

Humboldt Unitarian Universalist Fellowship



March 2021

White Fragility and Be Antiracist

We began our conversation about *White Fragility* on Wednesday, February 24. Feel free to join us on **March 10 and 24**, 7-8:45 p.m., even if you missed our first session. We will explore the concept of “white fragility” in more detail, the many ways it manifests, and how we can identify and transcend its limitations.

On **April 7 and 21** and **May 5**, we will engage in several of the exercises posed by Ibram X. Kendi in his workbook, *Be Anti-Racist*. The workbook is very interesting, and you don’t need the workbook to participate, as I will present a variety of the activities that Kendi offers. Kendi’s publications are profound contributions to understanding both the history of race and racism and its manifestation in American society. The history is *Stamped from the Beginning: The Definitive History of Racist Ideas in America*; his next book is *How To be an Antiracist*.

David Marshak

Bird Walk for March

The flowering currants are in bloom on our HUUF ground, and along with the distinctive “squeak” the Anna’s hummingbird males make at the bottom of their mating dive, the signs of spring are heartening. We are getting to know what birds to look for and where, but the unanticipated surprises – like a colorful spotted towhee digging in the duff a few feet away – are always the best. You are welcome to join us on the search Friday, **March 12**, at 8:30 a.m. Bring binoculars, a mask, and dress for wet, soggy tramping along the Fellowship margins. Our group is limited to six people, so send an email soon if you are interested to polkaqueen@gmail.com.

Valerie Gizinski

Rev. Buehrens book

In his recent, powerful talk to HUUF on “American Genocide And Conflagration: the Wiyot Massacre And The Civil War” Rev. Dr. John A Buehrens mentioned his new book, *Conflagration: How the Transcendentalists Sparked the American Struggle for Racial, Gender, and Social Justice*. The book is available as an ebook and audio book from Amazon, Barnes & Noble, and Kobo and in print at Amazon, and Barnes & Noble, and can probably be ordered through the local bookstores. His other books *Our Chosen Faith*, *A House of Hope*, and *Understanding the Bible* are also available.

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Congregational Meeting

Our annual Fellowship Congregational Meeting will be on **March 14**, immediately after our Sunday service. This meeting will include election of the 2021-2022 HUUF Board of Trustees and also electing a new member to the Endowment/Special Funds Committee to take the place of Howard Stauffer, who recently resigned. Please see the bios in the companion article prepared by our hard working and conscientious Nominations Committee.

An update from our Ministerial Search Committee will be provided. Our meeting will wrap up with a discussion and possible implementation of paying a voluntary ‘Honor Tax’ to the Wiyot tribe on whose, un-ceded ancestral lands our Fellowship is situated.

Berti Welty, Co-President HUUF

Honor Tax

Your HUUF board has discussed paying an “Honor Tax” and decided that decision should be made at the congregational level. An Honor Tax is a voluntary tax paid to the tribal nation on whose ancestral lands our organization is located. It is a form of reparation to the descendants of the people whose lands were essentially stolen. The amount of the tax is set by the giver and varies widely according to the commitment, financial status and other obligations of the organization/individual. An extensive article about the Honor Tax can be found in last month’s newsletter.

On February 21 we held an informational discussion following the service with a general consensus that the matter needed further attention and should be discussed at the congregational meeting on March 14. At the meeting, individuals spoke of the Honor Tax as not a charity donation but rather an obligation. There was concern about making the decision too lightly, and whether we can afford to make and maintain such a commitment, including budget considerations with our ministerial search. Other budget questions included how much we pay UUA and other donations we make and whether the money used for the Honor Tax might be better allocated to other organizations. Some of the Fellowship’s charitable work has been curtailed since the Social Action Committee has not had fundraisers.

The following documents will be placed on the HUUF website for examination: the 2019-2020 budget, original, revised and actual spent, the map of the Wiyot ancestral territory, and the Honor Tax resolution from the Seventh-Generation fund.

