

This 'n' That

Date	Service (11 a.m.)	Forum (9:45 – 10:30a.m.)
November 22	“Thanksgiving Bread Service.” Service Leaders: Children, Youth and Religious Exploration Committee	“Guest at Your Table for Human Rights.” Host: MqtUU Social Action Committee (Megan Foulks)

- 7 Principles of Unitarian Universalism
- Affirm & Promote:
- The inherent worth and dignity of every person;
- Justice, equity and compassion in human relations;
- Acceptance of one another and encouragement to spiritual growth in our congregations;
- A free and responsible search for truth and meaning;
- The right of conscience and the use of the democratic process within our congregations and in society at large;
- The goal of world community with peace, liberty, and justice for all;
- Respect for the interdependent web of all existence of which we are a part.

A Bread Service Request...

We will be baking bread during the service, but we always need more fresh bread if you would like to bring some. We will also need jams or jellies, honey, apple spread or nutbutter, cheeses, or anything you would like on bread. We do have quite a bit of butter in our refrigerator, so please consider bringing something other than that. It is always fun to see the wide variety of breads and condiments that are brought. Thanks so much for your generosity.

Many thanks go out to... those who have brought refreshments in recent weeks. Donors include Nancy Sullivan, Heidi Gould, Tim VanderVeen, Patty Sarvello, and our Board of Trustees. (Did I forget someone? Please let me know! Somebody slipped some sweet bread on the table last week. Thanks so much!)

There is a new sign-up sheet with a couple dates still open for December and January. Some of you may remember me announcing that all the dates had been filled through January. That was true, until I lost the list (whoops!) and decided I needed to start a new one. You might want to check the new list at the Meeting House to see if you are still on it. Plus there is always room for a second person to bring something on any Sunday! I will send gentle email reminders during the previous week to those who have signed up.

And if for some reason you choose not to participate in this way, please remember that we can always use help during clean up time. It is a nice way to hang out in the kitchen and visit with others. Thanks again to the many who do help in the kitchen one way or another.



Thanksgiving Community Potluck

Thursday, November 26 @ 3pm
Bring a favorite dish and a friend!

RSVP to
mqtuuadassist@gmail.com

Yule-Be Healthy Holistic Fair
Saturday, November 28 @ 10am



Free Admission
(donations are appreciated).
Free raffles at EVERY TABLE!
Services, hourly workshops,
and vendors.

Check us out on the web
@

mqtuu.org

or



11th Annual Soup Dinner
(formerly known as Heifer Dinner)

Saturday, December 5 @ 5pm

Come enjoy a variety of delicious homemade soups and desserts!
Donations of all sizes welcome.
ALL Proceeds go to JJ Packs

Siusan O' Rourke & Zig Zietler

“An Irish Night
Before Christmas”




A musical melding of Christmas and the grand tradition of the Celts.

Friday, December 18 @ 7pm

WIHI Broadcast: Medicare Reimbursement and Meaningful Conversations about End-of-Life Care

WIHI is an exciting "talk show" program from IHI. The next WIHI broadcast - [Medicare Reimbursement and Meaningful Conversations about End-of-Life Care](#) - will take place on **Thursday, November 19, from 2 to 3 PM ET**, and we hope you'll tune in. Our guests will include:

- **Kate Lally, MD, FACP**, Director of Palliative Care, Care New England; Hospice Medical Director, VNA of Care New England; Clinical Assistant Professor of Medicine, Alpert Medical School of Brown University
- **Harriet Warshaw**, Executive Director, The Conversation Project
- **Holly Oh, MD**, Chief Medical Officer, The Dimock Center
- **Jocelyn Moore**, Managing Director, The Glover Park Group

Will the new Medicare payment options that go into effect in January 2016 make advance care discussions more likely and encourage health professionals to gain the necessary skills? That's certainly the hope, and we're going to sort through the latest developments on this WIHI.

[You can enroll for the broadcast here.](#)

Talking Matters Blog Post: Houses of Worship Open Doors and Arms to Welcome Conversation Sabbath

From November 6th - 15th, congregations from the Greater Boston area and beyond came together to celebrate the vital importance of having conversations about our unique wishes for end-of-life care. In our latest [Talking Matters blog post](#), Reverend Rosemary Lloyd discusses the important message of and key takeaways from Conversation Sabbath.

"The message throughout Conversation Sabbath was clear: it is essential, compassionate and generous to talk about our wishes for end-of-life care with our loved ones and care providers.



In congregations throughout Greater Boston and beyond, we heard that The Conversation is a gift we can give to our families and friends, our doctors and nurses, and our wider communities.

...Some beautiful takeaways from our celebration: when we talk about what matters most, we are sharing more than our thoughts and concerns about medical treatments. We are sharing who we are, who and what we love, what we value about living, and what legacy we hope to leave our loved ones and our communities. We are talking about grounding ourselves in our values and faith to live our best lives everyday."

10 FAQs about Medicare's Role in End-of-life Care

Not long ago, the political controversy incited by the "death panel" myth prevented a provision that would have allowed Medicare to cover advance care planning from being included in the Affordable Care Act. Now, CMS recognizes the desire of patients and loved ones to express, and have health care providers respect, their unique wishes for end-of-life care. Starting January 1, CMS will reimburse physicians and other providers for talking with any Medicare recipient about their health care preferences at the end of life. Get up to speed ahead of this week's WIHI by reading the [Kaiser Family Foundation's 10 FAQs about Medicare's role in end-of-life care](#). The FAQs do an excellent job of explaining Medicare's coverage of advance care planning and the new reimbursement rule.

