious symptoms of caffeine intoxication: muscle twitching; periods of inexcitability; psychomotor agitation; rambling and disorganized thoughts and speech. Rapid heart rate and irregular heart beats can occur, as well as ringing in the ears and seeing flashes of light. Convulsions and respiratory collapse are possible.

It takes a lot of cups of coffee to reach toxic doses. But seriously high caffeine doses can occur when numerous caffeine tablets (or caffeine tablets plus caffeine food and drinks) are consumed. For example, 3 cups of coffee, 2 cola drinks, 2 small chocolate bars, and 6 No-Doz tablets yield a caffeine dosage easily within the toxic levels.

When the effects of caffeine intoxication are mixed with those of sleep deprivation, individuals can become acutely uncomfortable and/or very ill . . . perhaps you have noticed these things.

Peggy McComb R.N.  
Portland, OR  
Youth Council At-large Adult



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1985-86 Steering Committee

## Every District was represented at Youth Council this year!

The Youth Council met August 4-9 in St. Paul, Minnesota. We spent long hours, (it seemed like about 36 a day) in a sweltering room, meeting to decide the direction of continental YRUU for the next year. In case you were wondering, you were represented by your district's delegate. In fact, this was the first time in YRUU history that every district was represented. So here are some of the decisions of the 1985 Youth Council.

In response to a resolution passed at the General Assembly of the UUA, the Youth Council approved a draft Code of Ethics for Adults working with youth. This Code of Ethics will be presented to the UUA Board of Trustees for their use in formulating a denominational Code. Also in response to a General Assembly resolution, the Youth Council passed a resolution encouraging YRUU members and member groups to "reach out to and network with church groups and youth groups of other religious and of diverse races, cultures, and classes.

In support of the UUA Board of Trustees' creation of a Task Force on Young Adult Ministries (YAMs) the Youth Council resolved to assist the Task Force in any way possible, including specific written reports to the task force. The purpose of the YAMs Task Force is to explore the problem of the lack of participation among UU's between the ages of 18 and 30. The Task Force is presently in the information gathering stage and is attempting to assess the needs of this age group as well as ascertain what groups exist and the potential for young adult groups.

The Youth Council adopted as their Principle on Social Actions the following: "... to serve as educators about social issues, to support individual participation in social actions and to act with consciousness of YRUU's principles and purposes." With this in mind the Youth Council requests the Youth Staff to publicize relevant information from the UU Service Committee, the UU United Nations Office, and the UUA Section on Social Responsibility reports in *Synapse*. In addition, the Youth Council encouraged participation in the UU Peace Network, the UU-UNO conference on disarmament, and the 1985-86 Nicaraguan Exchange.

To address the need for continuity of leadership, the Youth Council created a two-fold system of leadership development. To serve the purpose of fostering new leaders, the Youth Council proposed an annual continental Youth Leadership Conference. To provide ongoing education for district leaders, the

Youth Council proposed the creation of a District Leadership Development Conference Handbook that would outline an in-depth, multi-level, ongoing system of leadership development. In recognition of the lack of Adult advisors and the ongoing problem of "advisor burn-out," the Youth Council passed a resolution entitled, "*The Care and Feeding of Advisors*." This resolution attempts to address some of the needs and concerns of advisors, especially the enormous energy drain that working with a youth group creates.

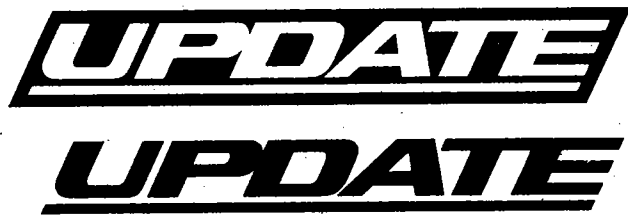
To stimulate creativity and continuity in programming, the Youth Council resolved to have a yearly theme which will be incorporated into the Continental Conference and may be used as the theme for conferences and activities throughout the continent. Beginning with this year's Continental Conference, this year's theme will be "Namaste" - that which is within me which is also within you, greets you." The Council further resolved that the next year will be the Year of Intergenerational Celebration and it hopes that the UUA will join YRUU in "preparing a blitz of resources to prepare for the year of Intergenerational Celebration."

Perhaps the most important concern of this year's Youth Council was that YRUU maintains a sense of its vision therefore, the Council resolved to encourage "the frequent and creative use of YRUU's statement of purposes are the seed from which all of our actions arise. Our statement of purposes reads as follows: Young Religious Unitarian Universalist shall serve its members for the purposes of fostering spiritual depth, creating a peaceful community on earth and peace within us, and clarifying both individual and universal religious values as a part of our growth process. Our purposes are to provide and manifest a greater understanding of Unitarian Universalism, and to encourage the flow of communications between youth and adults.

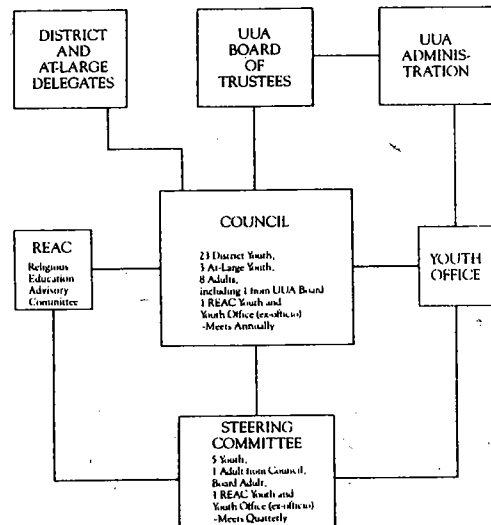
In so doing, we shall nurture the freedom and integrity of the questioning mind, and all persons of diverse backgrounds. We shall encourage the development of a spirit of independence and responsibility.

We shall strive to support our members and member groups with educational resources, a communications network, and with love.

These purposes shall assist us in developing an effective system for Social actions, and serve to raise our levels of mutual respect, communication, and community consciousness.



## THE YRUU STRUCTURE

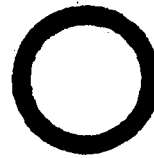
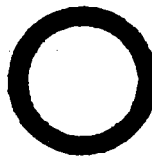


### Who does what?

The YOUTH COUNCIL is the governing body of YRUU. It is made up of one youth delegate, selected by each district, three at-large youth, chosen by the Steering Committee (see below), and eight at-large adults, voted in by the UUA Board of Trustees. During one week each summer, the YC decides the annual budget, goals, and priorities for YRUU.

The STEERING COMMITTEE, a subcommittee elected from the YC, makes the major decisions between YC meetings. The SC chooses two Youth Interns each year to carry out the daily needs of YRUU in the YRUU Office. Any youth may apply to work at the YRUU Office. For application information, contact the SC c/o the YRUU Office. A Youth Programs Consultant serves YRUU and also works closely with the UUA Section on Religious Education.

Although decisions made by the YRUU continental bodies apply to events sponsored by the YRUU Office, YRUU urges local and district groups to decide their own policies, structures, and goals according to their own needs and ideas.



# Youth Council Proclaims Year of Intergenerational Celebration

At this year's Youth Council, it was decided that the fiscal year of 1986-1987 would be the Year of Intergenerational Celebration. This decision came out of the Youth-Adult Concerns Commission. The Council felt that intergenerational activities were becoming more popular. We also felt that a year of (specific) intergenerational activity would promote community for Unitarian Universalists of all ages. This programming would be in place by General Assembly 1986.

In order to have an entire year of Intergenerational Celebration, we need ideas for activities. (i.e., conferences, gatherings, parties, etc.) If you have any intergenerational ideas that have worked, please send them to:

The Youth Office  
25 Beacon Street  
Boston, MA 02108

or

Jac B. ten Hove  
10 Maryland Avenue  
Berkeley, CA 94707

With your help, the Year of Intergenerational Celebration can surely be a party for all ages!

Jennifer A. James

WHAT WE CAN'T  
DO ALONE  
WE CAN DO  
TOGETHER



## Youth Caucus Unites YRUUers at GA

General Assembly is the annual business meeting of the UUA (Unitarian Universalist Association); Youth Caucus is just that—a youth caucus, made up of any and all youth who attend GA. Together, the people in Youth Caucus put on worship service, take stands on issues in the plenary sessions, and sometimes play games and/or dance. It's fun (I think it's especially fun if you're a delegate, because then you get to vote, and voting is fun. You can talk to your church board about that.)

This year, GA was held in Atlanta,

Georgia, at a very ritzy hotel (the peachtree something—it had lots of escalators), and, or course, lots of people were there. William F. Shultz was elected president of the UUA, and (almost) everybody's happy.

Next year, GA will be in Rochester, New York (at a university this time) from June 22 - 28, and it ought to be just wonderful. Everyone should come.

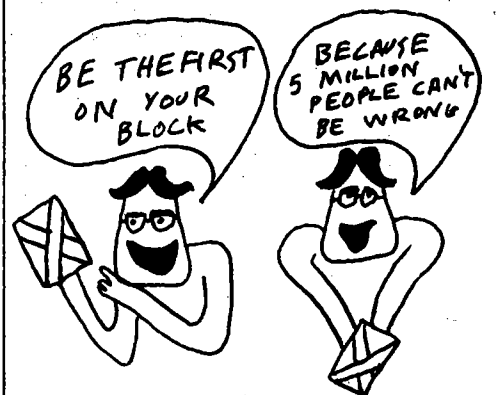
**Coleen Murphy**  
editor of Florida District's  
*News of the WYRUULD*

## Explaining Who We Are

One of the big issues the the YRUU Youth Council addressed is that too many people all over the continent have no idea what YRUU really is, or worse, have an incorrect picture of what we are promoting. To set the record straight, the Youth Council suggests that we all do loads of public relations (PR). Here are some ideas the representatives give for making it known who we are and what we do on a continental level, within the districts, and in local congregations. Do what you can in your own congregation to make your interests known.

### PR IDEAS

1. If your congregation has an office, have a YRUU mail slot so that you will receive all the goodies sent out from the YRUU office and all over.
2. Reserve bulletin board space for:  
-UU World youth related articles  
-Synapse  
-District news  
-Conference news  
-Opportunities for YRUU youth  
-A calendar of activities.
3. Convince your congregation leaders to buy YRUU pamphlets and keep them available in an obvious place. They are available from the UUA Sales and Distribution Center.
4. Attend congregational meetings.
5. With adults, younger youth and children in your congregation, organize intergenerational activities.
6. Do community service, especially by getting involved with projects your congregation's social action committee may be working on.
7. Have one or two members of your group run for membership on the church board of trustees (or, if that is impossible, observe meetings).
8. Invite adults to some of your meetings.
9. Write articles about what you are doing for district and local newsletters. Do some of these and you'll never hear, "What's a YRUU?" again.



