

Humboldt Unitarian Universalist Fellowship



January 2014

A Note from Bryan

As this new year begins, Edie and I are glad to be with you and this Fellowship which is also experiencing new beginnings. Social Action just collected over \$700 to support the Hope Center. Religious Education just staged a very moving and creative Nativity play. Adult Religious Education is offering Thursday Reflections; a book study on *The New Jim Crow*; another book study on *Healing the Heart of Democracy*; a new, open Women's Group; and a Grief and Loss Group based on *Life Lines* by Forest Church. Circle Suppers continue and the First Friday all-fellowship potlucks (sometimes held on the second Friday) are feeding enthusiasm as well as bodies. The Choir is growing, and after the wonderful Christmas Eve service is gearing up for its big March Singing Sunday. Program and Worship has exciting speakers like Baba Jamal and Jeremy Taylor on the docket. Meanwhile, the Board is seriously re-engaging the issue of how we are going to fund the vibrant life of this Fellowship.

So Happy New Year and Happy New Life to us all. May 2014 be as wonderful for us as I think it's going to be. Blessings.

Bryan Jessup

Questions about UUs?

Rev. Bryan Jessup has scheduled an Inquirers Class on **March 2** after the service to help you learn about Unitarian Universalism and this congregation. Do plan to attend, especially if you might be thinking about joining. We'll even provide a light lunch.

Awanna Kalal

I wanna' hold your hand

Pot luck party. Beatles sing-along. Friday, **January 10**, at 6:00 p.m. Elisabeth Harrington and perhaps others will back us up as we rock out on our favorites. Song sheets provided. Bring only food popular in Liverpool in the 1960s. Just kidding about the food. Set-up and clean-up help appreciated. Call me at 826-1227 to make such a commitment.

Richard Kossow



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People

Ginger Gardner has been diagnosed with breast cancer. She feels that she is in good hands with our medical community and her friends.

Jack Munsee had a fall on Thanksgiving and spent several days in the hospital. He is now doing well at home.

Brad Meiners had repair surgery on his knee. He enjoys calls, cards, visits and meals, but please call first — 834-8191.

Mandy Bray will not need chemotherapy but will start radiation for her breast cancer. She appreciates **Jeff Thomas** for his extraordinary support.

Welcome to our newest member, **Andy Anderson**.

Cheryl Rau had successful hip surgery and is doing well.

Kinara is still in treatment for her cancer. She would appreciate meals and rides to her medical appointments. Fiona loves to spend time with others during her mom's appointments. Please contact Kinara (825-1214) if you are willing to help out.

Chip Sharpe is off his medications since mid-December. His pain and nausea have stopped. He is recovering quickly but remains impatient for regained stamina, strength and beard growth.

Irith Shalmony took 7000 photos during her seven-week adventure to Paris and Arles, France, Spain and Portugal.

Ursula Osborne returned home from her Stanford Hospital hip replacement and rehab and desires peace and quiet at this time.

Bob Wolterbeek is visiting Stanford to get his back pain diagnosed and to have his yearly cancer check up.

Richard and Ginger Kossow,

together with **Barbara Barratt**, spent a week in San Francisco having a real vacation with lots of museums, great food and a play.

Karen Knapp



Social Action brunch

The first 2014 Social Action Committee brunch will take place **January 19**, following service. Please enjoy visiting with one another and give us 10 or 15 minutes to set all the food out, before lining up at the table. Your patience is greatly appreciated.

This brunch will feature warm, hearty, nutritious food, the type of food that is welcome on cold wintery days.

Proceeds from the January SAC brunch will go to the Rape Crisis Team.

Suggested donation is \$5 for adults and \$1 for children.

In order to continue these wonderful brunches that bring us together for community and sharing over good food each month, there is a serious need for volunteers to help in the kitchen with clean-up after the brunch is done.

Eve Anderson

Crafts group change

The crafts studio usually takes place on the first Wednesday of the month, which would make the next one January 1. For that reason, it will be moved to **January 8**. Beverly Allen hosts in her home, so call her for directions. Bring your project or just come for conversation.

Joy Thomas

Open women's group

The first meeting of the drop-in open women's group was held in December. The dozen women in attendance decided to meet more frequently, at least to begin with, to accelerate getting to know one another. The January meetings will take place on Tuesdays, **January 7 and 21**, 7 – 9 p.m. at the Fellowship. This is a women's sharing and support group in which we listen attentively, get to know each other on a deeper level. Everything said at the meetings is to be held in confidence. We agreed to rotate facilitation duties. All women of the Fellowship are invited.

