



SPRING 2018

# The Leaf



## 10 A.M. SUNDAY SERVICES

- APR 1 Marti Thompson  
*Some Easter History*  
EASTER SUNDAY
- APR 8 Nancy Bowen
- APR 15 Richard Venus  
*Noble Courage*
- APR 22 Mary Benson
- APR 29 Richard Venus
- MAY 6 Sue Curtis  
*"Mrs. Martin Luther"*  
UNION SERVICE WITH  
ELDORADO UUs  
AT NEW MADISON
- MAY 13 Richard Venus
- MAY 20 Eddie Anjos  
*Veteran's*  
Administration
- MAY 27 Richard Venus

## UPCOMING EVENTS

- FISH Offering Sundays  
*Apr. 1, June 3*
- Church Cleaning Day  
*Sat. May 5, 9 a.m.*
- Mother's Day Hat Sunday  
*May 13, wear a fun or*  
*unusual hat to Service*
- Board Meetings  
*Apr. 17, May 15, June 19*  
*7 p.m. at the church*

## FROM THE EDITOR

Margaret Schryver

THE VIEWS EXPRESSED  
IN THE LEAF DO NOT  
NECESSARILY REFLECT  
THOSE OF THE EDITOR  
OR THE ENTIRE  
CONGREGATION OF  
FIRST UNIVERSALIST

## Richard's reflections

by Rev. Richard Venus

I recently offered a sermon that began:

As I read recent headlines and current events, I ask what good is church? I observe the pain and suffering so many experience and ask what relevance does the church have? I note how the universe keeps spinning, and babies are born, and the elderly die, and I wonder — why church?

We UUs are few in number compared to many other religious bodies — and we seem so tiny in number, so insignificant in terms of power. Church sometimes seems so irrelevant and I ask why bother?

As you may have gathered by now, I question the reasons for going to church. On occasion, I ask, "What for?" At times, I have only questions in response. Other times I find answers that seem to satisfy. This sermon is to offer some of the many places my mind and heart go as I ponder the relevance and meaning of church.

As I often do, I turned to one of Dr. Rachael Remen's *New York Times* bestselling books, *Kitchen Table Wisdom* in which she reminds us that, "The places where we are genuinely met and heard have great importance to us. Being in them may remind us of our strength and our value in ways that many other places we may pass through do not. ... The places where we are seen and heard are holy places. They remind us of our value as human beings. They give us the strength to go on. Eventually they may even help us to transform our pain into wisdom."

If there is any certainty about life it is that it is uncertain. Life does not deal the cards evenly or fairly. The unexpected, the tragic, the painful happen. Church can be a place of comfort in times of despair. It is also a place where we can travel uncharted territories with the assurance that we will be safe, that we are loved, that our very selves will survive intact. I realize those are pretty grandiose claims, but I do believe them to be true.

I write to say thanks to each one of you for making the First Universalist Church of New Madison such a caring and helpful place to look forward to visiting every Sunday. 🌿



# Is *The Leaf* newsletter still relevant to our Church?

by Margaret Schryver, Editor of *The Leaf*

## A TRANSFORMATION OVER THE PAST NINE YEARS

It's hard for me to believe that I've been creating *The Leaf* newsletters since 2009! At the time I took over *The Leaf*, I received an archive of past issues that went back to 2003. These full-color issues were usually two pages, occasionally four. The content was exclusively upcoming events, Board Meeting issues, news and important dates in the personal and professional lives of members, church services and speakers, holiday activities, items to share such as recipes, and anything else relevant to First Universalist. *The Leaf* was published every two months to keep members up-to-date on current happenings.

## FOR BETTER OR WORSE OR SOMEWHERE IN BETWEEN?

Has *The Leaf* e-volved or de-evolved since 2009? It is a very different newsletter today. It went from full-color to black-and-white, and includes meaningful artwork. It included profile articles about new and old church members to get to know them better. It has gone up to as many as 16 pages (never fewer than four). It has been published less and less frequently in recent years. Are all of these things improvements or detriments?

## AN OPINION — THE PURPOSE OF AN ORGANIZATION'S NEWSLETTER

I've had many talks with myself about what *The Leaf* should contain to live up to its claim of being a newsletter. My opinion is that, as the newsletter of our church, it should contain first and foremost news about First Universalist Church and its members, obviously — items such as:

- Births, deaths, illnesses, recoveries, promotions, graduations, marriages, funerals, etc. of members and their families.

- Sunday Service schedule of speakers and their topics for that day.
- Issues of importance that the Board is discussing such as what's working and what's not working at First Universalist, issues with the building and grounds, financial updates, publicity in the local communities, our goals as a church, etc.
- Upcoming events such as maintenance, special activities, outreach projects, etc.
- Welcomes and profiles of new members.
- Profiles of new upcoming speakers and of the more frequent speakers that we've come to know.
- Guest columns by church members where they can discuss issues or reflect on things that are important to them — "food for thought."
- Regular communications from both the Minister and Church President on matters of importance or reflection.
- Items of humor, history, or anything amusing pertaining to UUs, our church, or its members.
- Reports and/or photos conveying results or information from recent events and projects.
- In other words, all the NEWS about our church and its membership.

Furthermore, my opinion is that *The Leaf* should include news of our parent organization, the

(CONTINUED ON PAGE 3)





Unitarian Universalist Association, such as the Annual Meeting, local chapter news, the UUA's stand on various current issues and topics, etc.

### SOURCES OF ARTICLES FOR THE LEAF

There are only a couple of you that regularly give me things that could go into a future issue of *The Leaf*, and I thank you for that! Most of the time, I usually come up with an idea for content and then ask someone if they'd contribute it, with varying results. I've gotten in the habit of collecting articles from newspapers and magazines that deal with humanitarian or self-improvement topics that I feel are a good fit for UUs. I can usually rely on a couple of my favorite columnists to provide wonderful articles to share. But, that amounts to my sharing my opinion through the articles

that I select. And those articles are of a general nature, not news of First Universalist Church.