## Looking for resources? You're not alone

"How can I get more information?" (I hear you cry.) Believe it or not, it's easy. The first place to look is in your congregation's office. If your congregation doesn't have an office, ask your president, minister, Religious Education Director, Religious Education Minister, or secretary for any resources that have been sent to them from the UUA. Your congregation will have a copy of the RELIGIOUS EDUCATION RESOURCES CATALOG which is published annually by the UUA. It contains lists of everything the UUA has that can help you out. When you look into the catalog, don't just turn to the youth section and figure those are all of your options. Many of the adult programs will also work in your group. Here are a few of the programs you will find in the RELIGIOUS EDUCATION RESOURCES CATALOG:

**LEADING CONGREGATIONS IN WORSHIP—A GUIDE** Commission on Common Worship \$3.00 4655011 (1983) A guide to leading worship meant for whole congregations, but also useful to youth worship leaders.

**SHAWNEE MISSION COMING OF AGE AND CELEBRATION PROGRAMS** \$2.00 0341001 A detailed description and outline of a challenging Coming-of-Age program for 12-14 year olds, developed by a medium sized UU society in Kansas.

**(THE) YOUTH ADVISORS HANDBOOK** Wayne B. Arnason, ed. \$6.00 0341008 A compilation of articles on all aspects of youth, written for advisors by advisors.

**DESIGN FOR AN INTERGENERATIONAL WORKSHOP** \$2.00 Order from the make checks payable to UUWF, 25 Beacon St., Boston, MA 02108.

There are, of course, many more resources outside of the catalog. If you are interested in social action resources, contact one of the many social action organizations connected with the UUA. They are: The UUA Section on Social Responsibility, The UU Peace Network, The UU Peace Fellowship, The UU Women's Federation, The UUR Office of Gay and Lesbian Concerns, The UU United Nations' Office, and the Unitarian Universalist Service Committee.

Another resource bible hidden in your congregation office is the Unitarian Universalist Association Directory.

Sound boring? No way. It's the who's who and the what's what of everything in the UUA. In it, you will find addresses, phone numbers and contact people for all of the congregations in the world, names and addresses of all the ministers, how to contact your UUA Board Trustee, information and contact people for UUA committees and departments, camps and conference centers, international organizations with whom we have connections; a service finder, a statistical survey, awards and scholarships, theological schools, associated and affiliated groups, and bylaws and rules . . . whew . . . plus even more. It's worth browsing through it just to get a sense of what this great hierarchy can do for you. Search a little bit, it's in your congregation office.

If you want information specific to YRUU, contact the YRUU Office at UUA headquarters. The YRUU staff consists of one adult Youth Programs Consultant and two Youth Interns who work year round carrying out the resolutions of the Youth Council (the governing body of YRUU), writing programs and handbooks, publishing the youth newspaper, doing leadership development, and planning continental events. Their job is to give the district and local youth groups the resources and support they need to create their own programs. The YRUU staff also represents YRUU to the UUA leadership on a daily basis. Here are some of the resources available through the YRUU office:

**SYNAPSE** The YRUU newspaper is written by and for youth and sent three times a year free to all who request it. If you're reading this, you've got it!

**YOUTH ADVISORY** A newsletter for youth advisors and leaders, edited by the Youth Programs Consultant, which is also free upon request.

**REACH** (Religious Education Action Clearing House) Each REACH packet contains program and curriculum materials helpful to a UU congregation's total educational venture. One section of the REACH packet is devoted to youth activities. Three packets are mailed to each congregation annually, (September, January, and April) free, addressed to the Religious Education Coordinator.

Workshops and Consulting: The YRUU staff is available to help with ideas and aid with local problems, as well as to conduct leadership development conferences in the districts.

YRUU also sponsors and plans three major continental youth conferences each year.

**Youth Caucus:** Youth delegates from congregations to the General Assembly of the UUA meet together to take action on items that will be discussed on the floor of the GA. Youth Caucus is also a way for youth attending the GA to meet each other and spend the week together. Inexpensive housing for youth attending GA is organized by the YRUU staff.

**Youth Council:** YC is the annual meeting of YRUU for district and at-large delegates, where the direction of the youth movement is decided.

**Continental Conference (CON CON!!)** The annual conference for all of YRUU is held in a different location around North America each year. It is a time for fun, frolic, spirituality, social questioning, and making friends with people from all over.

YRUU also works with international groups sponsoring global youth encounter trips. Through the UU United Nations Office, youth have traveled to the Soviet Union in delegations to meet people and find greater understanding. The UU-UNO holds an annual conference on nuclear disarmament for representatives ages 15-17. Through the International Association for Religious Freedom, YRUU sends youth to events in India, Japan, the Philippines, and Europe. YRUU is a member of the International Religious Fellowship, a global network of young adults which holds an annual social gathering in Europe, Japan, or North America. Also, YRUU is involved with newly forming UU youth groups throughout Europe.

For more information on anything having to do with YRUU, contact the YRUU office at: 25 Beacon Street  
Boston, MA 02108

Have a great experience in Young Religious Unitarian Universalists!

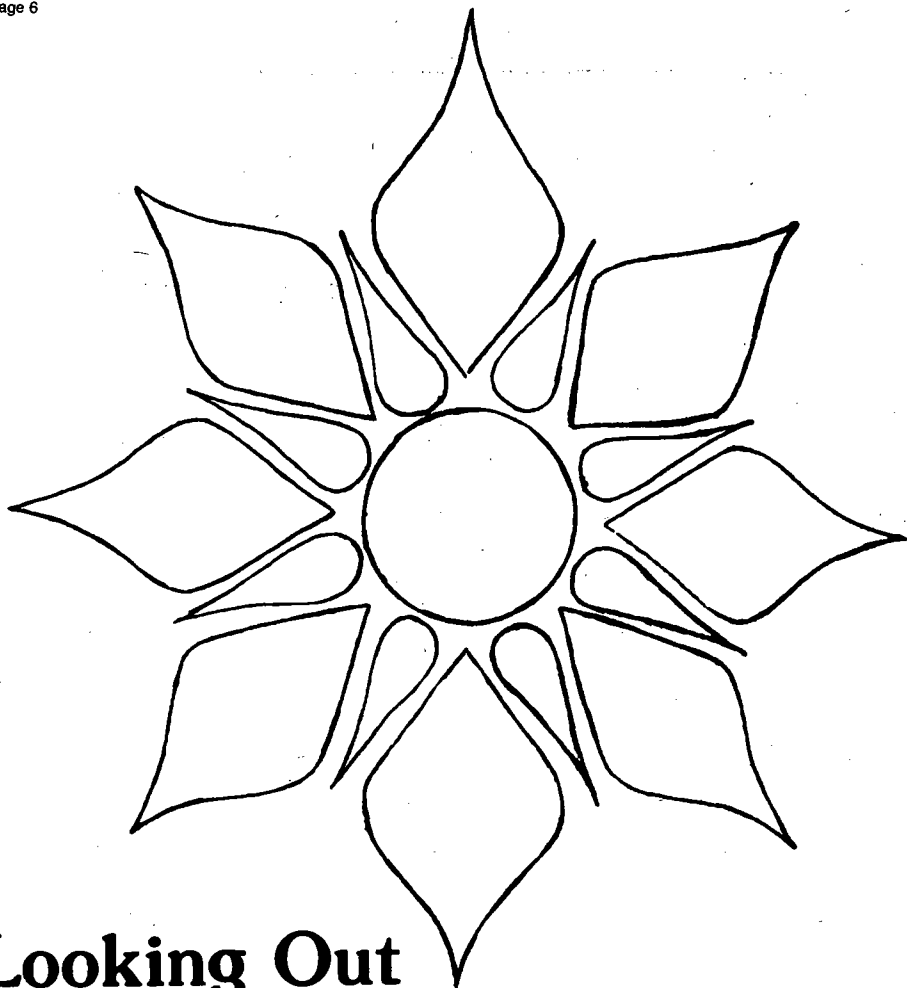
Caprice Young  
YRUU Staff Intern

### YOUNG RELIGIOUS UNITARIAN UNIVERSALISTS

#### WHAT IS YRUU?

To answer these basic and important questions, a brand new pamphlet has been prepared by the UUA Youth Staff. It is available **now** from the UUA Sales and Distribution Center. Why not order a bunch today for your pamphlet rack or your new member packet? Help spread the word to young and old alike that YRUU is anxious to help your congregation meet its youth programming needs.

#### WHAT CAN WE DO FOR YOU?



## Looking Out from the Mountain-Top

When I recall the Common Ground conference that led to the organization of Y.R.U.U. my mind wanders to an off-beat movie called *Fitzcarraldo*. Starring Klaus Kinski as a crazed intrepid Amazonian explorer, the film depicts his attempt to portage a steamship across a mountain. For three hours the audience is saturated with scenes of ropes, pulleys and rigging, hundreds of straining sweating natives, and an immense sternwheel steamship perched precariously and ludicrously atop a mountain. Ultimately, after much pushing and tugging, the ship plops safely into the water on the other side and sails away serenely. The effort proves too laborious for most audiences, however, and *Fitzcarraldo* has been relegated to cinemas specializing in the absurd.

From my perspective, Y.R.U.U. is now sailing as serenely as any youth program but we should not forget the incredible work that was required to haul it this far, nor ignore the lessons learned in the course of that sea-change. I well remember the exhilaration and exhaustion of Common Ground.

To those of us whose lives and ministries were changed and shaped by L.R.Y., there was an intense commitment that this transformation be successful. We shared the charged enthusiasm of being present at the creation. Preparations were elaborate: Delegates were chosen with strict attention to age and geographic representation. The staff trained with Olympic discipline. The decision-making process was so assiduously consensual that it was nothing short of convoluted, and name tags bore the encouraging slogan "Trust the Process!" With the intrepid Wayne Arnason at the helm (some thought him crazed to have launched such a mission), we set forth across the mountain.

As with any proper odyssey we soon were confronted by obstacles, most of which we had placed in our own way. We wrangled until dawn with issues momentous and seemingly-momentous. Our parliamentary maneuvers were obfuscatory. We came with our own special interests, stood our own private turf, and only slowly advanced to common ground. We acted like Unitarian Universalists.

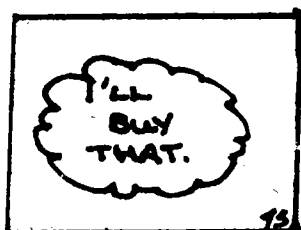
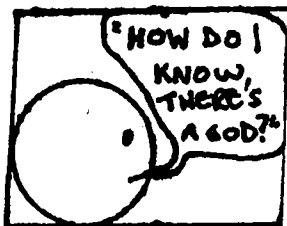
Reason, process and wrangling carried us far, but in the end we were saved by worship. Worship assumed extraordinary importance. We grieved the passing of an era, celebrated the birth of the new, and honored the present in all its hope and uncertainty. When all else failed, we worshipped. In this, too, we acted like Unitarian Universalists.

