



Unitarian  
Universalist  
Fellowship of  
Murfreesboro

# The Chalice

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## UUFM Sprouts Make Learning Fun

By Allie Becker

The UUFM has a new club!



The Sprouts is a youth club for all UUFM kids ages 3–17 who are interested in participating in community service projects and learning about our local environment. The Sprouts' first project was volunteering at the Murfreesboro Community Garden,

where they learned about gardening and how a community garden works, and pulled a few weeds while they were at it. The group also attended a night hike together where they learned about the local wildlife out and about after dark.

The Sprouts have several upcoming projects and activities. Please feel free to join us if you are able!

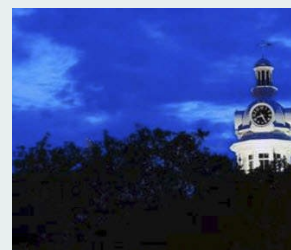
The Sprouts Fundraising Lemonade Stand will make its debut in August. We will be joining the Stones River Market at Quinn's Mercantile on Spring Street. The date will be announced the first week of August. All proceeds will go to the Murfreesboro Community



Garden. Anyone wishing to donate baked goods, please see Allie Becker. We also have the opportunity to fundraise with our lemonade stand during the MTSU Homecoming Parade in October.

We will be attending the Hummingbird Festival and Hummingbird Banding event at the Wilderness Station on September 2. This event is open to the public and we would love to see you all there!

The Sprouts will be participating in Boro Pride with the Social Justice Committee. The kids will be making buttons to hand out.



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## WILLIAM CARLOS WILLIAMS (1883–1963)

By Carol Sue Clery

William Carlos Williams—one of my favorite—also happened to be a Unitarian. He was a lifelong member of the Unitarian Church of Rutherford, New Jersey, a community founded with the help of his parents.

Williams was born into a middle class home in Rutherford. His father was American and his mother from a Puerto Rican family proud of their almost-pure Spanish bloodlines. He was an excellent student and decided to pursue a dual degree in medicine and literature. He graduated with an M. D. degree from the University of Pennsylvania and did an internship in obstetrics and gynecology.

Williams began his medical practice in Patterson, New Jersey. Many of his patients were Patterson mill girls. Patterson was home to many silk mills that had dreadful and dangerous working conditions for the women who worked there. A strike was organized in 1913 that lasted six months. The experience gained in his medical practice influenced his poetry and other writing.

While at Penn, Williams became enamored with the poetry of Ezra Pound, who influenced much of Williams' poetry. He joined the "imagist" movement, writing unsentimental poetry in evocative language and experimental forms. In the 1920s, with the emergence of T. S. Eliot, Williams was drifting away from the imagists. He found Eliot too bound to European culture and too obscure (other than Eliot's "Old Possum's Book of Practical Cats," I agree). Williams continued, however, to experiment with poetic form and typography. In the late 1930s he began an extended poem "Patterson" about America in the depression. It was over a period of years from 1946 to 1958. He also produced three novels during this time period.

A heart attack in 1949 and a series of small strokes caused his health to decline. He gave up his medical practice but continued to write. He received the National Book Award for Poetry in 1950, publishing his memoirs the following year.

Williams lived to see his reputation soar as a poet and gained new admiration from a new generation of poets: notably Alan Ginsberg and the Beats.

Two of my favorite poems:

### The Red Wheelbarrow

so much depends  
upon  
  
a red wheel  
barrow

glazed with rain  
water

beside the white  
chickens

### Flowers by the Sea

When over the flowery, sharp pasture's  
edge, unseen, the salt ocean

## SAFELY VIEWING THE GREAT AMERICAN ECLIPSE

Unless you've been off the planet for the past year, you've no doubt heard there's a total solar eclipse coming our way. It's called "The Great American Eclipse" because the U.S. is the only country to experience totality. The eclipse begins over the Pacific Ocean off the coast of Oregon and ends in the Atlantic Ocean off South Carolina. Here in Murfreesboro, we are fortunate to live directly in the path of totality, which means viewing the eclipse will be no more difficult than stepping into one's back yard. However, there are some important steps you need to take to ensure no injury to your eyes.