Therefore, I feel that *The Leaf* has de-evolved from its original purpose as the newsletter of First Universalist Church.

### I WANT YOUR FEEDBACK!!!!!!!

What do you think? Do you still want *The Leaf* to continue as is or to go back to the days of a smaller, more frequently published newsletter about you, our church, and UUism? That means I would need article submissions from you, the church membership. Would several of you be willing to become a committee of Guest Columnists and share your articles of interest for *The Leaf* on occasion? Would Richard and Mike be willing to submit regular articles for each issue from the Minister and the Board? Would you like *The Leaf* to forego printing and become a PDF shared through email only? I hope I hear from you about these things I've brought up. I don't want *The Leaf* to become "the Margaret Schryver newsletter." I want it to reflect you, your news, your concerns, your joys, and your lives. 🌿

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## Christmas bellringers

by Kenny Baker and the Daily Advocate

GREENVILLE — Darke County Community Christmas Drive Co-Chair Jim Morehouse said, "While giving in 2016 was great, the 2017 Darke County Community Christmas Drive was an even bigger success as a grand total of \$30,915.73 was collected to help the needy in our community," noting last year's total was \$30,427.75.



"The people of Darke County responded very well and their giving is truly appreciated. The help of all the businesses that allowed collecting to take place is greatly appreciated. Those locations include Wal-Mart Supercenter, Kroger, Eikenberry's IGA, Rural King, KitchenAid Experience, Dave Knapp Ford, Greenville Federal, Greenville National Bank in Ansonia, Super Valu in Arcanum and the Mini Mart in New Madison."

"The contributions have been distributed to help support the good work of FISH, the Grace Resurrection Community Center and Community Unity and the Salvation Army in addition to the ministries of the Faith United Methodist Food Bank in Arcanum, the Ansonia United Methodist Food Bank and the Castine Area Food Bank," Morehouse said.

### PARTICIPANTS FROM FIRST UNIVERSALIST

Those "Ringing the Bell" at the New Madison Mini Mart representing First Universalist Church were: Richard Venus, Mike Ross, Dede Wissman, Dolly Lewis, A.J. Murphy, Leah Garcia and Steve Shaw. Your participation was greatly appreciated. 🌿



# Spring is here! Let's plant some seeds!

by Amanda Murphy

Our little outreach team has had a slow start this year, but in the interest of reflecting the values of our congregation through our efforts, that's okay. Outreach is not only a great way to reach those in need, it's how we promote who we are as UUs and invite like minded individuals to be a part

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of our community. The recurring idea was, let's do something locally. So, let's do it!

The outreach team started a list in February, encouraged everyone to bring fresh ideas and they did. By March 18th we had a list of 13 causes that ranged from soliciting donations to causes like The Heifer

Project, and Guest At Your Table, to more involved projects like volunteering for House of Bread, the ACLU and making meals for Incredible Years. The congregation was asked to rate their choices and the votes were tallied according to highest preference. The top six choices were a great mix of one shot projects and long term programs. In order of popularity they were:

- Guest At Your Table
- Heifer Project
- Church Family and Friends
- Community Garden
- Cancer Association of Darke County
- Little Free Library

We will continue our current projects including Fish Food Pantry, Head Start Mitten Tree and Bell Ringing for the Community Christmas Drive. If you are looking for something a little more "hands on," some future on-going projects we will begin this year include creating a committee to keep in touch with our members and any needs they may have, including flowers, visits, food,

whatever help is sought on an individual basis. The community garden and little free library will provide a wonderful opportunity to do something fun and extend our outreach to others in the community. Getting these projects started will require materials such as:

- |  |   |
|--|---|
| • Plywood  | • Level   |
| • Lumber   | • Donated books   |
| • Plexi-glass for door (if desired)  | • Paint   |
| • Hinges, screws or nails  | • Tiller  |
| • Table saw (a hand-held circular saw can be substituted), Miter saw (power or hand) | • Soil or compost                                       |
| • Power drill (if using screws) or hammer  | • Shovels   |
| • Post hole digger (depending on style)  | • Watering cans   |
|  | • Plants  |
|  | • Anything you have collecting dust that could be used! |

As always, the outreach team will be open for new ideas and spontaneous events! Please feel free to email or call with any suggestions, opportunities and important occasions. 🌱

## THE OUTREACH COMMITTEE

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**CONTACT US  
ANYTIME  
WITH YOUR  
IDEAS AND  
SUGGESTIONS!**





# What is dangerous about advising the Golden Rule

by Dr. Gregory Ramey

*"Treat others as you wish to be treated." We've all heard it many times. I've tried to live my life by this Golden Rule, yet never thought about a negative side to this advice as expressed in the following article by Gregory Ramey, Executive Director of Dayton Children's Hospital Pediatric Center for Mental Health Resources.*

The Golden Rule advising that you should behave toward others as you'd like to be treated seems reasonable — but in fact, represents a dangerous and wrong way of thinking about the world.

Lee Ross and his social psychology colleagues have called this blunder in thinking "naive realism." Avoiding this error will make you a better person and parent.

The Golden Rule assumes everyone thinks, feels and behaves as you do. Naive realism reflects our tendency to think that our perceptions of the world are accurate and unbiased. If others think or feel otherwise, they are either ill-informed or prejudiced. If I were raised in a home with little praise and affection and turned out fine, I'm inclined to assume that approach would be best for everyone because it worked with me.

Naive realism is a powerful psychological blunder that affects our daily behavior. We tend to think that others are like us. We fail to realize that our view of the world is influenced by our values, feelings and previous experiences.