At the **March 14** congregational meeting, along with the ministerial search update and election of officers, we will discuss and possibly decide whether the Fellowship should commit to paying an Honor Tax to the Wiyot Tribe and the amount.

Berti Welty



Nomination Committee report and biographies

The open positions are:

- Co-president (2 years) – no nominee
- Secretary (2 years) – Debi Cooper, currently Trustee
- Trustee (2 years) – Sandy Lynn
- Trustee (2 years) – Cassie Brillbeck
- Endowment Fund Committee – Colleen Ruth Broderick
- Candidate Biographical Statements:

Debi Cooper :

I was transplanted from Michigan in 2008 and have been a member of HUUF since 2011. I was formerly on the Caring Circle Committee, Grounds Committee, Aesthetics Committee, Foyer Expansion Committee and Stewardship Education Committee.

Sandy Lynn:

Sandy Lynn has been a HUUF member since 2002. Her two children, Trevor and Kit, attended RE Sundays and activities from the first grade on, including UU Youth Cons and summer camps. Sandy taught middle school and high school RE classes for several years, helped organize several Halloween Festival events, served as a UU Youth Con adult advisor, and served for two years on the board as an RE liaison.

Cassie Brillbeck:

I attended the Fellowship as a kiddo and I am grateful that the universe led me back as an adult. I find it very rewarding to volunteer and give back to the Fellowship when the opportunity arises. I especially enjoy working with the kitchen crew, setting up for our events, cleaning our sanctuary, pulling weeds and working the grounds. I also enjoy working with the RE Committee and I am very excited to work with the Playscape Committee. HUUF holds a very special place in my heart, I will forever be grateful for the support I have received and continue to receive from the Members and Friends of our Fellowship.

Colleen Ruth Broderick:

My interest in this position is the really endless number of possibilities for creating opportunities in our HUUF community for expression and action to affirm our aspiration and covenants. I have been a HUUF member for 7 years and am currently participating in the Reflections and poetry groups. In the past I have participated in the pledge drive, choir and Membership Committee. I would consider it an honor to serve on the Endowment Fund Committee.

PCD Women and Religion Retreat

The Retreat will take place on Saturday, **March 13**, from 8:30 a.m. to 8 p.m. on Zoom. The theme for this year is “Hanging In, Hanging On.” We will share our lives in an opening orientation, small groups, learning sessions, a scavenger hunt in your home, Suffragist bingo, a memorial for Liz Fisher and Meg Bowman, and a closing session. Registration is open until **March 1**. Register at: <https://tinyurl.com/PCDRetreat>. Registration is \$25.

To be added to the retreat email list, send a blank email: PCDUUwoman+subscribe@groups.io.

We need a website editor. If you are willing and able to help and know WordPress, please contact Beverly Morgan at beverly@women&religionpcd.org.



Sunday Services

Sunday, March 7 – 11 a.m. – Saying Yes and Saying No – Heather Vickery

Heather Vickery will present a centering and discernment practice designed for anyone working for justice who needs help setting boundaries around what they can and cannot manage. We will begin to connect to what our hearts and values – as individuals and as a community – most strongly call us to do for justice. Heather is the coordinator for Congregational Activism for the Unitarian Universalist College of Social Justice and the UU Service Committee.

Sunday, March 14 – 11 a.m. – Mental Health in the Time of COVID-19 – Autumn Spears & Lezley Troxell

The pandemic has had a major effect on our lives. Many of us face challenges that can be stressful and overwhelming. Public health actions, such as social distancing, are necessary to reduce the spread of the virus, but they can make us feel isolated and lonely and increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you more resilient.

This talk will be led by Lezley Troxell and Autumn Spears, clinical director of Evolve Youth Services and former Lead Grief Support counselor and manager of Grief Support Services at Hospice of Humboldt.

