



## Encouraging Spiritual Growth

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The first question is unanswerable. The second one prodded me into connection, where healing begins. I talked over my pain with both Spirit and my therapist (those were very different conversations) and—once I let go of shame—I received a healing balm in learning how many of my friends have also been ghosted. cont. p2



*"I am grateful for what I am and have.  
My thanksgiving is perpetual."*

Henry David Thoreau



## The Unitarian Universalist Fellowship of Jonesboro

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For things we may never understand, may we find grace to transform our despairing questions into curiosity about how connection, agency, and grace conspire to heal and free us.

*Rev. Erika Hewitt (she/her) serves as the UUA's Minister of Worship Arts.*

## THE UNITARIAN UNIVERSALIST FELLOWSHIP OF JONESBORO

### WORDS OF AFFIRMATION

We come together in freedom,  
for pursuit of truth,  
service to humanity,  
and fulfillment of self.

# NOVEMBER FELLOWSHIP

## NOVEMBER 5

Diwali is the Hindu festival of lights, celebrating the the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance." Please come and hear our outside speaker, Prathima Pattada and her family discuss Diwali and how they celebrate. Our UU sources of faith include wisdom from the world's religions which inspires us in our ethical and spiritual life.

**We will end services a bit early (out and locking the door by 11:30) to allow those who wish to attend Habitat for Humanity's annual fundraiser a chance to get there before they run out of soup!**

**Fall Back: Standard Time returns on this First Sunday. Turn back your clocks 1 hour before retiring Saturday night. Yes, an extra hour of rest!**

## NOVEMBER 12

To prepare for our Open House on Tuesday the 14th, Jennifer Clay will discuss our third principle, Acceptance of one another and encouragement to spiritual growth in our congregations.

**Peanut Butter Sunday:** The Second Sunday is Peanut Butter Sunday. Please contribute peanut butter or other wholesome foods to the increasing needs of the Food Pantry.

## NOVEMBER 19

Betty Stafford will help us honor the UU Service Committee's Guest at Your Table, with - what else? - the Development Quiz. We'll divide into teams, pool our intellectual resources, and compete for the satisfaction of knowing more about our interdependent world.

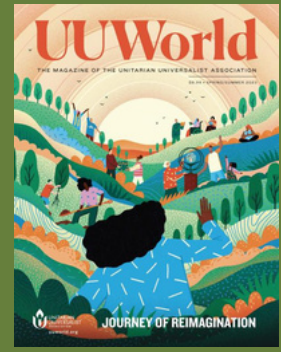
We will also share our Thanksgiving Pot Luck Dinner. Bring your favorite easy-to-fix treat for our celebration.

## November 26

No fellowship. Enjoy the Thanksgiving weekend with family and friends.

Weekly services are planned by the Worship Committee. If you would like to join the Worship Committee or have an idea for service, please email [info@jonesborouu.org](mailto:info@jonesborouu.org).

*We need not to  
think alike to  
love alike.*



**UU World**

# Wagner Twins

Congratulations to Holland and Jonathan Wagner on the birth of their twin boys on 09/22/2023

## **Jonah Mark Wagner**

4 lbs 1oz  
17 inches

## **Will Thomas Wagner**

3lbs 11oz  
16 inches



# Thanksgiving

On Thanksgiving Evening, we will meet at 7pm at the Temple for those who would like to join. A sign-up sheet will be available on Sundays.





## Our Interdependent Web

People are motivated to try a vegetarian diet for different reasons – from ethical and religious, to potential health and environmental benefits. But many people have a hard time sticking with it. In fact, many self-reported vegetarians actually consume some animal products. Dr. Nabeel Yaseen, of Northwestern University’s Feinberg School of Medicine, wanted to know if genetics is part of the reason. He and his collaborators compared the DNA of about 330,000 people, including 5,324 vegetarians who had not eaten any animal flesh or such products for at least one year.

The researchers found 34 genes that may play a role in adhering to a strict vegetarian diet and 3 genes more tightly linked to the trait. Yaseen says that vegetarians might have different variants of these genes that enable them to pursue a strict vegetarian diet. Humans have thousands of genes with millions of tiny variations in DNA building blocks, known as single nucleotide polymorphisms (SNPs), differentiating individuals.