From my vantage in Central Massachusetts, Y.R.U.U. is successful not simply as an organization but in the lives of youth and adults. Conferences are frequent, well-attended, and supported by our churches. Like other local groups, ours in Mendon and Uxbridge is strengthened by continental programming and enlarged by wider associations within the District. Lives are shaped and changed.

Though the future is bright, I am yet wary. Four years after Common Ground, we now are experiencing a generational change among both youth and adults. Appropriately, people are moving on. As a second generation of Y.R.U.U. and advisors comes forth, it is especially important that adults not abdicate their involvement nor abandon the nourishment of our good traditions. It is all too easy for us to again separate into alienated camps and lose the vision we so tiringly gained. It is all too easy for us to forget that worship is a powerful guide toward common ground.

I am glad that the Common Ground conferences are behind us. I do not wish to sit through another showing of *Fitzcarraldo*. Yet if Y.R.U.U. is to remain vital in the Unitarian Universalist movement, those of us who have been to the mountain-top must persist in bringing the vision home. If not us, who?

The Rev. John Eric Gibbons is minister of the Unitarian Congregation of Mendon and Uxbridge (MA) and president of the Central Massachusetts District. He served on the Continental Youth Adult Committee and on the staff of the Common Ground conferences.



## Thinking about our Future

how do you  
envision

with confidence  
that you  
have prophetic  
qualities?

Belief.

how do you  
create  
what is yet to be  
with knowledge  
that you  
are founding  
universal rebirth?

Choosing with conscience.

I want to write about our visionary qualities. And I also want to write about our future, as a young religious community, as a planet. We have all chosen to come to our faith, hopefully not to "be fixed," but to deepen ourselves, find questions and answers and more questions and share in the joy that is our life. Too often I find myself immersed in pessimism at the age of nineteen. I'm tired of it and ready to start articulating where we can go.

This fall, almost ten of the women and men I've grown up with will spend time in parts of the world East, West, South, North, and I will stay home writing, learning, and building a foundation for my future. Their travels seem more glamour-filled and exciting than mine some days, and yet I know I am also coming to know myself and my world. I wake up everyday motivated by an echo—words spoken to me as the old YRUU Steering Committee charged the New one this year, "Give it 110%." I know how good that extra 10% feels. I know because as a UU I have been given the opportunity to dig toward the essence of life, and have been renewed. YRUU is a product of that—we call it struggling, forging new territory, or just changing.

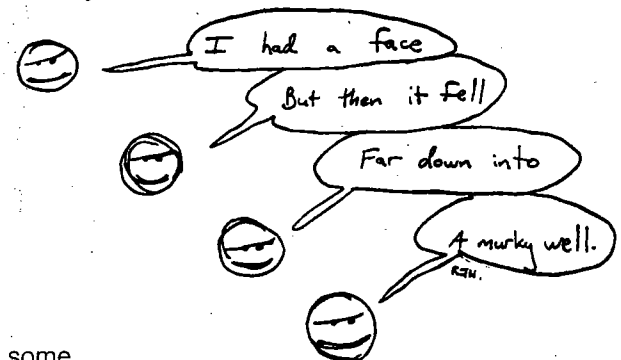
One of the most vital ways YRUU has changed UU youth movements is by reaching always for more and better interaction with UU adults. As the Rev. Jack Mendelsohn says in his newest book, "We're all in it together." I've spent the summer realizing that the age division is easily bridged. When you look into the eyes of another generation, you think, "Namaste" (That within me which is also within you, greets you), and all of the gifts we have to give each other come out to greet the other generation. It takes perseverance, it takes vulnerability. But we can make ourselves stronger, and wiser by working towards that unification. And one way YRUU as a movement is doing this is to promote 1986 as the Year of Intergenerational Celebration. Most important, we cannot forget that at this game, we are all beginners. The human race is still young.

In my Astronomy class yesterday my professor told the class that our grandchildren would be living on Mars, and that some of us would "vacation" in outer space. I have also heard people speak recently of our time as a crux time, an evolutionary shift as great as Ape to Homosapien is taking place. And I have thought about the gap that exists between people born before WWII and those born after, with bewilderment. Earth is changing, its people are changing. It's very exciting. But I do have a gut feeling that it can go one of two ways. The machines we have made can take away our power, if we let them. Or we can make our future. We can make it by searching inward, facing darkness and light together, "diving into the wreck" as poet Adrienne Rich writes, only to come up a cleansed community who genuinely cares, and actively changes confusion into peace.

Candace Corrigan  
Newport Beach, CA

## What the Future means to me

(or how to be optimistic in a world full of cynicism, hatred, anger, despair, pessimism, war and dirty laundry)



I was shocked to learn that some people aren't planning their futures because they think they have none in a world with a potential for Nuclear War. People running around screaming the world is going to end is not a new concept, but more and more people are believing it's an inevitable reality. WRONG!

Any given life form can cease to function at any time, yet if you are reading this, I'll assume you are alive. That in itself is enough to be happy, joyful, sad, melancholy, ecstatic, and every other emotion that has and hasn't been given a name. You are alive and capable of at least one of the following things worth living and planning for: watching the sunrise on a beautiful morning, wriggling your toes in the sand on a beach, complimenting a stranger, offending the minority called "the moral majority," driving 180 miles down Highway 1 along the California coast, eating, drinking, being merry, being the best person you can be, being the most obnoxious person you can be, making music, making pieces of art, making toast, making love, making love to toast, getting a book published, writing an article for *Synapse*, getting rejected by *Synapse*, writing a letter bomb to *Synapse*, being an actor then becoming President, being the best mail-carrier there ever was, being the first hippie or LRYer or

YRUUer to go on the space shuttle, being the first quadriplegic to cross the English Channel, being the first blind person to go over Niagara Falls in a barrel. . . .

The possibilities are truly endless to those of us who realize that people who were afraid of the end of Earth are forgotten and Christopher Columbus is famous. You can sit back and rot, or you can help save the world. Personally, I hope to attend U.C. Berkeley in California, to meet new people, to visit old friends, to go to every conference I can afford to, and live it to the limit without Michelob (maybe Foster's in moderation).

For those of you concerned about Nuclear War, contact anti-nuke organizations and do something about it. Cure your fear. Become an activist. Or, send \$20 donation for your FREE can of the amazing new improved "Nuclear Blast Repellent" in a 13 oz. aerosol can to:

Get Rich Qwik  
c/o Bruce Forsman  
252 E. Glen Ave.  
Ridgewood, NJ 07450

It has been fun babbling, but it's time for me to go mutilate millions of innocent living organisms since my father is forcing me to mow the lawn.



# THINKING ABOUT PEACE

I think what I learned most when I went to the Soviet Union, is that the people are real; with real lives and children who cry and get hungry and wet their pants. I felt so strange knowing that American nuclear weapons were aimed at me day and night. The reality of the whole situation is so large, and so sad. To think that by tomorrow, or even by the end of the day we might be all gone. I saw children, lots of children, with such serious expressions. They are brought up to fear Americans and our "strange" capitalistic way of life.

The Soviet idea of freedom is different from the American view of freedom. Americans need to realize that the Soviet Union lost twenty million people in World War II. Our country lost two hundred thousand. Every Soviet with whom I came in contact had a war story. Either their grandfathers or their aunts or their brothers had died in the war. One out of every ten Soviets died in WWII. (They don't want to face another invasion and will do anything to prevent that from occurring. Why should anyone have to deal with invasion?) We walked through a memorial cemetery with gravestone after gravestone. **In every grave, 20,000 people were buried.** Their freedom is "freedom from." Now they want freedom from invasion, freedom from poverty and suffering.

The young Soviet people have a lot more material things than their grandparents. Practically every home has a

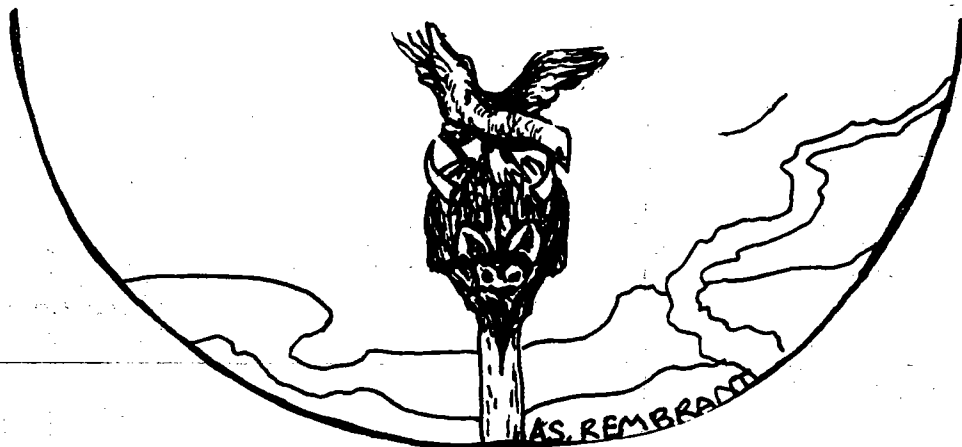
television and a refrigerator. That is a fairly recent accomplishment. Everyone has a place to live even if that means sharing an apartment with another family. They desire freedom from crime and unstable life styles. They don't seem to compare themselves with the west, but compare themselves to their parents.

Americans have the idea that freedom means "freedom to." We have freedom to do things that we can afford. Our people don't seem to think enough about history. We don't have the same concepts of past wars—we think more about our future and what we can become.

I don't think that either idea of freedom is complete. We need to incorporate more knowledge from each other. If we could only help each other more and get rid of some of the threats, the whole world would be better off.

What we need to ask ourselves is what peace means to us as individuals. We need to know what our goal is so that we can reach it to the mutual benefit of both countries. I'm glad that the UUUNO arranged for people to bridge the communication gap in the small way that we did. We need to realize that their skies are our skies, all of our lives are real and important no matter where we live and what language we speak. I learned that we don't have a choice not to think about peace.

Kathryn Deal  
New York, NY



## Choosing our Future as Young Adults

In the past, the denomination has lost many people as they make the transition from high school to young adulthood. There are several reasons for this lack of young adult participation, some of which we have in common with other religions, and others which I feel are unique to Unitarian Universalism. In general, young adults tend to be very mobile which in turn discourages regular church attendance. The problem goes more deeply than changing addresses, however. Young adulthood is an age of transition, from high school to college or a job, from living with one's parents to living alone, and from youth groups and YRUU/LRY to churches and the adult world of the UUA. All of this can be confusing and time consuming causing religion to be completely forgotten. And even if one surmounts all these obstacles and is still actively interested in Unitarian Universalism there is a lack of programming and activities available.

What does this have to do with visions of the future? That is what we as members of YRUU have to decide. My own personal feeling involves the difficulty of going straight from the warmth and community of YRUU to the seeming coldness of churches filled with older adults. I would like to see a continental organization of Unitarian Universalist young adults (ages 18-26 or so) which could work to both facilitate a comfortable transition between YRUU and denomination as a whole, and also offer diverse and meaningful programming and community.