Sunday, March 21 – 11 a.m. – Nurturing Wonder – Wendy Rowan

Plans have been drawn for a Nature Based Play Space on the Fellowship grounds for HUUF children and families. Some work has already been done, and the Religious Education Committee is currently mobilizing to realize the design this spring. Wendy will discuss what will be required for creating and sustaining it.

This idea is part of a national movement to provide play spaces that give children opportunities to connect with nature and further healthy child development, and it is well aligned with UU values. As John Rosenow, the chief executive of the Arbor Day Foundation said, “We need to help children learn to love the Earth before we can ask them to save it.”

Sunday, March 28 – 11 a.m. – Love’s Labor: Women’s History Here and Now – Karen Harris, M.Div.

Now more than ever, the conflict between an economic system powered by paid labor outside the home, and the necessity of caring for beloved children and elders, is played out in the hearts, minds and bodies of women who find themselves caught between disparate and conflicting worlds.

Women in the Fellowship, like women everywhere this past year, have been making history as they face this dilemma head on. Such a superhuman effort deserves appreciation, so join us for a celebration of the inestimable worth of the women whose care inside our homes and in services essential to our common lives – love’s labor – will be lifted up, praised and rallied behind.

Since retiring from ministry at HUUF, teaching religious studies at HSU, and offering yoga philosophy/spirituality to yoga teachers in training, Karen Harris has been sharing life on her small permaculture farm with friends and fellow seekers of the wisdom of nature.

Affirmations as we move into distance learning:

The best I can do is my best.

How human of me to feel nervous about trying something new.

I will give myself the same grace I give others.

I may not be able to control this situation, but I have control over my attitude.

This is only temporary.

I can do difficult things.

I don’t have to have it all figured out to move forward.

I will make mistakes, and that is okay.



Rev. Erin Walter

March Fund-Raiser Food for People

Before COVID-19, SAC regularly hosted a fund-raising brunch on the third Sunday of each month to support groups serving crucial needs in the community. Despite our being unable to gather, needs in the community still exist and, in many cases, have become greater.

SAC is asking HUUF members and friends to come together this March to support Food for People. Food for People describes its work:

Food for People, the Food Bank for Humboldt County, is here for the community during the COVID-19 crisis. Many are suffering with self-isolation from families staying home with children, to seniors unable to leave home, or those experiencing lost wages or revenues. Food for People works to alleviate local hunger and improve the health of the community through its 18 programs and strong community partnerships. These include a countywide network of emergency food pantries; food distribution for children, seniors and homebound individuals; nutrition education and outreach and local food recovery and gleaning efforts; and emergency and disaster food distributions to help those experiencing hardship. Food for People distributes nearly 2 million pounds of food annually to the county's most vulnerable members.

Food for People is rebuilding following the sewer disaster in February of 2020 with a new food bank facility that will ensure every person in Humboldt County in need can access nutritious foods; and local children, seniors, and families can connect with services that address the root causes of hunger and poverty.

Please make your donations to HUUF, indicating that they are for "Food for People."

Eve Anderson

Call to Care (with apologies to Shalom Aleichem)

Once, long ago, in a village in Russia, a neighbor brought her friend, the Yenta, the matchmaker, to see the rabbi. The poor Yenta was troubled. The rabbi invited them in, offered them tea, and then began, "Well, what can I do for you?" The Yenta replied that she had brought her great bowl, an heirloom, to the well to fill with water. The bowl broke and pieces fell into the well.

At this point we know why the rabbi, a very wise man, had begun with "Well ...". He had been reading the Kabbalah and was thinking of how the vessels of God had fallen and broken and evil had come into the world. He listened and gave the Yenta twelve kopecks to buy a new bowl and a blessing to renew the world.

The Yenta had heard "Well..." and thought how she had been unwell and had been suffering alone. Her friend had brought her to the rabbi, who listened to her troubles and she no longer felt alone and felt better and got twelve kopecks for her trouble.