Here's how this naive realism plays itself out in my office.

## 1. KIDS WITH SOCIAL INTERACTION PROBLEMS

Children, particularly preteens, have a difficult time recognizing the diversity of thoughts and feelings. Kids who are bullies or have few friends are particularly susceptible to this thinking disorder. One preteen boy told me he

routinely ridiculed a student because the boy wore clothes that "no normal kid would wear." He could not imagine that the other boy may feel and think in different ways about what clothes are suitable to wear to school.

## 2. PARENTS AND TEENS

If you want to be a better parent, recognize and fight against the error of naive realism with you teenager. Your young adult experiences the world in very different ways than you do. Your dismissive and sanctimonious attitude that such thinking is immature, illogical, biased, and unrealistic prevents you from understanding your child. Recognize that you (and your child) bring certain biases into any interaction that affect your communication.

In family sessions, I use a very simple technique. You can't express your point of view until you can accurately summarize the thoughts and feelings of the other person.

Maybe the Golden Rule needs to be updated in light of years of psychological research. Let's behave towards others in a way that is compassionate and empowering, rather than simply reflects our own biased perceptions.

## DO YOU AGREE WITH DR. RAMEY?

I'm not sure I agree with his view, although I did encounter an example recently. A coworker overheard me talking about the death of my pet and she came up and hugged me. But at the time I didn't want to be touched and shied away from her hug. She meant well because she would have wanted a hug in that situation. What do you think? 🍀

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# Remembering the Rev. King through his words

*February was Black History Month, and April 4, 2018 marked 50 years since the assassination of Dr. Martin Luther King, Jr. Here are some of the poignant words from this great man over the years.*

"Intelligence plus character — that is the goal of true education."

— from *"The Purpose of Education" in the Morehouse College student newspaper, The Maroon Tiger, 1947*

"True peace is not merely the absence of tension; it is the presence of justice."

— from *"Stride Toward Freedom," 1958*

"Science investigates; religion interprets. Science gives man knowledge, which is power; religion gives man wisdom, which is control. Science deals mainly with facts; religion deals mainly with values. The two are not rivals."

— from *"A Tough Mind and a Tender Heart," August 30, 1959*

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

— from *"Strength to Love," 1963*

"We know through painful experience that freedom is never voluntarily given by the oppressor, it must be demanded by the oppressed."

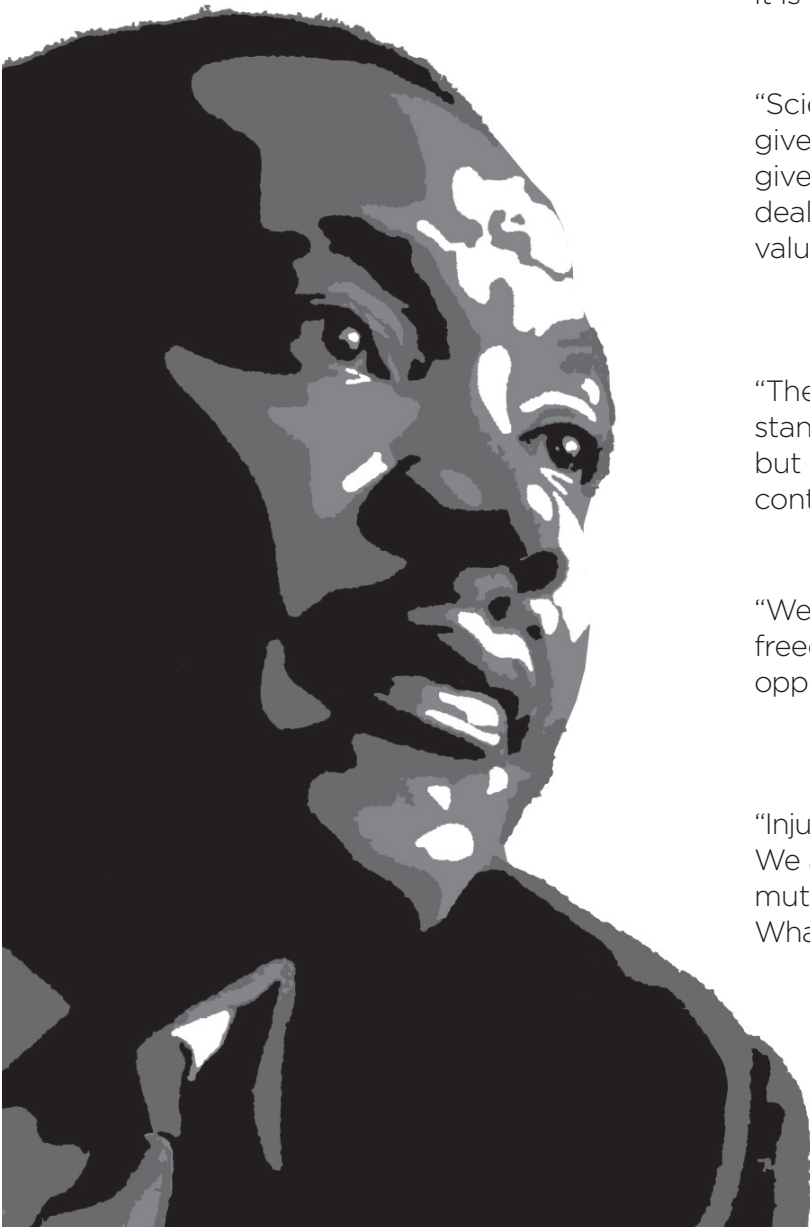
— from *"Letter from Birmingham Jail," April 16, 1963*

"Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied in a single garment of destiny. Whatever affects one directly, affects all indirectly."