A task force on Young Adult Minis-

tries (YAMs) has been formed which would greatly appreciate hearing any input you, as an individual or as a group, can contribute. They are asking for ideas involving post-high programming, experiences, and of course, visions of the future. Sounds great, you say, but I really don't have enough coherent ideas to send in. One way to solve this problem is to get a group together to brainstorm and discuss ideas on post-high to send to the task force on YAMs. This could be in the form of a party, a sleepover, or a workshop at your district conference, or any variation you can work out. There is no such thing as too many good ideas if we want our futures as young adult UUs to be meaningful and fun. Keep in mind also that every district is different and YAMs needs material from all districts if the end result is going to work on the continental level. Send your letters to Task Force on YAMs c/o Youth Office, 25 Beacon Street, Boston, MA 02108.

As post-high at-large I would like to hear about any post-high conferences in your district. If the registrar could send me a flyer I would be eternally grateful (you lucky registrars). Then, if you want to know what's happening in post-high conferences, you could write me and I'll know. Neat how that works, isn't it? My address is Cheryl Colehour, The Evergreen State College, Building B, Rm. 414a, Olympia, WA 98505. I don't know my phone number yet, but my parent's phone is (206) 746-9718, if you want to call.

Cheryl Colehour  
Olympia, WA



L I V I N G  
N U C L E A R  
I N A  
A G E

"Young Religious Unitarian Universalists shall serve its members for the purposes of . . . creating a peaceful community on earth and peace within us." This and other eloquent statements make up our (YRUU's) statement of purpose. The time during which these words were written, the Common Ground years, was a magical time because we were making a better place for ourselves within the denomination. We felt as if we could change the world!

And why not? The merger of the American Unitarian Youth (AUJ) and the Universalist Youth Fellowship (UYF) into Liberal Religious Youth (LRY) in 1954 led the way for the merger of the American Unitarian Association (AUA) and the Universalist Church of America (UCA) into the Unitarian Universalist Association (UUA) in 1961. We, the youth, led the way! In the world, students and youth were being heard. Young activists led the way for a better world during the 60's and 70's. We protested the unjust "policy action" in Viet Nam and, in cooperation with many other groups, created enough pressure that the government pulled out its forces. Youth spoke out against waste and environmental pollution and helped to pave the way for the clean - environment acts. We swelled the ranks of the Civil Rights movements and helped to begin the transition to a more just society.

But there is a long way yet to go. The world lives under the constant threat of nuclear annihilation. International tensions abound, from the escalated arms race between the U.S. and the USSR to Apartheid in South Africa to the ongoing wars in Lebanon, El Salvador, and Nicaragua. The world stands now on the brink of destruction and it is our future that is threatened. It's not fair that we may not have the same chance to get married, raise children, and grow old that everyone else has had for countless generations. It's not fair that we are denied the joys of our life because our elders cannot deal with their fears and communicate with each other. Prospects seem pretty grim, don't they?

Things aren't as bad as they seem! We have a voice and we can be a part of "creating a peaceful community on earth!" So how do we go about doing this? First, it is important to become educated on the issues. Read the newspaper and news magazines. Join the Social Action Committee at your church. Participate in national conferences like the UU-UNO Conference on Disarmament or the National Workshop on Social Justice. Read *Synapse!* There is

plenty of information about conferences like these and there are almost always several articles on social action.

So once you've educated yourself you'll probably want to do something with what you've learned. But as I read somewhere (I think on a button?), "Wearing buttons is not enough!" We have to do things to make our voices heard. The first thing to do is join the UU Peace Network. It will provide action alerts on impending legislation. Then write letters to your senators and congresspeople expressing your views on the issue. Deal with only one issue in a letter, it is far more effective. You can even write to the president! Your input can make a difference.

Even more effective than one letter is a lot of letters. Organize your youth group at church or start a group at school. One of the ways a group can be especially effective is by arranging an appointment with a congressperson or senator and going to talk to him or her about an issue. Also letters, phone calls, or telegrams in a deluge are highly effective in swaying legislator's opinions.

Finally, go out and demonstrate! Getting arrested for doing Civil Disobedience is an effective way to make a statement but it is not for the beginning Social Activist. Spending time in jail can be an extremely unpleasant experience at best! So I would suggest that you do legal demonstrations. (At least to begin with.) Become involved with an already established group that does demonstrations (like the National Freeze Campaign) to get some experience of what demonstration is all about before trying to organize on your own.

But don't stop there! Grow up and become senators and representatives. Plan your schooling so you will be able to become one of the people in power in the country. That's how democracy works! Or if you're not interested in politics; become a scientist or the head of a corporation, a minister or an ambassador. They all are leaders and policy makers in their own way. The important thing is to do your best now so that you can go farther later.

So you see, it's not as grim a future as it seems. By making our voice heard in the world, both now and in the future, we can make a difference. Everyone wants a better, safer world to live in, so it's time to overcome our fears and reach out to embrace the world. It's going to take the vigor and vision of youth to do that, so it's time to make a start!

David Levine  
Boston, MA

# Social Action...

Conflict  Education  Action  Solution  Resolution

## UUs ADVERTISE FOR PEACE

The 30-second television spot is filmed in black and white to contrast sharply with the color programs which will surround it. There is no human voice in the ad, which shows a nuclear explosion with the words, **"SAY YOUR PEACE"** superimposed in black.

The print message rolls on the screen: *"Keeping quiet about nuclear arms can make the loudest noise of all."* The sound of a bomb blast is heard. Then the message rolls on: **"SAY YOUR PEACE." Join. Write. Call. Meet. Talk. March. Vote. Nag. Scream.** Contact your local Unitarian Universalist Church for more information.

### How Can a YRUU Group Get Involved in "SAY YOUR PEACE?"

The UU Peace Network has sold almost eighty **"SAY YOUR PEACE"** advertising kits at \$50 each to congregations and other UU groups around the U.S. and Canada. Write to Paula Gardiner, our new YRUU Intern, and ask her for the name of a UU group in your area which has purchased an Ad Kit. If there is a group already working on promoting **"SAY YOUR PEACE"** in your area, ask if you can join.

- Promote **"SAY YOUR PEACE"** in your own congregation.
- Plan a Peace Sunday Service and use **"SAY YOUR PEACE"** as your theme.
- Present the project to your church Board and encourage an all-congregation effort to advertise SYP in your community.
- Do a fund-raising project to help pay for the Ad Campaign.
- Plan an interfaith youth peace program or activity and invite your friends from other churches in your community.
- Become part of the peace network's legislative Rapid Action Alert Network and learn more about specific votes coming up in Congress and let your representatives know your views.
- Write to Paula Gardiner and ask her to send you more information on what you can do for peace.
- Write to Paula and order **"SAY YOUR PEACE"** buttons and bumper stickers for \$1 each. Proceeds go to aid in the work of the UU Peace Network.

**"SAY YOUR PEACE,"** a continental advertising campaign, was announced in June by the Unitarian Universalist Peace Network at the UUA General Assembly in Atlanta, Georgia.

**"SAY YOUR PEACE"** is a multimedia campaign which urges people to take individual responsibility for helping to end the arms race. It features radio and television spots, print ads for newspapers and mass transit, a poster, buttons and bumper stickers. The simple message on the campaign poster is:

**"SAY YOUR PEACE." Join. Write. Call. Talk. Meet. March. Vote. Nag. Scream.**

Dear Paula:

Please send me the following:

\_\_\_\_\_ Name of UU group in my area which has purchased **"SAY YOUR PEACE."**

\_\_\_\_\_ More information on **"SAY YOUR PEACE."**

\_\_\_\_\_ More information on what I can do for peace.

\_\_\_\_\_ Buttons \_\_\_\_\_ Bumper Stickers

I am enclosing a check or money order for \$ \_\_\_\_\_ to cover the cost. Checks should be made out to UU Peace Network.

PLEASE PRINT!

Name: \_\_\_\_\_ Congregation: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Return this coupon to Paula Gardiner, UU Peace Network, 5808 Green St., Philadelphia, PA 19144.

# SAY YOUR PEACE.

Join.  
Write.  
Call.  
Talk.  
Meet.  
March.  
Vote.  
Nag.  
Scream.

Unitarian Universalist Peace Network 

Philip H. Dougherty, writing in his Advertising column in the *New York Times*, highlighted the campaign and also devoted two segments of his daily morning radio report to it. Dougherty said that he hopes this is one ad campaign that works.

YRUU groups can join with congregations, area councils, units, clusters or districts in taking responsibility for placing the ads and public service announcements. "How to" information is part of the **"SAY YOUR PEACE"** advertising kit.

The newspaper ad features a group photograph of ten members of the Unitarian Church of Westport, CT under the headline, **"SAY YOUR PEACE."** Below the photograph, the ad says, *"The fear of nuclear war is on everyone's mind. If it were on everyone's lips, we might get somewhere. Join. Write. Call. Talk. Meet. March. Vote. Nag. Scream."*

The church members are surrounded by quotes in their own words about the arms race. A woman says: *"I'm from Japan, the only country that suffered the bomb. We must prevent it from happening again."*

A man with white hair comments, *"As Einstein said, to survive, we'll have to change our way of thinking."*

An elderly woman says, *"I'm even more aware of the need for a peaceful world now that I'm a grandmother."* A middle-aged man says, *"I believe we can change things. We stopped the Vietnam war. We can stop the arms race."* A teen-aged boy says, *"It scares the hell out of me."* A young mother asks, *"Will there be a future? That's my underlying concern about raising a family."*

Paula Gardner  
Philadelphia, PA

## UUSC SEEKS TO EMPOWER YOUTH

*"In S.E.E.K. we are making a concerted effort to invite young people into an active partnership with the Unitarian Universalist Service Committee (UUSC), as participants in the volunteer Service Corps, our local units, or in organizing to address issues in which the Service Committee is involved and can provide youthful resources. We know this invitation will be taken up—because Unitarian Universalist youth care about human freedom—both for themselves and others."*

—Dick Scobie  
Executive Director, UUSC

S.E.E.K. is a new guide from the Unitarian Universalist Service Committee; it provides a nuts and bolts introduction to social action and education for youth and youth leaders. S.E.E.K. stands for Service, Education, Empowerment and Knowledge, the four pillars of social change. The guide attempts to address all four aspects by providing information that is clear and complete and by suggesting actions that are feasible and effective.

The arrival of S.E.E.K. is important for two reasons: It eases the shortage of program materials for youth groups and it provides an avenue for youth to make a commitment to social justice and human freedom. It is essentially a compilation of resource suggestions, action ideas and step by step instructions on how to effect social change, as an individual youth or as a youth group. Its message is that you can make a difference, no matter what your age or experience.

S.E.E.K. is the first resource within the denomination specifically aimed at bringing youth into the social change process. It emphasizes those organizations within the denomination which provide support for social activists and which work for social change. It explains in detail what the Unitarian Universalist Service Committee can do or provide for concerned youth in local congregations and youth groups.