Berti Welty

Book group

Beginning **January 4**, a weekly book group will explore Parker Palmer's book *Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit*. This book informed the September 13 service when we focused on the 'five habits of the heart' articulated in the book. Copies of the book are available to borrow, or you can order your own copy. The book group will meet from 10:30 to 11:30 am on Saturday mornings through February. Email me at wndyrwn@gmail.com.

Wendy Rowan

Board update

Your Board engaged in the meat of striving to ensure that we are a thriving community at our December meeting. You might ask, “Well, what does that mean?” For me as a Board member that means that we confront challenges, ask the hard questions and keep our focus on what is possible for the Fellowship. This takes leadership beyond completing routine tasks. The December Board agenda items provide good examples of your Board doing this.

Dave Harris, a former Board member, worked with us to consider proposed revisions to the budget and canvass process. Our minister, Bryan Jessup, helped us to reflect upon our governance and the relationship between ministry and governance. We approved the updated maintenance and improvement plan prepared by Scott Allen for the Fellowship. We also agreed to survey the Congregation on the potential of providing two services on Sunday mornings.

All this activity takes thought and care with a vision towards the future. So your Board is in the thick of it, as they say. Want to know what we are thinking? Want a discussion about leadership within the Fellowship? We encourage folks to talk with us in the new year.

Wendy Rowan, Board Secretary

Classified ads are 10¢ a word. Send your check to the HUUF office and the text of your ad to jothomas3828@gmail.com.

Treasurer

Although I was officially sworn in as your new treasurer July 1, I feel I am just now ready to call it my job, thanks to all the help I have received from Chip, Dave, Katherine and, of course, Shay. So, as your “new” treasurer, here are some ways you can really help me out:

1. I pay bills every Thursday afternoon. If you need to get a check, be sure you have submitted your request by then. Requests should either come to me by email or go into my mailbox in the HUUF office.

2. All reimbursement requests should have the receipts attached, be signed by the committee chair, and either address to send to, or note that you would rather pick up on Sunday and from which box.

I have one more request. If anyone has extra blank cards with envelopes that you can donate, I would love to use them. I have a phobia about putting checks in an envelope without at least a thank you included.

You can reach me by phone or email: 415-850-7039 or ewolterbeek@gmail.com.

Thank you.

Your new treasurer,

Edie Wolterbeek

Thursday Reflections

Thursday Reflections resume at 7 p.m. on **January 9**. The focus of the Reflections for January and February will be from *Ten Poems to Change Your Life* by Roger Housden. This is an open group. Come!

Bryan Jessup



Putting UU values into practice

Now is the time to add up and bring in your Guest-at-Your-Table donations for the Unitarian Universalist Service Committee. Your gift must be turned in by Sunday, January 12, 2014. Please make out a check in the amount of the contributions (rounded up, if possible) to “UUSC.”

We can be proud of our strong and broad support given to the UUSC in past years. Our goal is to have every member of our Fellowship join or renew membership in UUSC. Contributions of \$100 or more are matched by the Unitarian Universalist Congregation at Shelter Rock, Manhasset, New York. Contributions of \$40 or more qualify for UUSC membership (\$75 for dual memberships, \$20 for seniors, \$10 for youth).

You may leave your donations in the basket in the foyer or give them directly to me.

Donations may also be mailed to: UUSC — Guest at Your Table, PO Box 808, Newark, NJ 07101-0808. Please put our congregation code (2111) on checks that are mailed directly to UUSC and notify me of your gift at 599-6009.

Chip Sharpe

Social Action

In November, I attended the third annual Walk the Walk UU Legislative Ministry Conference at Camp de Benneville in Angeles Oaks, CA (pictured below). I was happy to represent HUUF as I had attended all three years. I got to spend time with old friends and meet new friends. My cabin mate was a UU Minister from Thousand Oaks, Rev. Lora Brandis of Conejo Valley UU Fellowship. One of the first things we found out is a new name for the Ministry - UU Justice Ministry. There were three large signs in the window which stated the purpose. Faithful - Grounded in UU values and spiritually resilient, Relational - Bringing people and communities together, Strategic - Working for Effective Systemic Change. Also, a sign for Goals by 2018:

- 1) California UUs have access to participate in state wide justice education, advocacy and witness that deepens their faith and changes life for the better in California.
- 2) California UU Justice leaders are trained, effective, inspiring, and connected.
- 3) California UU congregations utilize UUMCA to strengthen their Justice Ministries.
- 4) California policymakers and justice leaders value UUMCA as a visible and credible partner in advancing justice in California.