— from *"Letter from Birmingham Jail," April 16, 1963*

"Out of the mountain of despair, a stone of hope."

— from *"I Have a Dream" speech, Washington D.C., August 28, 1963*



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"We have also come to this hallowed spot to remind America of the fierce urgency of Now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the time to make real the promises of democracy."

— from *"I Have a Dream" speech, Washington D.C., August 28, 1963*

"Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."

— from *"Strength to Love," 1963*

"I believe that unarmed truth and unconditional love will have the final word in reality. This is why right, temporarily defeated, is stronger than evil triumphant."

— from *Nobel Peace Prize acceptance speech, Oslo, Norway, 1964*

"The time is always right to do what is right."

— from *Oberlin College commencement speech, 1965*

"The contemporary tendency in our society is to base our distribution on scarcity, which has vanished, and to compress our abundance into the overfed mouths of the middle and upper classes until they gag with superfluity. If democracy is to have breadth of meaning, it is necessary to adjust this inequity. It is not only moral, but it is also intelligent. We are wasting and degrading human life by clinging to archaic thinking."

— from *"Where Do We Go From Here: Chaos or Community?" 1967*

"Be a bush if you can't be a tree. If you can't be a highway, just be a trail. If you can't be a sun, be a star. For it isn't by size that you win or fail. Be the best of whatever you are."

— from *speech to students at Barratt Junior High School in Philadelphia, October 26, 1967*

"For when people get caught up with that which is right and they are willing to sacrifice for it, there is no stopping point short of victory."

— from *"I've Been To The Mountaintop," April 3, 1968*

"All we say to America is, 'Be true to what you said on paper.' If I lived in China or even Russia, or any totalitarian country, maybe I could understand the denial of certain basic First Amendment privileges, because they hadn't committed themselves to that over there. But somewhere I read of the freedom of assembly. Somewhere I read of the freedom of speech. Somewhere I read of the freedom of the press. Somewhere I read that the greatness of America is the right to protest for right."

— from *"I've Been To The Mountaintop," April 3, 1968*

"We've got some difficult days ahead. But it really doesn't matter with me now because I've been to the mountaintop ... I've looked over and I've seen the promised land. I may not get there with you. But I want you to know tonight that we as a people will get to the promised land."

— from *"I've Been To The Mountaintop," April 3, 1968* 🌿

## The human side of a hero

### ROSA PARKS

In 2015, after a ten year legal battle, the Library of Congress released a trove of Rosa Parks' personal documents. Last year the papers were put online for the first time. They include postcards from the Rev. Martin Luther King, Jr., lists of volunteers for the Montgomery Bus Boycott, and pages and pages of journals.

Buried in the Parks collection is another document that doesn't have much historical significance — and is written on the back of an envelope:

#### Feather Light Pancakes

- |                  |                       |
|------------------|-----------------------|
| • Mix:           | • Mix:                |
| 1 cup flour      | 1 egg                 |
| 2T baking powder | 1-1/4 cup milk        |
| 1/2 tsp. salt    | 1/3 cup peanut butter |
| 2T sugar         | 1T oil                |

Combine the two mixes. Cook on hot grill at 275 degrees. 🌿



# 10 reasons why you need a pet in your life

by Margaret Schryver with Barton Goldsmith

*Patrick and I lost our beloved avian companion, Sassafrass Q. Parrot ("Sassy") on February 25. He died at home cradled in my hands, with the love of his "parents" to help him cross over. He shared his life with us for over 20 happy years.*



Sassy was a Quaker Parrot, or as they are known in the wild, a Monk Parakeet. Many of you have heard me talk endlessly about Sassy's antics. He bonded with me as his "mate," and he accepted Patrick as his flock mate. It was obvious that he loved us both.

Perhaps Sassy knew it was his "time." The day before he died he began to slow down and not eat. By evening he was occasionally having bouts of trembling and it seemed his legs were becoming weak. I held him all evening and comforted him. I made a little nest of rags for him to sleep in on the floor of his cage so he wouldn't risk falling from his perch, and set his food and water near him for the night. By Sunday morning, he was worse — weaker and having seizures which became more and more frequent. I held him for three hours, gently petting him and reassuring him as his breathing became weaker and it was obvious he wasn't going to make it. Patrick joined me for the last hour. Sassy opened his eyes and looked right at us. He knew we were with him. He had one final particularly strenuous seizure where it seemed he was trying to flap his wings, then I cradled him in my hands where he took a last big breath and crossed over.

Sassy wasn't just a pet bird. He was my "son," my daily companion, the center of life in our household from morning until night for over 20 years. Patrick and I subliminally incorporated "Sassy-isms" into our own language and behavior resulting in much laughter and joy throughout our relationship. It is amazing how much Sassy helped us cope with the stresses and bad times that life brought over the years. We both are devastated at his loss. Our house is so quiet and lonely, and the adjustment to life without our "little man" will take some time.

After I lost Sassy, I decided to write an article for *The Leaf* about how much pets mean to their owners, but was having trouble doing so due to my own grief. That very day I opened the *Dayton Daily News* — lo and behold — one of my favorite columnists, Barton Goldsmith, miraculously came through for me with the following article:

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I have seen how having an animal in your life can make things much better for all concerned. Here are some reasons why.

### **1. A PET'S LOVE NEVER FAILS**

No matter what, the animal that you have bonded with will always love you and remember you. Even if you cannot return that unconditional love, just knowing that it is there will make your life better.

### **2. CARING FOR SOMETHING OTHER THAN YOURSELF IS EMOTIONALLY HEALTHY**

Giving and getting a little love, even if you have to say "off the couch" 270 times a day, can take your mind off your troubles and help you to see what's really real.