Another positive aspect of the S.E.E.K. manual is that it was written by and for youth. The collecting and organizing of the material in S.E.E.K. was largely the work of two youth interns at the UUSC, Marin Ritter and Natalia Taylor. As such it does not condescend, but rather talks from a point of view of shared experience.

The S.E.E.K. manual has a looseleaf format that lends itself to inserts and additions. This manual is by no means the last word on youth involvement in social action. Instead it provides the impetus for youth and youth groups to get involved. The sections "For Parents and Teachers" and "Our Religious Social Responsibility" will help those working with youth to begin to discuss and formulate ways to involve youth in social change.

To change the world we must all work together. That is certainly one of the strongest messages that S.E.E.K. conveys. Hopefully S.E.E.K. will provide an opening for youth to become involved in that process.

*"If we are to reach real peace in this world and if we are to carry on a real war against war, we shall have to begin with the children."*

—Mahatma Gandhi

Colin Bird  
UUA Youth Staff '83  
Mara Schoeny  
UUA Youth Staff '83-'84



UNITARIAN UNIVERSALIST  
SERVICE COMMITTEE

ANNOUNCES

# SEEK

Service Education Empowerment Knowledge

A NEW PUBLICATION  
FOR YOUTH VOLUNTEERS

This colorful and informative manual available for \$10.

--Information and Action on all UUSC programs, including U.S. programs, international programs, human rights education and volunteer programs.

--Chapters on Peace, tips on organizing committees, publicity ideas, Youth Sunday, legislative advocacy, letter writing, suggestions to parents and teachers, and an extensive resource listing for volunteers who want to take action for social change.

Please send \_\_\_\_\_ copies of the new SEEK manual at \$10. per copy. Enclosed, find \_\_\_\_\_ to cover cost of the manual(s).

NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

ZIP \_\_\_\_\_ TELEPHONE \_\_\_\_\_

Please make checks or money orders payable to SEEK and mail to the Unitarian Universalist Service Committee, 78 Beacon Street, Boston, MA 02108. (617) 742-2120.



# Only a beginning. . .

## The Unitarian Universalist United Nations Office Youth Delegation to the Soviet Union

Twenty-five UU young people returned from a two-week visit to three Soviet cities with a variety of impressions and a commitment to learn more about the Soviet Union. The trip is only one point in the ongoing process of discovery and sharing that will continue this year as the participants speak and write about their experiences. To join in this process, contact one of the participants to speak to your congregation or youth gathering.

The participants (13 men and 13 women between the ages of 15 and 23 and representing 16 states and one province) raised the \$2,100 cost of the trip by holding dinners, luncheon, car washes, and other fund-raising events; soliciting contributions from individuals, businesses, peace and church groups; or by tapping personal or family sources. Several UUA districts contributed funds. By supporting the project members, home districts and congregations had a sense that they owned the experience.

The full group met for the first time on the evening of June 24, at the opening session of a two-day orientation in New York City. The orientation covered the Soviet views of the outside world, the Soviet peace movement (both official and independent), religion in the Soviet Union, and the histories of Moscow, Riga, and Leningrad—the three stops on the itinerary. The delegation departed for the USSR via Helsinki on June 26.

Jim Olsen  
UUUNO, Director  
USSR Trip Organizer



Youth Delegation sings "Down by the Riverside" at Pioneer Camp.

I noticed other changes from a year ago. More consumer goods seemed to be available in the stores. Public drunkenness was far less evident, due to the government's new anti-alcoholism campaign. Establishments serving alcohol close early and drunk drivers receive stiff fines. One penalty for intoxication is loss of one's place on the list for new housing.

Jim Olsen  
UU-UNO Director

After spending a day with a Soviet friend, I asked what she would have me tell the American people: "Tell them not to think bad of us."

—Tad Waddington  
Phoenix, AZ

I was walking through the underground corridors that lead from the subway to the streets in "downtown" Moscow when I saw their hands moving and swaying—it was obvious to me they were having a conversation. I asked them if all five of them were deaf and they signed, "yes, are you?" I answered that I was an interpreter for the deaf in America. This took them by surprise. I continued to sign to them and they continued to stare curiously at me and my friends. Then, somehow, as if in a flash, all five of them began to sign back to me; all asking where I lived, if I was a student, if I liked the Soviet Union. Pretty soon all of our hands were flying in excitement, laughing, smiling, asking about politics, and the 1985 Deaf Olympics in California. The deaf Russians' last signs meant, "Tell your country about peace . . . We wish an end to this cold war." We waved goodbye.

Kathryn Deal  
Santa Monica, CA

The "clash of cultures" extended to dress and decorum. Soviet adults never wear shorts in the city. Nevertheless, one of our men wore Bermudas one day, causing a minor stir on the street. Some of our people took offense when their exuberant behavior drew stares from the reserved Russian pedestrians. It is difficult for us to recognize, much less alter, our characteristic behavior.

Jim Olsen  
UU-UNO Director

There was the traditional Latvian courtesy upon boarding the bus—women first, then visitors, then men. When we reached the club\* after chatting a bit with the Latvians next to us, we went into a large class studio which had a piano and tape deck (reel to reel). We started in a large circle learning the basic polka steps and getting our style right. People who didn't catch on immediately received personal attention from the instructor. She was thrilled with our enthusiasm and the lesson went very quickly, although two hours had passed.

She was very anxious to learn American dances, so after a brief conference we decided on the Virginia Reel ("a dance from our revolution!"). Jane Park taught, I provided the music, and the Latvians strutted about pretending to be Americans. I gave the instructor a tape of contra dance music and a photograph of traditional contra dance clothing. The Virginia Reel is now a part of their repertoire, just as their dance is a part of ours.

—Adrienne Antrim  
Keene, N.H.

As the only Canadian amongst 26 Americans I learned a lot about being Canadian. Before this visit I felt guilty mentioning my nationality. Clarifying that I am Canadian, I thought, was to support and accept the idea of a divided world rather than a unified one.

But during the two week in the Soviet Union I learned that to affirm my citizenship is quite okay, if I'm doing so in a positive manner. Meeting Soviet people helped me to realize this. Visiting their country I couldn't ignore the fact that political and cultural differences make for different people.

Soviets were familiar with Canadian sports heroes, literature, and politics. After learning that I was a Canadian, a farmer in Riga's enormous market shouted, "Gretzky!"

By the end of our visit I realized that differences between cultures—any cultures, including Canadian and American—are something positive. Cultural differences should not be ignored, but observed, understood, and accepted.

—Augene Nanning  
Edmonton, AB

The most important thing that I will try to share is the feelings of genuine friendship that I made while in the Soviet Union. The friendships I made were impeded by time, and for that reason were beautiful and desperate attempts at intimacy. I believe it was achieved.

—Clark Branch  
Landing, NJ

## USSR NOTE

These are some of the impressions of the USSR brought back by the participants of the Youth Delegation. Special thanks to THE WINDOW ON THE WORLD, the newsletter of the UU United Nations Office.

### WHAT IMPRESSED YOU THE MOST?

Pioneer Campers  
Soviet fear of war  
Subways  
Soviet's pride in their country and their way of life.  
How little we know about each other  
Peacefulness in cities at night  
Friendliness of people  
Overwhelming scale of buildings and banners  
Rigid control that the government has over people's lives.  
Superiority of Soviet educational standards

### WHAT DID YOU LEAST EXPECT?

Caviar and fancy hotels  
The chance to meet so many wonderful people in so little time  
How lively the Russian people are  
Greenery and open spaces  
Poor toilets and sanitation  
Opportunity to be so free and go out on our own to meet Russians  
Being jostled by crowds in Moscow  
Vegetable shortages



### USSR Delegation Quotes

Late in the evening of June 28 we arrived at Moscow's Shevemetievo Airport, after a brief Aeroflot flight from Helsinki. It took three hours for the group to clear passport control and customs. Several members of our group had their luggage searched. Customs officials spent one-half hour discussing several items in my luggage, especially 200 Xerox copies of a short Russian-language description of Unitarian Universalism. One inspector politely informed me that the copies would have to be impounded pending a final decision. By the time I finished it was 1:00 A.M.

Jim Olsen  
UU-UNO Director

I saw a propaganda poster with a mother and child being confronted by a bayonet-type gun, and it was gripping. They have constant posters commemorating the war years; it is something that they refuse to let go, or forget.

Jennifer Tauszig  
Farmingdale, NY

To visit the Soviet Union is to visit people in all of their varieties. The term "Soviet Union" carries a connotation of singularity. The Soviet Union is a plurality.

—Ted Riordan  
Port Washington, NY

## UNITARIAN UNIVERSALIST NATIONAL WORKSHOP ON SOCIAL JUSTICE

The growing lack of regard for basic human rights in countries all around the world—from Apartheid in South Africa to the death squads in El Salvador—makes now the time for UUs, especially UU youth, to take a firm stand on issues of social justice. In the face of media reports claiming that youth today are interested only in their own futures, not in the conditions that other people must face, we must educate ourselves so that we can work for peace and justice for everyone around the world.

The workshops, events, and speakers at this conference will give youth a chance to become empowered—able to act on their beliefs and values in order to make a difference in the world. Unlike past workshops, this year's conference will focus on skills building rather than issues, though a wide variety of issues will be used as the basis for education in advocacy. Conferees will be briefed by experts on such issues as: Southern

Africa, US relations, Civil Liberties, and Economic Justice. After workshops and briefings, participants will have an opportunity to talk to their congresspeople face-to-face.

In recognition of limited financial resources, the youth registration will be reduced. Though the fees have not yet been set, we anticipate that they will be similar to last year's fees. Also cheaper-than-usual housing is being explored and travel subsidies should be available. In fact, all but the first \$50.00 of travel for youth (people 22 and under) and \$100.00 of travel for adults (anyone who isn't youth!) will be paid! (If we get the grants we applied for!)

The workshop will be from Sunday, April 13, to Tuesday, April 15, at Howard University in Washington, D.C. For more information contact David Levine in the Youth Office: 25 Beacon St., Boston, MA 02108, or call (617) 742-2100 ext. 246, as soon as possible.

My very first impression of the USSR was walking around Moscow at sunrise, and, although I had never consciously thought of the Soviet Union as being colorless, all I could think was "WOW, the trees are GREEN, the skies are BLUE, Russia is a part of the planet Earth!"

—Coleen Murphy  
Ft. Myers, FL



## SO FAR AWAY

Hey Buddy,

July 1985

We've not talked since I called you just after the end of our trip. How are you? Have you settled back into life in the states yet? Although we were only in the Soviet Union for two weeks, it was hard to come home. But what memories I have! Remember folk dancing? We couldn't talk with them but we sure could communicate! And singing with the people we met by the river that night in Leningrad—AH, that was so special. One of the things that impressed me was how aware of the U.S. they are. I'm also quite impressed by how concerned for peace they are. Hell of a trip, wasn't it? Listen, I've got to go. Write soon.