The neighbor, too heard the word "Well..." and thought how, as a lonely widow she often would go to the well to meet her friends, but lately she had seen that the well itself was dark and cold, and she felt even more lonely than before. She looked across the room to see the rabbi, who was a widower, and contemplated. She so resolved to give twelve kopecks to the Yenta to make a match between her and the rabbi.

The Yenta agreed and took the twenty-four kopecks and bought the biggest bowl she could find to give to the rabbi and her friend as a wedding present.

The moral here is not about kopecks. The moral is not that problems can be solved. They can if we let them though the solution may not be what we expect. The moral is that solving problems is one part of life which happens when we come together to solve problems ... another is that we come together which is good.

If you would like to be part of the phoning tree (the Call to Care campaign), call Bridgette or email her at office@huuf.org with "Call to Care" in the subject line. Otherwise call your friends, neighbors, family and Fellowship staff (and your mother) as frequently as you can.

Shawn Nichols

Climate Action Campaign news

Congratulations to HUUF and CAC who will be recognized by the California Interfaith Power and Light as the quarterly Congregational Highlight for March.

We thank Rebecca Stauffer for ongoing care of the apple and pear trees that she coordinated and helped RE families to plant at HUUF.

The UU@UN Intergenerational Spring Seminar, **April 9-11** has “All in for Climate Justice: Food Equity and Sustainability” as the theme. Co-sponsored by the UU Ministry for Earth, the annual Intergenerational Spring Seminar seeks to identify and tackle inequities in the global distribution of healthy food among marginalized ethnic and socioeconomic groups, and create reimagined systems for food sustainability and security. Registration is open until March 18 at tinyurl.com/ha9otmlz. Scholarships from the CAC are available for two people, with preference for youth. For more info, please contact Sue Mossman.

Fellowship Climate Action Assessment Survey:

We are conducting an all Fellowship survey to assess the amount and kinds of UU faith inspired climate actions that individual members or families are doing to reduce our carbon footprints. We hope the information from this survey will help us learn from one another about further climate action ideas, and motivate us not only to continue with our current efforts, but also encourage us to do better. Please complete and submit the survey by **March 15**. The survey is accessible online at <http://huuf.org/events/climate-action-survey/> or by email. All members who have not responded online by March 15 will receive a hard copy with return postage provided.

CAC Challenges YOU, “YOU for Earth Month”

For Earth month in April, CAC challenges each member to add one new effort to “reduce, reuse, recycle.” It doesn’t have to be big. For example, pledge to carpool with a household member once a week; eat one vegan or vegetarian dinner per week; donate used clothing to pet shelters for bedding; join OhmConnect (get paid for voluntarily reducing energy use one hour a week to avoid turning on “peaker” coal fired plants). Decide now on an action that you will take for the month of April, and report on the above CAC survey what you plan to do.

Sue Lee Mossman

Banner carriers

Every Saturday during the noon hour, from one to a dozen UUs stand on a Eureka street corner with our “Humboldt Unitarian Universalist Fellowship” and “Black Lives Matter” banners. Two-to-three dozens of us have participated at least once over the previous year. Observations from four of us:

Sylvia Shaw

When the Monday engagement group thought up the BLM banner holding last spring after the George Floyd killing, we never dreamed it would keep going. Thank you to all who have sustained it.

Allison Bronkall

Rodney King opened my young eyes to the reality of police brutality in this country many years ago. The killing of George Floyd laser-beamed a bright light into my middle-aged eyes... As Cornel West said, “Justice is what love looks like in public.” I want my beliefs to be an action that the world can see and think about. Getting out of my white, privileged comfort level is one place to start.

Chip Sharpe

Growing up in North Carolina in the 1950s and ‘60s, I saw the stark, disturbing effects of race separation. No one, Black or White, could escape being mentally, emotionally, and spiritually altered by “separate but unequal.” Our essential challenge is to build bridges and transcend inherited misunderstandings.

Beverly Morgan Lewis

If January 6, 2021, doesn’t make you acutely aware that, for some, white lives are valued more than black lives and the lives of other people of color, what will? Meanwhile, some of us will be standing on the corner of 4th & V on Saturdays to carry this message forward... no lives really matter until Black Lives Matter to everyone!