### **3. IT IS ALSO PHYSICALLY HEALTHY**

If you have a dog, you need to take it (and you) on walks. Cesar Millan says that dogs are happiest when they are walking. And it's common knowledge that taking regular walks is also good for your heart and brain health.

### **4. AN ANIMAL IN YOUR LIFE WILL HELP EASE YOUR SUFFERING**

If you are dealing with depression, trauma, or anxiety, having a pet will make things better. The relationship is pure healing. There is even a reality show about how dogs can help veterans dealing with PTSD and parolees trying to work their way back into society.

### **5. YOU MAY NOT THINK YOU HAVE THE ENERGY TO CARE FOR A PET**

I have a friend who has been battling cancer for a decade. She got a tiny puppy about a year before it started, and that dog has, without a doubt, helped keep her alive. Even at her weakest, just having her loving pup by her side is such a comfort.

### **6. YES, ANIMALS DO DIE FIRST**

Or, if you move into a place that does not allow animals, you may have to give away your pet. Yes, losing your pet is very painful, but when you think about how much love this animal

gave you while with you, it's totally worth the pain of loss.

### **7. NO, PETS ARE NOT REPLACEABLE**

Rescuing little Foxy has made things much nicer for our family, but I still miss my Mercy and think of her every day. The connection we had was heart to heart, and caring for her that last year truly changed me.

### **8. JUST THE ACT OF PETTING A CREATURE LOWERS YOUR BLOOD PRESSURE AND HELPS YOU RELAX**

Next time you are feeling out of sorts, I recommend going to your local shelter and giving some love to an animal there. You won't have to take it home, but notice how you feel when the two of you are exchanging emotional energy. And don't be surprised if you do adopt!

### **9. SAVING A LIFE WILL MAKE YOURS BETTER**

Some people prefer their new puppy to be from a pet store or bred brand new on a farm, but what about the used ones? All my animals have been rescues, and they are as sweet as can be. All of them have been young, one or two years old at most, so I've gotten to have them for a long time. Besides, if you've ever raised a puppy, you know how hard that can be!

### **10. MAYBE YOU THINK YOU DON'T HAVE ENOUGH ROOM IN YOUR HEART**

You may already have a family to love, and that is totally wonderful. But you may want to consider adding an animal into the mix. I'm sure if you ask your family, they will agree that pets only add more love. They never take it away. If you want more love in your life, consider a pet. I know not everybody is an animal lover, but if you think you might be, don't deprive yourself of this wonderful gift to humanity. 🌿

**HAVE A STORY ABOUT A PET YOU'D LIKE TO SHARE? CONSIDER WRITING AN ARTICLE FOR THE LEAF OR SEND SOME PHOTOS!**



# Getting informed about the opioid epidemic

*Recently, forums about the opioid epidemic were held throughout the Miami Valley sponsored by Your Voice Ohio. These forums created the opportunity not only for the media, citizens, local leaders, politicians, and neighborhoods to express their views, but the addicts themselves could speak up.*

## ABOUT YOUR VOICE OHIO

Your Voice Ohio is a collaborative effort by news organizations across Ohio to better respond to the needs and aspirations of all Ohioans. Through this effort, Your Voice Ohio will:

- Produce quality journalism on the issues that matter most to Ohioans.
- Rebuild relationships of mutual trust between Ohioans and Ohio media.
- Connect Ohioans across the state through shared discussions and shared understanding of important issues.
- Engage and support communities across Ohio, especially those underserved by traditional news media, including communities of color, rural communities, and low-income communities.
- Focus on solutions to the challenges we face throughout Ohio.

## FOCUSING ON THE OPIOID CRISIS

Responding to feedback from statewide polls and community events, Your Voice Ohio recently decided to focus on the opioid crisis, reorienting statewide media coverage and better inform the public discussion on this issue that matters to Ohioans. The *Dayton Daily News* participated in the recent forums and what follows is some of the resulting coverage reported by journalists Katie Wedell and Chris Stewart of the *DDN*, and Doug Oplinger from Your Voice Ohio.

## HOW ARE THE DRUGS COMING INTO OHIO?

A variety of ways. Heroin may first enter the country through underground tunnels or in secret compartments hollowed out of car panels or welded into semi-trailer truck frames. At times, a dealer simply schedules a pickup with FedEx and plays the odds that a shipment will make it through. Sometimes it comes in through a drug courier's bowels, as mules are paid to carry balloons of heroin over the border on foot or through an airport. Regardless of how it's delivered, authorities say most of the heroin purchased in southwest Ohio — and in America today — is trafficked by violent criminal organizations based in one country: Mexico.

Fentanyl — heroin's more potent cousin, which is responsible for the large spike in deaths in the region seen in 2016 and 2017 — comes mainly through the mail from China. Chinese authorities place little emphasis on controlling fentanyl production or export because the synthetic opioid is not widely used in China. The fentanyl is sometimes difficult to trace because it arrives through a range of products that include fentanyl-laced counterfeit prescription drugs like oxycodone. Authorities say Chinese chemical exporters get around U.S. laws by exploiting unregulated online ordering systems, mislabeling shipments, and modifying banned substances to create yet-illegal substances.

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## WHAT ARE THE TRUE DEMOGRAPHICS OF THE ADDICT POPULATION?

In Montgomery County, 80 percent of drug overdose deaths were white; 64 percent were men. Montgomery County was “the overdose capital of America” in 2017 with 559 drug overdose deaths. The final number of deaths in Darke County for 2016 was 93, and 2017 looks like it will top that number once the final statistics are in. The more potent forms of heroin are coming from Dayton. This also causes out-of-town addicts to make their way through Darke County en route to “scoring” their dope.

## WHY IS THERE NOT MORE FOCUS ON ALTERNATIVE MEDICINES TO OPIOIDS?

It has been shown that opioid addictions can start when undergoing treatment for short-term pain. Additionally, the use of opioids during short-term treatment has increased in the past few years.