Love,  
X

Dear Friend:

August 1985

So good to hear from you. I must agree that it was quite an experience. Though, I don't think I'm as impressed with the U.S.S.R. as you are. It certainly has the most beautiful cities and the strongest artwork I have ever seen. On the other hand, I felt overwhelmed by the amount of waste that I sensed. You know what I mean? The ideal Soviet person does exactly as told, no less and no more. I think this kills the individual drive for quality. Why should you do your personal best if you aren't going to be appreciated or, worse, punished for it? Some of the people I talked with were aware of this; they said that nobody wants to stand out of the crowd—even for excellence. It seems a terrible waste of potential. Did you sense this too?

With love,  
O

Hallo,

September 1985

Perhaps I did come off a bit pro-Soviet. I know what you mean about waste. I saw this as what they think security is all about. What they said about freedom (to/from) is right: in the U.S. you are free to do just about anything you want. In the S.U. you are free from many worries, i.e., food, job, and health care are all provided for. And remember how clean and safe the cities are? As I see it, they sacrifice freedoms like the one you mentioned, the pursuit of quality, so that they can have security.

I am still impressed with how much they said they wanted peace. But I also wonder if their definition of peace is different than ours. After all, isn't "peace" a homonym for "world?" Ha!

With care,  
X

Friend:

October 1985

I know what you mean. If they "fight for peace" as hard as they say they do, why don't they get it? You know, I'm really driven to do something about the present Nuke situation; only, now I feel much more cautious in dealing with the Soviets. They aren't our friends and I wouldn't last a week under their rule. But I also think war is much less likely than I originally figured. They're paranoid but they aren't stupid. And at the same time I feel that peace is very very very far away, so far that if we ever hope to achieve it, every step we take must be in that direction.

Yours,  
O

Tad Waddington  
1130 E. Orange St. T7B  
Tempe AZ 85281  
(602) 968-7724

P.S. I have much to say, much to share, much to learn. Write me, call me.

# Why I chose suicide

## What I feel now

I think about how selfish the act of suicide is. A helplessly selfish act. But there are 50,000 teenagers every year who resort to, in helplessness, attempting suicide. Statistics say 5,000 succeed. Why are kids doing this? I don't think there is any definitive or even reasonable answer. But I can share some feelings behind my own suicide attempt three years ago when I was 15. Instead of examining my home life, I'm looking more at the influence of the media and how the public educational system and the society of schooling affected my thought processes and self esteem. Attitudes have definitely changed over the years and with all the available outside stimuli I've seen that learning is no longer a focus in the high school years.

I don't know whether it's subconscious or instinctive, or how firmly rooted it is, but there is a definite refusal to accept the simple things in life . . . trees, a sunrise, an ant, or just breathing . . . as enough. It's an attitude of there always being something *more* and new and different. I remember being in grammar school and fiercely admiring the older kids. I couldn't wait to move up to the next grade, and I took the schooling principle to heart: be better and smarter than the year, the month, the week, the day before. I was devout through junior high school, and now can barely remember a time when I was happy or satisfied being where I was at a certain point, while I was there. Or being who I was. There was always someone who got higher grades, played kickball better, and had more friends.

High school for me was supposed to be the magic transformer of kids into the carefree beings I saw on television and in the movies. I couldn't wait! It took about four days to realize the same contest of competition and comparison was happening, more intensely, and I continued to wake up as the same, unchanged Laura. It was crushing.

~ ***"High school was supposed to be the magic transformer"***

In junior high I was able to ignore the succession of people forming exclusive cliques and sliding into the party scene. High school seemed to magnify this process, and at first I accepted it and tried to follow along and fit in. But now my friends wanted to go out drinking Friday nights instead of a swim at the Y or talking and listening to music. In school I'd force myself to laugh at jokes I thought were stupid and sometimes cruel; I'd say some myself, and I'd listen to the gossip and regular grilling of anyone who wasn't at arms length.

Hearing that broke down a lot of trust I had in my friends, and in myself for not expressing my true feelings. When paranoia began to grip, I started avoiding the gossip gatherings; and that cut out a major source of social contact. I felt, in a way, like two people—one outside, frustrated, and watching this other one trying to care about absolutely having to have a pair of French jeans.

Freshman year I felt, really I just watched, the energy to be the *best* leave my body. So many questions began to run through my mind, like why am I spending so much time studying formulas and numbers and dates when, after the test, little of it was important in my life? It no longer was such a thrilling accomplishment to be better than 20 other people at remembering information that I forgot just as quickly as everyone else. Other questions—why do I want to put effort into friendships with people busily surrounding themselves with images, clothes and parties—plagued me as well. Maybe my scope of vision wasn't very clear, but the things my friends were putting value in really isolated my true feelings.

Like I said, it didn't take long for my energy to dry up and to find myself creeping off, trying to be inconspicuous in class, in the hallways, and the cafeteria. I remember spending most free time in silent study carrels immersed in romance or adventure novels. School work wasn't important anymore. But I never figured out what held me away and stopped me from being a part of some group.

***"Why didn't I have the freedom to be wild and crazy and live for shopping trips to the mall?"***

Closing myself off wasn't a conscious decision in any way, and I never noticed how my habits and thoughts were altering. In being apart from other kids yet still around them, I was continuously judging and comparing myself to them. Growing loneliness was magnified by what I saw as laughing, joking crowds having fun around me. I couldn't talk to anyone. An obsessive self consciousness set in, to the point where it was an acute ordeal to walk up and put a test paper on a teacher's desk, or ask a question, or even to laugh out loud. I felt like all my emotions were clenched in a tight fist and sealed over.

At home what I'd hear was the same driving encouragement to 'succeed at school in order to have maximum opportunities available when I was through. It became an almost unbearable pressure trying to hide my disinterest in the vehicle of my future success. Having met my parents' supposed standards for eight years, and needing their approval to continue, it really became a farce in my eyes to keep accepting their direction and suggestions. I felt like a phony and undeserving of any praise. So I escaped and refused interaction with them. Most every night I'd spend in my room with the door shut.

I felt powerless over my feelings of loneliness and isolation. I didn't know how to change and get out of the situation. Almost immediately my critical eye fell on my appearance, and what I saw was a body too fat to be tolerated. I had dreamed up an image of the perfect person to be, inspired by the collection of fantasy novels I gobbled up. In school, on television, and in books the people I admired were tall and thin and full of life. At 5'2" being tall was out of the question, but I could be skinny.

So I didn't eat for three months, except token portions to avoid attention. My weight went from 106 to 90 pounds and I felt good about what I saw in the mirror. Though I remained a loner, it was okay because people noticed my physical change and complimented me; boys paid more attention, and I felt strangely special in my apartness. Walking down the hall, although still keenly aware of my every move, I didn't cower by the wall. I thought people could only say and think good things about me, and imagining their admiration made me feel better and more assured.

Something had happened, though. I found my dealings with food, or avoidance of it had developed into a preoccupation, an obsession. I really wasn't as carefree and confident as I saw myself being. The moment I allowed myself to indulge in regular meals and sweet things I had denied myself, my eating would go out of control. I never before had a problem with over-eating or even thinking much about food. Yet all of a sudden my thoughts were filled with it and everywhere I looked new and tasty treats offered salvation.

And I took it! And took and took, and then when my weight started to go up, I panicked. The unstoppable urge to consume *had* to be controlled or balanced. My answer was to binge, satisfy that desire, then to throw up the food. At first it worked—I could have my cake, eat it, and get rid of it too.

photo by Adrian Smith 1985



My interests narrowed down to reading, close studies of "Vogue" and "Glamour" magazines, and exercise. I was even less concerned with other people's opinions of me. The cycle of bingeing and purging grew ferocious as it was happening every day, sometimes a couple of times per day. My eyes were always swollen, and throat sore. I hated throwing up, it *hurt*; but I couldn't stop. I couldn't stop over-eating and the fear of gaining weight was stronger than the pain of throwing up. Any satisfaction I had with my appearance disappeared; I was never as skinny as the models in magazines.

I could scream at the inescapability of advertising and the media's message—a reverberating calculation that people aren't quite good enough as they are. And we, as the public, are allowing this manipulation to happen. It's so scary to realize how it's not questioned that a lot of women 'need' makeup to feel presentable, that security and comfort comes from a roof overhead instead of stars, or that an apple from the grocery store is tastier than one from a tree outside.

I was definitely an enormous digester and pawn of advertisement. For five months, through the summer, Bulimia controlled me. My first day back to school (tenth grade), I went intoxicated. I had tried alcohol for the first time a few days before and the numbing sensation was incredible to me. I couldn't believe such wonderful relief from the rigors of food obsession existed in such an accessible form. I made a habit out of it.

My parents kept a well-stocked liquor cabinet in the kitchen, and it was easy to take a glassful of scotch or vodka without it being missed. I would get up in the mornings at 5:30 or 6 and gag down a couple of carefully measured shots. To avoid being sick, I'd eat a piece of bread after. Then I'd plug myself into the stereo headphones and wait for that floating feeling to numb my body. Over a period of 2 months I worked my alcohol tolerance up to 6 shots in a ten-minute sitting. The physical effects in school were headaches which would begin to grow after lunch. At the 2:15 bell, I was an aching wreck. But the next morning I'd do it again, anxious for the release. Now, even thinking about the smell of liquor makes my stomach churn.

Nothing much mattered anymore. I wasn't throwing up after each binge and when the panic of extra pounds set in, I knew how to take care of that. I tried not to think too much, about anything. When I did, the shame and hatred of myself was just too overwhelming. I don't think my teachers noticed changes in me, and if my parents knew what was happening, whatever they suspected was kept between themselves. I was still trying to act the perfect daughter I thought they wanted, or saw me as. But it really didn't matter that much anymore. Maybe it was quite a number I did convincing myself I didn't care; maybe, to some degree, it was real.

Either way, that day still came when I felt removed enough from myself to not want to 'be' anymore. I remember viv-

idly, as if it was a scene from someone else's life, being alone in the house, as usual, and coolly deciding I was going to kill myself. The idea had crossed my mind before, but never seriously. I thought one had to be crazy to do that. Yet there I was sitting on the couch staring out a window, not seeing and not feeling anything inside. No energy for life. It was one of the first clear-cut decisions I made on my own and for myself. The rest of my life had been just the process of living I'd been born to. My life did not flash before my eyes, nor did the faces or feelings of anyone in it.

I watched myself climb the stairs, find a carving knife, and cut my wrists. The knife wasn't very sharp, and I had to slam it down over and over. And I didn't feel any of the pain.

But it was a horror beyond words to watch my person destroy itself. I felt it then, the pain of the gashes began to sear and I started shaking. What I remember is binding off my arms, bandaging my wrists, and cleaning up the blood. That night I was so faint I was *afraid* I would die. I never told anyone and spent the weekend trying not to shake or pass out.