First and foremost, *do not look directly at the sun!!* You can seriously damage your eyes to the point of irreversible blindness. Use a good pair of eclipse glasses or handheld viewers. You can find them for sale both on the internet and in stores. But again you must exercise caution: look for glasses that meet the international standard for safe solar viewing, also known as ISO 12312-2 (also written as ISO 12312-2:2015). Currently phony eclipse glasses are flooding the marketplace, according to the American Astronomical Society (AAS). These counterfeit glasses claim to meet ISO 12312-2.

So how do you know that your eclipse glasses or handheld viewers are safe? The AAS has identified a number of reputable vendors, including (but not limited to) American Paper Optics, Rainbow Symphony, Celestron, and Daystar. You can also trust the businesses and organizations that sell gear made by these companies. A full list of trustworthy vendors and products, along with reviews, can be found at <https://www.space.com/37262-solar-eclipse-gear.html>.

Even if your eclipse glasses are certified, you shouldn't use them if their lenses are damaged or not securely fastened to their frames. Also, never use glasses or handheld viewers with binoculars or telescopes; such instruments require special filters for safe solar observing.

If you plan on photographing the eclipse, you should take precautions you don't burn out the CCD in your digital camera. You can purchase solar filters for photography for just about all lens ring sizes. And do not attempt to photograph the eclipse with your smart phone camera, unless you're in the market for a new phone.

Of course, for the brief time of totality, you can look directly at the sun without the eclipse glasses, but be careful and don't keep staring when totality is over!

If you haven't already gotten your gear, you probably need to do so immediately. It's late enough in the game that some online stores can't guarantee delivery by Aug. 21.

**REMINDER:** You need such specialized gear to view the uneclipsed or partially eclipsed sun; run-of-the-mill sunglasses, even extra dark ones, won't cut it. If you look at the sun without certified safety equipment, serious and permanent eye damage can result.

Space.com has teamed up with Simulation Curriculum to offer an Eclipse Safari app to help you enjoy this awesome natural event. The free app is available for Apple and Android.

Enjoy the view! It doesn't come this again for 540 years.



## 10TH ANNUAL UUFM RETREAT

Make plans to attend the UUFM Retreat this September. This year we're celebrating the 10th Retreat, which once more will be hosted by the Hospitality Committee at the Youth Incorporated Ranch in La Vergne.

We're finalizing the theme for this event, so expect an announcement soon.

This is a favorite get together for many of us, a fun way to get to know your fellow UUs. There will be child care on site, and we always begin with a pot-luck on Friday evening.

The date for this year's event is September 29–30. Watch this space for more details!



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## AUGUST SERVICES

6	Music Sunday: "Singing the Journey"
13	Doug Traversa: "TBD"
20	Rev. Denise Gyauch: "TBD"
27	Rabbi Rami Shapiro: "What is Enlightenment and Why I'm Not (Enlightened)"

## AUGUST UUFM EVENTS

1	Humanists 6:00 pm Firehouse Subs
9	Men's Group 6:00 pm TBD
10	Board Meeting 6:30 pm Kimbro home
15	Women's Group 6:00 pm "TBD"

## POEM

*Crazy Horse Speaks* (part 5)

by Sherman Alexie

5.

I am the mirror  
practicing masks  
and definitions.

I have always wanted to be anonymous  
instead of the crazy skin  
who rode his horse backward  
and laid down alone.

It was never easy  
to be frightened  
by the sound of a color.

I can still hear white  
it is the sound  
of glass shattering.

August.

## MUSIC FOR AUGUST

UNITARIAN  
UNIVERSALIST  
FELLOWSHIP OF  
MURFREESBORO

The Unitarian Universalist Fellowship of Murfreesboro, Tennessee (UUFM) is a liberal religious society associated with the Unitarian Universalist Association (UUA). UUFM is a member of the Southern Region and the Mid-South District.

6	188 Come, Come, Whoever You Are 1064 Blue Boat Home
13	357 Bright Morning Star 88 Calm Soul of All Things
20	163 For the Earth Forever Turning 339 Knowledge They Say
27	184 Be Ye Lamps Unto Yourselves 89 Come, My Way, My Truth, My Life

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