To avoid the risk of addiction, researchers have explored using tylenol and ibuprofen for pain rather than opiates. A study in the Journal of the American Medical Association found that on patients with broken bones and sprains, acetaminophen and ibuprofen worked as well as opioids at reducing severe pain.

The study notes that a pill combining ibuprofen and acetaminophen affects different pain receptors in the body, and can be highly effective. Pills that combine the two drugs are not yet available in the United States, and it's also important to note that this study only looked at short-term pain relief in the emergency room. Using ibuprofen and acetaminophen may not be ideal for long term use, according to GoodRx.

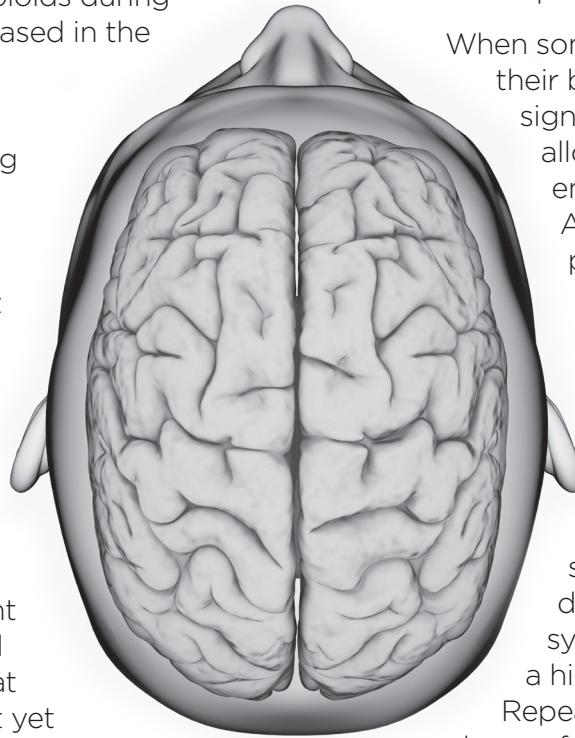
## WHAT ABOUT MEDICAL MARIJUANA?

Cannabinoids are seen by many doctors as actually “safer” than prescribing opioids. There are

lower rates of addiction, and they don't affect the brain stem. That means when using cannabis, your breathing and other basic life support functions are not affected, avoiding the risk of fatal overdoses. Most patients only need low doses of cannabis to treat chronic pain. The amount they find relief with is nowhere near what lay-people recommend to each other or what recreational users take. Ohio's medical marijuana program is set to launch later this year.

## HOW DO PEOPLE GET HOOKED ON OPIOIDS?

A 2013 study examining national-level general population heroin data — including those in and not in treatment — found that nearly 80 percent of heroin users reported using prescription opioids prior to heroin. We also know that roughly 21 to 29 percent of patients prescribed opioids for chronic pain misuse them.



When someone suffers from chronic pain, their body is constantly sending pain signals to their brain; which doesn't allow their body to produce enough natural endorphins. At this point, a doctor would prescribe an opioid medication. Now the opioids and their natural endorphins can both land on their nerve receptors.

Next, the brain cells that have opioid receptors on them gradually become less responsive to the opioid stimulation. Once someone develops a tolerance, withdrawal symptoms begin to occur if a higher dosage is not given. Repeated exposure to escalating doses of opioids alters the brain so that it functions more or less normally when the drugs are present and abnormally when they are not. Therefore, even more opioid intake becomes necessary to produce pleasure comparable to that provided in any previous drug-taking episodes.

(CONTINUED ON PAGE 12)

## FIND OUT HOW YOU CAN HELP IN THIS CRISIS

Visit the website for Your Voice Ohio at: [yourvoiceohio.org](http://yourvoiceohio.org) to explore local organizations that are working to help. Or contact the Community Action Partnership of Darke County at 1469 Sweitzer Street in Greenville, Ohio, online

at <https://capdayton.org/programs-by-county/> or by phone at 937-548-8143 to find out what organizations they partner with to establish prevention programs and to help those people overcoming addiction. 🌱

## WHAT THEY'RE SAYING

*At the forums, the moderators asked participants what one message they want the community to know about the opioid crisis. Here are some of their responses.*

- This epidemic is more than a disease. It needs support from the general community.
- Remove the barriers to long-term treatment. Not everyone gets better in the structure allowed by insurance companies.
- There is hope. Treatment works. People recover.
- Street dealers are not the ones bringing drugs into the city.
- We need to prepare for the next round of synthetic controlled substances to prevent more people getting addicted.
- We all have a hand in making the community work without drugs.
- Way too many people are dying. If this were a virus taking lives, the outcry would be extreme.
- Addiction is a health issue not a criminal issue. Criminalization has not helped. The War on Drugs make things worse.
- Family physicians: Educate yourselves on Medication Assisted Treatment and help your patients.
- Addiction often starts with alcohol. Dial back the drinking culture.
- Safe-injection sites save lives. Any agency that says otherwise is guilty of murder.
- Do everything possible to assure that expanded Medicaid is continued in Ohio.
- We need to learn to connect as people again. We aren't connecting. People are in despair and hopeless. We need to address/fix that.
- Addiction is more than opioids or heroin. It's alcohol and marijuana too.
- The opioid epidemic is just the most recent manifestation of addiction in general. That is what we need to keep in mind.
- Leaving people to die by opioid overdose cannot be an option. We have to solve the problem.
- Please don't stay silent or feel alone. There is hope and a community of people who want to help.
- Relapse is part of the disease.
- Youth need someone to guide and nurture a purpose in their lives so they have hope and success.
- There are people you don't know who care about you.
- There is hope, and people DO change.
- Let's lose the stigma: The person is not an addict, the person is someone who suffers from a substance disorder. I am not my disease.