It was my mother who confronted me about the bandages on my wrists which I'd been covering up with long sleeves. The following weeks of being in a psychiatric hospital slowly awakened me to feelings of intense self hatred and shame at what I'd done. How could all of that have happened—to me? I was labelled in the hospital as suicidal and became another growing statistic. People were always watching me and questioning—strangers I wanted nothing to do with. The atmosphere of being locked up and out of control of my life physically made my troubles seem pretty hopeless. What happened was I was punished in confinement and let loose with a warning. I never dealt with the crunching disappointment I felt I was to my parents, and myself. I had to go home and live with people I couldn't look in the eye.

For two years after, we never talked about it. No one in school found out. My Bulimia continued, but I kept my head above water; I had made two firm decisions in my life. It was an abuse of the decision-making freedom, but now I have to look at it as a necessary extreme for my survival. I *did* and *do* have the power to make changes happen in my life.

That initial questioning of life made it possible to begin questioning lifestyles society accepts today, and what is important for me. I wondered why teen suicide is such an epidemic these days. And what is so different from 30 or 40 years ago? The same social and scholastic pressures were around. But television with 89 channels wasn't. Neither were vivid colorful films of war and starvation. Violent crime and murder didn't join the dinner hour at 6 o'clock. Drugs weren't talked about and taken on such a receptive, casual basis. Sex has come out of the bedroom and into the living room, spoonfeeding youngsters the art of a quickie romance. Instant gratification, the fast, the easy ways are the roots of today. The subliminal effects of

continued on page 12

To all the stellar young people who have graced my life for the last two summers at Star Island, Rowe Camp, Youth Council and Con-Con,  
In countless ways, you folks have helped reaffirm for me that what I receive from an experience corresponds directly to what I put into it. As hard as they've been sometimes, these summer projects and adventures have been an intensely rewarding slice of my life, not to mention FUN! All crunchiness aside, I hope I'll meet up with many of you again "on the road to find out." Namaste, y'all.

Love,  
Jaco ten Hove,  
(Berkeley, CA)

Dear Kids,

Steve I am M camp Bo. Co. and everyone is so pretty I could just puke. I mean you know insecurity bearing his ugly head when you get up in the morning and check your pectoral development for symmetry. If you are crisscrossing the continent and you need a place to stop a moment, please call: Love & Stuff, Eric Kamiretzky, 1815 17th Street, Boulder, CO 80302. 303-449-0165.

Dear July,

Declare your pizza independence! Tell those Princeton boys I said, "Fork You." Thanks, I needed that!

The Star Spangled Polock!!  
P.S. Time wounds all heels.

Jenny B from Tennessee,

Yes, I'd love to come. Maybe not that weekend though. I'll have to see. Keep writing and tell me what you're doing this year.

XO Janet

'til Jan.: 311 Coleridge Drive, Waterloo, Ont., N2L 2V1.

Hey all you neato people from YC '85,

The summer was fantastic! You all helped me reaffirm my love for YRUU at the continental and district levels . . . and Michael, Judy, Jimmy, Dougie, Pat & Krisea—You're the best local ever!

Love,  
Leia Aika Clude

P.S. Jason I miss you!

Michael,

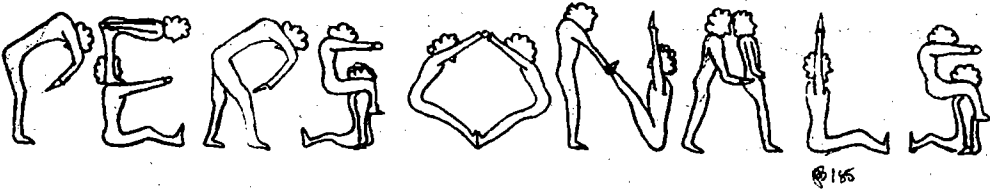
You're my best friend and I love you.

Leia

Send Silly, Slyrpy, and Serious. Mail to: Natalie Hamm, 9798 N.E. Mirden Cove Dr., Brainbridge Island, WA 98110. She's really lonely and would love UU Pen Pals.

Hi Caprice & Dave,

I've finally found out my new address, and here it is: Chris Wise, 5801 Morris Street, Apt. 152, Philadelphia, PA 19144. (215) 848-2240. If you could put my address in the personals section, I would compass Fire Hydrant Dacron Spoonful appreciate it.



Hello to:

Stina L. and Dave S. from your warm, fuzzy friend N. XOXO.

Leslie,

Happy birthday, T.A.I.I.M.B. Can't stop thinking till I scratch it.

Love,  
David

Con Con People,

My personals were stolen by alien beings. So they may have been missed by you. The message was. Namaste, I love you all.

David Brigham

Help!

Anyone from Con Con who took the social action workshop. I lost the address of Bob the man who led the workshop. Please send me his Washington D.C. address. Hi! David and Judy, Stephen and Mark. Love to all at Con Con. Be there next year!

Leigh Berrey  
2636 Whippoorwill Circle  
Culuth, GA 30136

Mark,

Fluff! I was so surprised to see something, from you to Fadem in the *Synapse*! I love you fluffy! Come to a conference up my way, sometime! Love from a fellow YRUU, and Rowie!

Wendy

Cat,

What have you been up to? I haven't heard from you in ages. Call me sometime.

Love Ya!  
Wendy Bolton

Stefan,

You can't do it again until next year.

Love  
The one with the Spandex burns

Dan,

RELPL!

Scooby.

John,

Congratulations! Know that we love you and you are missed!

Love,  
Kira - Tokyo, Japan  
Tracy - Washington, IL  
Ann - Seattle, Washington

Peoria YRUU,

US Turkeys will run forever! Member Indi!

Love Ya!  
TS

Mike M.,

"Member Me? Con-Con '84?" You moved!! I love you! Remember that!! You have no phone!! Write me! I need you! I love you!! Con-Con '85 won't be the same without you! I'll be there, find me!! I moved too: Tracy Stober, 1205 Kingsbury, Washington, IL 61571. Love flies to you upon a silver wing.

Love always,  
Tracy

Tracy J.,

I don't know why I wrote a personal for you. It's not like I don't see you every Sunday . . . gosh *Life's Rough*. -Da . . . my name is Tracy.

Ann, John, Tracy,

You alone have written me mail with friendship is what I need. I love you all so very much. I'll see you in NOMATTER WHAT! Please write, I miss you. Me in Japan.

Kira

Dear T. (& S., if she writes),

It been long time since "kinky" vacation, lots of fun, yes? T.—Con-Con too much, yes? S.—you no know what ya miss! See ya there '85! (maybe).

Your Oriental Pen-Pal  
Sparkle

P.S. Write! Help practice no good English! Say "Konichiwa" family.

Hey,

All you VRUUers Dawn South in Atlanta At Northwest: I'm doing ok. There's NOR.E. at church. Appreciate what ya got, while ya got it, huh? I miss y'all. You can write me at: 25-9 Vehara 2-Chome, Shibuya-KU, Tokyo 151, Japan.

Live it up,  
Kira - in Japan

Hey,

Kitcherer—Waterloo LRY wants you! If you think the UDL were full of shit you should see us!

Augene,

I miss you too, but I'm not in Edmonton anymore . . .

Lorne

To Every Single One of You,

Where am I? What's going on? Why doesn't anyone write? Please?!! Lorne Beckman, 1465 Walkley Road, Ottawa, Ontario K1V 0H3.

Sherry,

I love you.

Marshall

Marty,

My giving tree, whose branches reach out to help and care. May the day come quickly when I land on them again. Remember me when you see on soar.

Hawk

Charlie, AKA J.E. Starfield,

Isolated in redneck country, your sister awaits word from the outside world. Write, call, move to Florida, or be disowned.

Love Always,  
Your younger, youngest sister,  
Laura, AKA Chameleon

P.S. That goes to anyone else I know out there.

Gorihacurt,

Boy, oh boy, I sure do love you! You gots really cute ten toes, neato hair, gorgeous eyes, a great cat, a great car, a perfectly peachy sense of humor, a truly sexy pair of lips, and lots else! When you are a fish, then I am a fish, and boy oh boy, I sure do LOVE you!!!

Bats 4U

Hey, Gorgeous red head guy, this is your (hopefully) sexy slightly sidistic loving girl and I know I love you.

Batti Patti

Jaco,

I wonder how the Aqua Velva Pipeline is doing without us. Hopefully, all is well with the expressway to our hearts.

Love,  
Jennifer

P.S. I caught the "Impending Hock" disease.

To everyone on Youth Council, especially Ellen, Johanne, and Ben:

It was a stressful and at times upsetting week for me, what with worrying about Con Con, being sick, etc., etc. Thank you veryveryvery much for your love and support while I snuffled, coughed, cried and worried. It meant more to me than I showed at the time and more than I can really express. You are all madly fabulous and I love you.

Love,  
the Canadian PNWDer

P.S. Come to Con Con next year!

To anyone who knows Bill Scott from Princeton, NJ:

Were you wondering where he's been lately? Well, he's living in Georgia where he and his *new bride*, Sasha, ELOPED to shortly after Rowe! He is working as an apprentice male-nurse in a military hospital, thinking of going to Hair Design School and (rumor has it) is preparing for a Sasha or Billy Jr.!!!! (Hey Bill, why'd you say you got married, hmm . . . ?)

Send congrats to: Bill Scott & Family, Riverside Military Academy, Gainesville, GA 30501 (404) 534-9131.

continued on page 12

Friday Night



... what was so important?  
— dusk comes  
the glass drops  
the pills scatter  
the lights dim  
and I lie on the floor  
breathing in, out  
wondering  
what was it?  
things slip from my mind  
my fingers can't grasp  
grasp for something  
— what —  
and twilight comes  
and my life advances  
and my life recedes  
and I lie on the floor  
the tears  
the empty hands  
the dark  
and what was so important?  
and night falls . . .

July Siebecker 5/85



### To a Very Immoral (and Pushy) Minority

What Christ is this to mark my road,  
to tell to me the truth that's told,  
all white and pure and heaven-bound,  
with sacred song of strife unfound.

Who is this who pulls your strings,  
What question to me do you bring?  
Will I be saved or bound to hell,  
I tell you now, I'm not for sale!

I've found my space upon this earth,  
separate from the virgin birth—  
I prefer a being that I can please  
and not a bigot to appease.

And really what is hell to me,  
a sinking boat on a Christian sea?  
So go your way and leave me here,  
I choose life, not some God to fear.

Jenny Brooks  
Boston, MA



Am I alone in my fears?  
Encased in a room of  
mirrors, which I can only  
see my reflection in.  
No looking out; only in,  
multiplying the pain.  
I see in my reflection,  
until my inward fears  
consume my soul.

Leigh Berrey  
Atlanta, GA

### The Bantustan

Come see the misery, come see the despair.  
Millions uprooted and dumped in my care.  
Stripped of their land and removed to where  
Overcrowding, erosion and poverty stare.  
I am the Bantustan!