Chip Sharpe

A Life Plan Community for Humboldt County

Twenty-five percent of Humboldt County is 60 and older, and for those in this group, housing options are limited. Often, older adults would like to leave behind the responsibilities of maintaining a home, be closer to social activities, shopping, and medical services, but cannot find a place to move to. With this in mind, a new non-profit has been formed to plan, build, and support a mixed-income Life Plan Community in Humboldt County. Life Care Humboldt (LCH) will help those of us who love living in this beautiful area stay close to friends and family, still live independently, but still have support if we need it.

The Life Plan model (also known as Continuing Care Retirement Community) offers older adults independent private residences, shared dining and activities, healthcare management, assisted living, and memory support, all in one location. LCH residents will not have to move if they or their partners need increased care.

Currently this option does not exist in Humboldt County. Now, people must move to Medford, Santa Rosa, or farther to find Life Plan Communities, leaving behind family and friends and long ties to the community. We lose their commitment to community organizations, their skills, historical knowledge, and the financial resources they offer.

Led by Ann Lindsay M.D. and a board of committed community leaders, LCH is looking at 15-plus acre sites in McKinleyville and Arcata to create a campus-like residential setting. If you want to learn more about this dynamic project, join us for the **March 21** presentation at 2 p.m. You can also visit the LCH website at www.lifecarehumboldt.org and fill out a design survey, join the mailing list, and sign-up for the ZOOM house party to find out more.

JoAnn Schuch



People

Congratulations to long time HUUF member, **Julie Neander**, on her retirement as the city of Arcata's Deputy Director of Environmental Services. Starting in 1993 Julie focused on recycling, sustainability, water quality, and habitat protection and restoration projects. Through the years she evolved through the city's ranks. Restoration projects that she sighted in the Mad River Union (1/27/21) that have been meaningful to her over the years are: Jacoby Creek Watershed, 11th St. McDaniel Slough, Janes Creek. Collaborative involvements with Greenview Park's all-access playground, LED lighting on the Humboldt Bay Trail and Redwood City Park have brought Julie much joy through her career with the City of Arcata.

"We only have one planet. We have to do our best to heal it, protect what we have and not do any more damage. We're all a part of that, right? Not a one of us stands separate from that. I'm grateful that I was able to do that in Arcata." (Mad River Union 1/27/21).

Thank you, Julie, for manifesting in your professional career your commitment to our UU 7th principle: "Respect for the interdependent web of all existence, of which we are a part."

Also Congratulations to **Alison O'Dowd**, HSU Environmental Science & Management professor, who recently published a chapter "Urbanizing River Channels" in the Treatise on Geomorphology (2020).

Kate McClain, Sue Mossman



Humboldt Unitarian Universalist Fellowship

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Newsletter guidelines, READ!

The newsletter guidelines exist to make it easier for me and you. Please read and follow them. Far too many articles require significant editing for mistakes outlined in the guidelines (like the two I made in the headline).

<https://tinyurl.com/HUUFNewsGuide>

Stephen Sottong

Deadline information

Deadline for the **April** issue of the newsletter is Saturday, **March 20** at 5 p.m. Send committee reports, announcements and articles related to HUUF (email only) to newsletter@huuf.org.

Many file formats are acceptable, but .doc, .docx, .rtf and text are preferred, and .pdf and .pages cannot be used. Late submissions are not accepted without prior approval. Full guidelines at:

<https://tinyurl.com/HUUFNewsGuide>

Stephen Sottong, editor

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Classified ads are 10¢ per word. Send your check to the HUUF office and email the text of your ad to newsletter@huuf.org.

Earn \$50. Family Heirloom needs transportation to Bay Area. If you are driving and have room for a 31" x 16" x 30" antique drawer washstand, call Berti. 707-476-0654. Will pay you \$50 to drop it off in San Rafael area.