# If we all learn to live in fear, “they” have won

by Barton Goldsmith

Thich Nhat Hanh, the Buddhist author and teacher, said, “Fear keeps us focused on the past or worried about the future. If we can acknowledge our fear, we can realize that right now we are okay. Right now, today, we are still alive, and our bodies are working marvelously. Our eyes can still see the beautiful sky. Our ears can still hear the voices of our loved ones.”

It’s brilliant, beautiful, and seems perfect. The only problem is that most of us can’t do it for five minutes, let alone for our entire lives. These teachings are not meant to train us to change after hearing the words, but are rather a guide to what would be ideal. I believe this state of mind exists for a few but not for most of us. Still, I keep striving to get there, and maybe that’s the point.

It’s not about entirely eradicating anxiety from our lives; that’s not possible, and there’s no need to set yourself up for failure. You don’t need to emotionally beat yourself up

every time you worry. We’d all be getting a daily Xanax IV. Now, I’m not saying it’s good to worry, but when and if you do, it’s not a horrible thing, and you can have a full and long life even if you are a chronic worrier. You may not enjoy yourself that much, but it won’t kill you. This isn’t just my opinion: I’ve done the research and lived with daily fear long enough to know I can always recover and move on. And yes, worrying is also a waste of time, and for me that’s motivation enough to continue to keep striving to be more in the moment.

I think it’s hard to be a fearless person when we are living in such a scary world. According to *The Guardian*, there is a mass shooting — defined as four or more people shot in one incident,

not including the shooter — every nine out of ten days on average. That’s 1,516 mass shootings in 1,735 days.

I get it, leaving the house and going to a concert is now a risk,

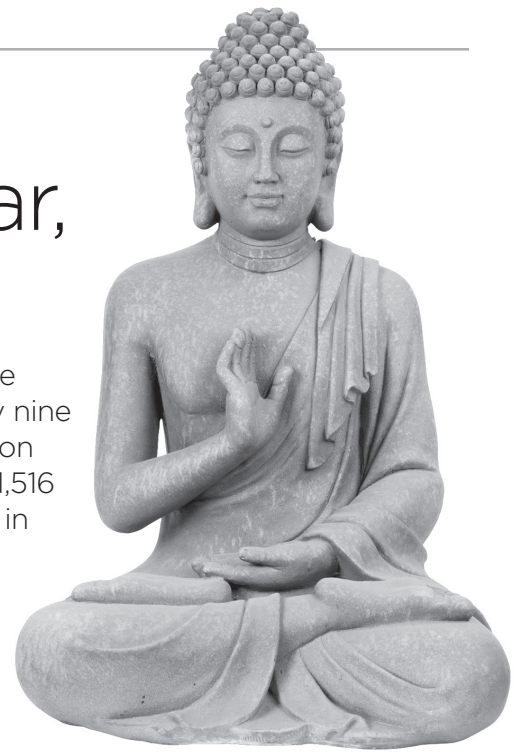
and everybody thinks about it. We even train our children to fear, and this started years ago. Remember “duck and cover”? That was the era I was raised in, and today little kids have to walk through metal detectors when they go to school. Fear is now embedded in our society. The terrorists are getting what they want — or so they may think.

If we all learn to live in fear, they have won. If we instead live with some caution and leave the suffering behind, we will win. The same is true for your personal life. The things that scare you must be faced head on, and you have to remind yourself that you do have this inner strength that has performed miracles in the past and is ready and willing to do it again.

You don’t have to be at one with the universe. You just need to control your own mood a little better by reminding yourself that you have gotten through much worse and you will survive this current situation as well.

Make the choice that you are going to enjoy life and live it to the fullest even though there may be something that is ready to pull you down.

This is true for all of us. Our worries are always there when we stop to look at them. I suggest you just pass them by, and when you think you can’t, remember that you do have some choice here: make a positive one. 🍃



**MAKE THE CHOICE  
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# Little ways to live with more joy

*One secret to success is finding joy in your life. Being joyful has the power to help you bounce back from stressful events, solve problems, think flexibly, and even fend off diseases. And it's easier to do than you might think!* from Kettering Health newsletter

## DO SOMETHING YOU LOVED AS A KID

Sing silly songs, splash in puddles, or see how high you can swing.

## LAUGH AT LIFE'S HASSLES

No day is perfect. But there's often something at least a bit amusing in challenging situations if you look for it.

## TAKE A MENTAL BREAK

Close your eyes and imagine a place you love. Use all your senses. Are you drawn to the beach? Smell the salt water, feel the sun on your back, and hear the crashing waves.

## COLLECT SAYINGS OR PHOTOS THAT MAKE YOU SMILE

Then stick them where they're easily visible to look at when you need a pick-me-up.

## PET YOUR CAT

The bond and unconditional love of a pet is a great source of joy at any time. Reciprocate it.

## SEEK OUT HAPPY PEOPLE

Good moods are contagious.

## SPREAD HAPPINESS

When you get good news, don't keep it to yourself — tell a friend. You'll relive the moment and have the extra pleasure of your friend's reaction.

## DEVELOP YOUR PLAYFUL SIDE

Learn a few new jokes to share, arrange nights out with friends, or have a regular game night with your family.