Come see repression, come see callous murder,  
The blood flowing freely, the sound of gunfire.  
Beatings and bannings, detention and torture.  
Come see the tears, the fear and the anger.  
I am the Bantustan!

Come see the hunger, come see poverty,  
Drought and disease, starvation, mis'ry.  
Yet water's diverted to rich man's factory.  
The grave — it lies filled, yet still feeding daily.  
I am the Bantustan!

Come see the woman, a poor migrant's wife,  
Playing father and mother to young children five;  
Struggling to feed them, to keep them alive,  
While bearing a child doomed not to thrive.  
I am the Bantustan!

Come see the dying, come see the dead,  
Come see the graves of the many unfed.  
Come see the place where the vultures do thrive,  
Come see and know that Hitler's alive.  
I am the Bantustan!

Come see human surplus not needed by the rich  
To work in their mines or in factories to stitch.  
Dumped here to die, killed by decree,  
The gas chamber lives on, the gas chamber is me.  
I am the Bantustan!

And the Hitlers, they drive in their smart motor cars,  
They live in their posh suburbs.  
They eat and they drink off the fat of the land,  
Indulging, quite unperturbed.

Yes, the Hitlers they know thriving parliamentary,  
They plot and they plan in their nice chambers three.  
Yet they know, as you know, the fourth chamber that be —  
The gas chamber lives on, the gas chamber is me,  
I am the Bantustan!

Copyright October 1983

Mike van Graan  
7 South Avenue  
Gleemoev  
Athlane 7764  
South Africa



Mike van Graan is a student active in the anti-apartheid movement in South Africa. He recently spent a month at a UU Conference center as part of an international exchange.



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# PRSNLS

*continued from page 11*

Dear Beth, Allison, Lene (I never could spell your name), Tom, Andrea, Gerard/Gerald/Gnome, Alan (even though you didn't show up much) . . . and Paul (the Namaste Gaggie),

I miss you all sooo much!!! You're the best Con-Con touch group in the whole universe!!! Geese Forever!!! I love you all!!! (and other slushy sentiments. . .)

Love,  
July

P.S. Did you all light your candles, hmmm???

Hey Youse Guys!

Please send letters, comments, questions, concerning the Ground Zero Bulb, 5 by 10 glossies and traveler's cheques to my new address: Daniel Gibson & The Pacifist Revolutionaries, 109 Peterborough St., #27, Boston (where else?), MA 02215.

Bill S.,

Escape before they brainwash you! Really, I'm serious.

Love,  
Dang

Tammi,

I want my Christmas present now!

S.A.

# SUICIDE

*continued from page 10*

all these goodies on top of the demanding process of growing up is taking its toll on teen survival rate.

After four years in no way am I free from the lonely, scared feelings of being myself. As a first year National Audubon Society Expedition Institute student, an alternative education college, I'm beginning to explore my feelings, and am realizing how tightly under control I've got them. Other people are becoming a part of my life again. And I did make the decision to put myself in the travelling community of 20 people and live out-of-doors for a year, learning experientially. Adjusting is hard.

Aside from the close quarters of a yellow school bus, and amount of travel the Expedition does, the trust I've put in this group and myself is so complete and demands a constant energy flow to keep communication open and healthy. This process of trust is a slow one for me, but I'm trying not to compare my growth with others and to be satisfied with how and where I am, as long as I'm doing the best I can.

*First night:* Snug in my mummy sleeping bag, drawstring closed tight around my nose, (temperature in tent: 17 degrees) and I'm bursting with feeling! I want to stay here forever. This morning leaving the bus was a scary thing. A winter backpack in these forbidding White Mountains was a most terrifying thought. I was fearing I wouldn't be able to hike with 30 pounds on my back, that the exertion would be torture, that I'd be the last one and hold up the group, or that I'd freeze and not sleep at night.

And what a day I've had! Who would have thought this old body could haul up steep climbs with a sureness and ability it's never felt before? All the rest stops were reached without resorting to that last gasp of air before keeling over. It's so amazing to me that with every step I take I'm moving farther into heightened senses of goodness—a more incredible beauty and feeling stronger with every bit of effort output.

*Fourth night:* After some jumping jacks and hopping around, it's almost cozy in these icy New Hampshire mountains. Standing here at the edge of Nancy Pond, frozen and snow covered, I can hear the faint laughing and dinner chatter of the group awaiting hot water for their cocoa. My belly is warmed and filled with Ramen and cheese and I feel my body tingling with a peacefulness of evening. An almost full moon keeps peeking through cloud banks—its light casting enormous shadows of pine trees across the pond. It's incredible! There is my shadow, right alongside these glistening white evergreens. I feel so a part of this winter pulse; I feel so alive - I feel its joy in me. I know I can't stay in these mountains forever, but I can try and keep this awareness of peace. It's all inside me.

Laura Hooker  
Kingston, RI

Hillary,

This little piggy went to market, this little piggy went home, this little piggy got a (oops), this little piggy got none, this little piggy cried "wee wee wa" all the way to Georgia.

S.A.

Hey, Teddy Bear!

Miss you . . . Smile!

-C at S.O.

Jill,

I'm glad we're friends, because we're both heterosexual . . . right?

Lurf,  
Nicole

P.S. Yet another variation.

Nathan, in Canada,

I don't understand why, but people just don't seem to believe me when I tell them that I met the SON OF DAN ACLROYD. Do you think you could send me your dad's signature so I can prove it to them?

Thanx,  
Nicole from Hawaii

HEY Adam, Al, Amy, Colin, Helen, Holly, James, Janet, Joanne, Mike (s), Murray, Norin, Paul, Phoebe, Ray, Ryck, Terri, Tym, Valery,

Where are you? What are you up to? SLUUD's not the same without you around. I'd love to hear from you sometime. Call, write, show-up at my front door, anytime. My thoughts are with you.

Love,  
Johanne Babb,  
158 Radisson,  
Pointe-Claire,  
Quebec, H9R 4E6  
514/697-6607

Earache,

You were right! Keep a low profile and leave the car at home. Image is all important! I'm adjusting. No more dead pilots! But maybe a long drive would do us good! Watch out for planes with radar!

Love,  
David

Theresa,

What ever happened to ski-con? Is it too late now? Keep on singing and shining you are the best of people! I missed your voice and your calm, quiet presence at Con-Con. See ya! Soon?

Love,  
David

Jesus-

U never gave be back my boxer shorts! Drop by the next CMD conference so I don't have to wait til next concon 2 get them back.

Love ya,  
the nymph goddess

Dear Everyone,

My new address at school is: James Urquhart, Macalaster College, 1600 Grand Ave., St. Paul, MN 55105. Please write to me! I'd love to hear from you whether I have met you or not.

Scott,

Can't you think of a good reason (other than a conference) to (2) visit Florida? Go with the "in" crowd—move in with me!

Love & Mushy stuff,  
WENDY

CALLING LAURA CAMPBELL:

YAY! I miss you! Is it snowing yet? I LOVE YOU!!

Yours,  
Coleen

P.S. Social Shores Rule!

To (2): GOD

FROM: COLEEN (god/)

"Keep the faith . . ."

Dear Hawk:

You see what happens when two special friends such as you and I fall out of touch? I wasn't able to contact you and persuade you to go with me to Con-Con. Perhaps I automatically assumed you were going, as you once asked me why I never went to any big conferences. At any rate, call, write, send smoke signals, or something.

Chip Olson  
3 Brigham Road  
Lexington, MA 02173  
(617) 862-3096

# Special Report:

## UN Youth Delegation to the USSR

see page 9



WHO'S WHO IN THE YOUTH DELEGATION	
Invite one of these young people to speak at your service or meeting	
Adrienne Antrim Parsons House Smith College Northampton, MA 01063 412-584-9703	Leonore DeLu 4618 Briarwood Dr. Sacramento, CA 95821 916-489-9009
Chris Apicella 587 Manor Lane Pelham Manor, NY 10803 914-738-2794	Benjamin Egbert 104 W. 3rd St. Frederick, MD 21701 301-662-7640
Elizabeth Arnold 2352 Burnt Creek Rd. Decatur, GA 30033 404-633-3808	Christine Gaharan 1430 Outrigger Dr. Baton Rouge, LA 70816 504-272-6330
Jason Blumklotz 2424 NE 19th Portland, OR 97212 503-287-5251	Rene J. Hepler 2020 Race St. Apt. 3R Philadelphia, PA 19103 215-557-9469
Kenneth Clark Branch 621 Henmar Dr. Landing, NJ 07850 201-398-7340	Elisa Kayser 240 S. Marshall St. Hartford, CT 06105 203-522-4656
Kathryn Deal - YRUU 25 Beacon St. Boston, MA 02108 617-742-2100	Kent Kroeger 2112 Coventry Lane Cedar Falls, IA 50613 319-266-1422
Judy Decker 16542 Lenore Detroit, MI 48219 313-255-1761	Augene Nanning 253 Concord Ave. Toronto, Ont. M6H 2P4 416-534-4074
	Coleen Murphy RR 39, Box 254 Fort Myers, FL 33913 813-481-5575
	Margaret Novotny 31 Cliff St. Burlington, VT 05401 801-864-6640
	Jane Park 8 Lowden Ave. Somerville, MA 02144
	Catherine Pomeroy 21757 Whittleway Lane Rocky River, OH 44116 216-331-9316
	David Rey 1473 Farington Naperville, IL 60540 312-420-8921
	Theodore Riordan 75 Beechwood Ave. Port Washington, NY 11050 516-767-0926
	Robert Southworth 10 Pine St. Winchester, MA 01890 617-721-2725
	Andrew Stelling 142 N. Broad Norwich, NY 13815 607-336-1420
	Jennifer Tauszik 21 Ridge Road Farmingdale, NY 11735 516-694-5677
	Tad Waddington 1130 E. Orange St. 17B Tempe, AZ 85281 602-968-7724
	Rhys Williams 7 Chestnut St. Boston, MA 02108 617-742-3867



Lenore DeLu, Kathryn Deal, Jane Park, Elisa Kayser, and Augene Nanning in Moscow

# T-shirts & Buttons available from YRUU!

**BARGAIN # 1**  
Striking 2½" turquoise and indigo buttons bearing the new YRUU logo may be purchased for only 25¢ each from the YRUU office. Buy a bunch for your entire group now before we run out!

**BARGAIN # 2**  
Beautiful, 100% cotton T-shirts, emblazoned with the YRUU logo and "Young Religious Unitarian Universalists" in a 2 color silk screen design, are ready for immediate shipment to your youth group! Only \$5.00 each! Colors are lilac and black on white, white and black on red, or gold and grey on black. While they last, all colors are available in medium, large, and extra-large.

**TO ORDER:**  
Specify in writing the number of items desired, and for shirts, exact color and size. Mail your order and full payment to YRUU Enterprises, 25 Beacon Street, Boston, MA 02108.