To identify SNPs statistically associated with adhering to a vegetarian diet, Yaseen did a genome-wide association study, to see if a certain trait tracks with a certain region of the genome. When they found a SNP associated with vegetarian-ism, they identified the genes around it in the same area.

Of the three genes most strongly associated with vegetarian-ism, the authors say 2 of them—NPC1 & RMC1—have important functions in lipid (fat) metabolism. How do genetic differences influence vegetarians? Yaseen speculates that there might be a lipid nutrient(s) in meat that some people need and others don’t.

Lots of factors influence what we eat—our taste preferences, our budgets, our culture. So, Yaseen observes, the idea that food choice is also influenced by genetics is not surprising. But this is just the first step. More research is needed to determine which genes and which variants may be critical.

Yaseen acknowledges that his study is limited to white Caucasian participants and that ethnicity is a confounding factor. If, for example, the study had included people from India, where vegetarianism is more common, researchers might see genes or SNPs associated with being Indian rather than being a vegetarian.

The idea that some people might find it easier to follow a vegetarian diet due to genetic predisposition is interesting, says Christopher Gardner, a food scientist at Stanford. But we don’t need to go completely vegetarian to see benefits. The impacts on both human health and planetary health would be significant, he notes, even if we just decreased the amount of meat we eat each week—an important and realistic benefit without cutting meat out completely.

*from Allison Aubrey, All Things Considered, NPR, 10/5/23*



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**13th Annual Souper Sunday**  
**11.5.2023**  
 11:00 a.m. - 1:00 p.m.

Embassy Suites By Hilton  
 Red Wolf Convention Center  
 223 Red Wolf Blvd. in Jonesboro

\$15 Tickets  
 •Soup samples provided by more than 20 local businesses  
 •Homemade desserts  
 •Children under 5 eat free

## SOUPER SUNDAY

The 13th Annual Souper Sunday is Sunday, November 5th from 11am to 1pm at the Embassy Suites by Hilton. Tickets are \$15 each. Our fellowship has traditionally supported this event each year dismissing services early and sitting together. This year we will dismiss around 11:15 to leave by 11:30. For those of you would like to go, tickets can be purchased by [clicking here](#).

Souper Sunday benefits Habitat For Humanity of Northeast Arkansas. Habitat for Humanity is a global nonprofit housing organization working in local communities across all 50 states in the U.S. and in approximately 70 countries. Habitat's vision is of a world where everyone has a decent place to live.

Habitat works toward our vision by building strength, stability and self-reliance in partnership with families in need of decent and affordable housing. Habitat homeowners help build their own homes alongside volunteers and pay an affordable mortgage.

# CALENDAR

November 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 	2	3	4
5 	6	7	8	9	10	11
12 	13 	14 	15 	16	17 	18
19 	20	21	22	23  Dinner at 7pm at Temple	24	25
26 	27	28	29	30		

## November Months

- National Native American Heritage Month
- National Gratitude Month
- Lung Cancer Awareness Month
- National Diabetes Month
- No-Shave November
- National Epilepsy Awareness Month
- Peanut Butter Lovers Month

## November Weeks

- Week of the 12th - National Nurse Practitioner Week
- Week of 12th - Anti-Bullying Week
- Week of 19th - Game & Puzzle Week

## November Days

- 1 - All Saints Day
- 1- Day of the Dead (Dia De Los Muertos)
- 4 - National Day of Community Service
- 5 - Daylight Savings (Fall Back)
- 5 - Souper Sunday benefiting Habitat for Humanity
- 12 - Diwali
- 13- World Kindness Day
- 14 - UU Open House - 5pm - Round Room at Library
- 14 - World Diabetes Day
- 15 - Bhai Dooj
- 17 - Take a Hike Day
- 23 - Thanksgiving
- 23 - Fibonacci Day
- 24 - Black Friday
- 26 - National Cake Day

UU Fellowship Sundays at 10am

**November 5 - Souper Sunday following fellowship**

**November 12 - Peanut Butter Sunday**

**November 14 - Open House**

**November 19 - Fall Potluck**

**November 26 - No Services**

Details on page 2



### OPEN HOUSE UPDATE:

We will host an open house on Tuesday, November 14th from 5pm to 8pm in the Round Room at the Craighead County Public Library.