## PLAY A SONG YOU LOVE

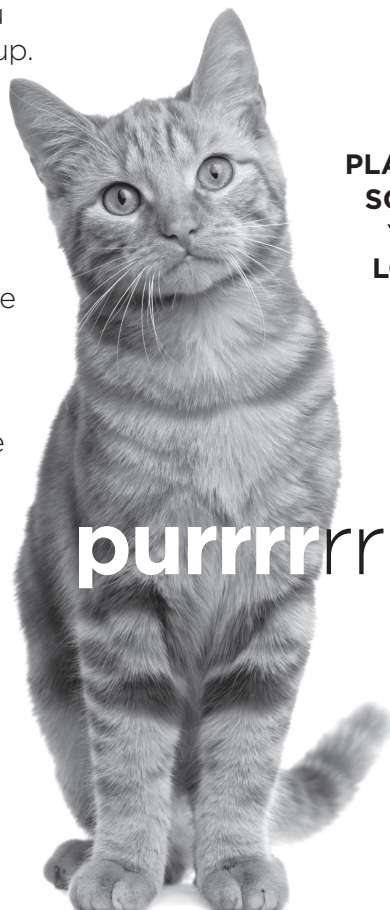
Imaging tests of brains show that music can release feel-good hormones.

## TURN OFF THE NEWS

Whether you watch or read the news, give yourself a break for a day. It will still be there tomorrow and you can catch up then.

## TAKE A NATURE BREAK

Look up at the sky and see how blue it really is. Go on an early-morning walk and delight in the dew on the grass. Let nature's beauty soothe you.



## GO FOR IT

Stop putting experiences you want to try on hold. Bake a pie from scratch, learn to crochet, or sign up for an indoor climbing class — explore what intrigues you.



## In remembrance — Kimmel Stayton 1927-2018



Kenny Baker reports that Kimmel Stayton of the Eldorado Universalist Church passed away on February 10.

Kimmel and his wife Jeanette were long time members of the Eldorado Universalist Church. Kimmel was the last of the Stayton family in Eldorado. He

owned a Construction company in Middletown, Ohio and did not get to church often during his working years. However, when it came time to enlarge the Church basement, Kimmel provided the equipment and crew to perform the work of enlarging the basement as it is today.

Later in his life, Kimmel returned to the church and served as their Board President for several years.

A Celebration of Life service was held on April 7, 2018 at Eldorado Universalist Church with Rev. Kathy Brawley officiating.

### OBITUARY FROM JOURNAL-NEWS

Charles Kimmel Stayton age 90 of Middletown, Ohio, passed away peacefully on Saturday, February 10, 2018.

Kimmel was born in Eldorado, Ohio, on November 17, 1927 to the late Robert and Ethel Stayton. He is preceded in death by his parents and five sisters, Virginia Royer, Clarabelle Short, Marianna Parks, Roberta Davidson and Barbara Grant.

He established and served as president of Triasco Corporation.

Kimmel is survived by his wife of 57 years, Jeanette Stayton; six children, Mike (Marcia) Stayton, Bob (Margie) Stayton, Michelle (Jim) Griffin, Sheryl Franz, Sharon (Brian) Trainer, Scott (Angie) Stayton; 17 grandchildren, 27 great grandchildren and extended family and friends. 🌿

## Easter Service and Offering

Easter was observed this year on Sunday April 1 with a service lead by Marti Thompson. Marti offered a fascinating look at some of the historical evidence (or lack thereof!) documenting the existence of a man Jesus and the traditional story of his death and Resurrection. The service also included a flower offering, in spite of a lack of blooms in our home flower gardens due to the recent cold and snowy weather.

Lloyd Ketring reports that this year's Easter Offering totaled \$732. Last year was \$680. 🌿

## New process for service preparation and bulletin production

Over the past year or so, our Sunday service bulletins have undergone some changes and confusion. For a while Margaret Schryver was producing the bulletins each Sunday, but once she no longer had access to the printing resources at her job others needed to step in and do the printing. Also, the Board wanted to see more variety in the order of Service, and this desire for change extended to the bulletins as well. Eventually this became confusing as to who was going to create the bulletin on any given Sunday. The Board is happy to report that Marti Thompson has graciously stepped up in response to their request for a single "point-person" to create our bulletins. Thank you, Marti!

Here is the new process created by the Board for service preparation and bulletin production:

- Speaker Coordinator schedules speaker and Worship Leader, and gives names to Marti
- Speaker prepares sermon and sends title to Marti
- Worship Leader selects service content (readings, etc.), designates order of service and sends information to Marti
- Musicians select music for service and send information to Marti
- Marti puts all components into the bulletin design, proofreads, and prints the bulletins. 🌿



## CELEBRATIONS

### Birthdays

#### JANUARY

2 Steve Moeckel  
8 Maureen Wissman  
9 Chelsea Lucas  
9 Cecil Beers  
10 Lisa Feltman Spring  
15 Lyle Baker  
16 Jeffrey Feltman  
18 Roger Cassity  
19 Derek Lucas  
26 Lyn Baker

#### FEBRUARY

12 Claire Brooks Williams  
13 Harley Ketring  
15 Bonnie Behee  
15 Margaret Buccicone  
19 Joel Tishken  
20 Dolly Lewis  
24 Dan Lucas  
27 Kevin Behee

#### MARCH

1 Dede Wissman  
6 Kenny Baker  
16 Marion Moeckel  
18 Miranda Hamelberg  
29 Matt Searls  
31 Deetra Huntington

#### APRIL

1 Shea Huntington  
4 Patrick Schryver  
5 Mike Buccicone  
10 Rich Fritzsche  
17 Jon Ketring  
22 Gretchen Price  
28 Mary Evelyn Geeting

#### MAY

1 Lou Rebrovic  
31 Amanda Behee

### Anniversaries

#### JANUARY

4 Steve & Marion Moeckel

#### MARCH

22 Richard & Nanette Fritsche

#### MAY

30 Mark & Linda Searls



## FINIS

THERE IS LITTLE IN LIFE  
THAT COULD NOT BENEFIT  
FROM A LITTLE LOVE,  
A LITTLE TIME,  
AND A STICK OF BUTTER.