What We're Reading: How One Woman Changed The Way People Die In Mongolia

Dr. Odontuya Davaasuren (right), a family doctor and professor at the Mongolian National University of Medical Sciences, was first exposed to palliative care while at a conference in Sweden in 2000. The WHO recommended that Mongolia establish at least 150 palliative care beds, but at the time the country had none and terminology for palliative care in Mongolia didn't exist. Dr. Davaasuren was determined to change the status quo and since then has worked hard to spread awareness of the importance of palliative care.



Read the [full article from NPR](#) to learn how she managed to transform end-of-life care in Mongolia.

Whatever comes next

By: Linda

When my mother Helen (right) was diagnosed with pancreatic cancer she went through all 5 of the stages of grief, oh, in about 10 minutes. "How are you Helen," friends would ask. "I'm dying!" she said with absolute delight. In the ten weeks she had left, Mom focused on making things right. She mended fences with neighbors and worked out differences with her daughters.



Read Linda's [full story](#).

<p style="text-align: center;">November 2015 "Share the Plate"</p>	<p style="text-align: center;">Al Rowwad Arts and Culture Center at the Aida Refugee Camp in Bethlehem</p> <p>Founded to "provide and alternative to the spiraling violence resulting from the Israeli occupation of the West Bank and to create a safe, child-centered space where the children of the camp could "be children again."</p> <p style="text-align: center;">www.alrowwad.org</p>
<p style="text-align: center;">Tender Loving Care... Need Assistance?</p>	<p>We all need it once in a while. If you or a fellow MqtUU member is in need of TLC, chicken soup, a ride to Sunday Service or a ride to an appointment, or other caring needs...PLEASE REACH OUT whether in person, phone call or email! The TLC Team has a new email just for this use! mqtuucare@gmail.com</p>

<p>Committees & Contacts</p> <p>An opportunity to give of your time and talents!</p>	<p>Adult Enrichment ~ gg gordon Green Team ~ Megan Faulks Religious Exploration ~ Jill Mielcarek Social Action ~ Megan Foulks Sunday Services ~ Tom Sullivan Communication Team ~ Tom Sullivan Community Development ~ Tim VanderVeen Music ~ Jeanne Trost & Barb Michael</p>												
<p><i>Meet your MqtUU Representatives</i></p>	<p>Dea Kowalczyk, President Dharmini Robertson, Vice President Anne Stark, Secretary Chris Wagner, Trustee Michael Erdmann, Trustee</p> <p>gg gordon, Treasurer Heidi Gould, Administrative Assistant</p>												
<p><i>“It ain’t easy being green...”</i></p> <p><i>But we do try to make it easier for you.</i></p>	<p>If you have any of the following items that are used up or which you no longer need or want, please bring them to the meetinghouse and place them into the PlanetGreen recycling bins in the entryway. We send these items off for recycling and receive money in return. So, help out the planet and the congregation by letting us recycle these items for you:</p> <table border="0"> <tr> <td>Inkjet Cartridges</td> <td>Cell Phones/Pagers & Accessories</td> </tr> <tr> <td>GPS & Radar Detectors</td> <td>Mobile Hot Spots</td> </tr> <tr> <td>Calculators</td> <td>eBook Readers</td> </tr> <tr> <td>iPods/MP3 Players</td> <td>Digital/Video Cameras</td> </tr> <tr> <td>PDAs iPads/Tablets</td> <td>Video Game Consoles & Handhelds</td> </tr> <tr> <td>Video Games & Accessories</td> <td></td> </tr> </table> <p><i>MqtUU also collects Tadych’s Econo slips to help funds for our congregation as well. Please collect your receipts and drop them in the box marked “Econo slips” in the entry way of the meeting house.</i></p> <p>THANK YOU!!</p>	Inkjet Cartridges	Cell Phones/Pagers & Accessories	GPS & Radar Detectors	Mobile Hot Spots	Calculators	eBook Readers	iPods/MP3 Players	Digital/Video Cameras	PDAs iPads/Tablets	Video Game Consoles & Handhelds	Video Games & Accessories	
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The MARQUETTE INTERFAITH FORUM presents its annual

INTERFAITH EVENING of THANKS

7 pm, Tuesday evening, Nov. 24

The event will be hosted this year by Temple Beth Sholom in Ishpeming. The service will include readings, songs and prayers from Buddhist, Anishnaabe, Jewish, Muslim, Christian and Unitarian Universalist traditions. Following the service there will be breads (and spreads) from various traditions, tea, coffee and cider. All are welcome.

Temple Beth Sholom is located just north of US 41 at the intersection of Elm & Prairie Sts. 2 1/2 blocks North of the West entrance to the Al Quaal area. If you take U.S. 41 to Ishpeming from Marquette, turn right on



N. 2nd St. which becomes Deer Lake Ave. Go .7 mile and turn right on Elm St. Go two blocks and turn left on Prairie Ave.

For information, contact Aaron Scholnik (906)869-6543 or apsmd@aol.com.