There were three main breakout sessions from which we each picked one of three offerings each time. I took From Inequality to Environmental Injustice with Rev. Earl Koteen, Consulting Minister for Environmental Justice. Other offerings in the first breakout were Sustaining ourselves on the Justice Journey and Organizing Beyond Congregational Walls/ Next Steps for UUMCA Justice Organizing. In the second breakout session I went to How we'll get it done - Comprehensive Immigration Reform and Justice for all, other sessions included LGBTQ Equality, Fundraising for Change. The third breakout had Economic Justice, Vision & Imagination in Creating a Just and Sustainable World, and Sustenance from our Spiritual Ancestors.

Every day we had a worship service which was enjoyed by all with justice singing led by Rev. Wendy Bartel of Sierra Foothills UU. Wendy's background is in Music Therapy, and she is such a passionate person.

Joanna Welch



Religious Education



January 5

Preschool: How do we show kindness? We will sing kindness songs after we discuss what being kind means. We will make a kindness chain to hang in our classroom.

K-2nd: We will continue working on our second principle: “We believe that all people should be treated fairly and kindly.” We will review the past activities via working on our UU Principle booklets.

3rd-5th: How many of you have seen the movie *Frozen*? Did you know that it was inspired by a Hans Christian Andersen fairy tale, *The Snow Queen*? *The Snow Queen* is made up of seven stories. We will take a look at some of these stories and compare the similarities and differences to both the movie and the Unitarian Universalist principles.

Intermediate: We will explore different groups in the larger UU community. Come learn about Humanists, Christians, Buddhists, pagans and other groups within the UU fold. Could we find out if there are any of those groups represented in our own HUUF community? Maybe we’ll come up with a way — bring your ideas.

January 12

Preschool: How do we practice diligence? We will read *The Tortoise and the Hare* then act out the story with our handmade story props.

K-2nd: We will finish our acts of kindness surprise for families at home. We will take a closer look at the words “fair” and “kind” via a folk tale from India called *The Grain of Rice*.

3rd-5th: We will continue our exploration of Hans Christian Anderson stories, comparing them to our UU Principles.

Intermediate: How do you feel about discrimination and intolerance? Have you ever felt them yourself, or witnessed discrimination or bullying? We will discuss these difficult social issues, and also discover how UUs respond to these problems, and some different ways we can celebrate diversity.

January 19: Friendship Sunday: All ages play together, read and share their holiday stories

January 26: Social Action Sunday: We will cook food for the Night Shelter We always need help with this endeavor. Bring some canned beans if you would like to contribute something.

Child Dedications

This is a meaningful ceremony that all ages of children may participate in as their families wish. When speaking about the Dagara Tribe of Burkina Faso from which she was born, author and teacher Sobonfu Somé wrote, “We know we cannot have community without children, and we cannot have children without community, and neither would exist without spirit. It is one complete circle, each element completing the whole. We welcome our children and in so doing we welcome spirit.” With this in mind, we will dedicate our children.

So if you would like to have your child dedicated in our upcoming spring ceremony with our Minister Bryan Jessup and our Religious Education Director, Jillian Mooney, see me for details or discussion.

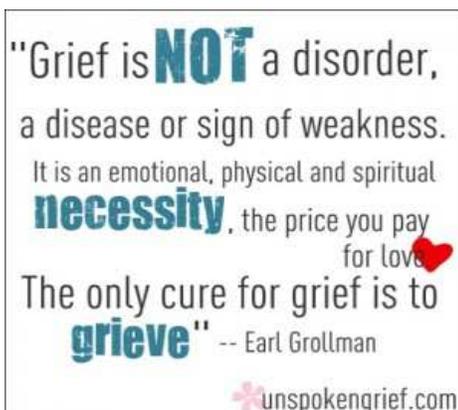
Jillian Mooney



Welcome new members

We are happy to announce that our Ingathering Ceremony to welcome our new members will be during the service on **February 2**. So far, we have nine new members to recognize, but by February we may have even more. It's a most important occasion.

Awanna Kalal



Holding on at both ends: lifelines that connect us

How can we make peace with our mortality and the death of those we love? How can we accept things that cannot be changed and change the things that can? How can we forgive ourselves and others? How can we gather the courage to overcome our fears? Where can we find God in what may seem at times a godless world? How is it that some people manage to conquer adversity, while others are consumed by it?

Any one of these questions is enough to bring us to a screeching halt, paralyzed by the enormity of what we do not know. Yet sooner or later some crisis – an illness, the loss of a loved one, a breakup of a relationship – brings each of us face to face with pain so deep that we can only cry out, longing for answers. This is our shared destiny: confronted by the dual reality of being alive and having to die, we question what life means. Often, this is what brings us into fellowship in the first place.

Beginning in February 2014, I will lead a series of workshops in which all of us can begin to explore some of life's deepest questions. This very process of exploring in community offers the hope of experiencing some answers. These intimate small group discussions will look at what it means to wake up to the fact that everyone suffers grief and adversity – and together, begin to discover the many ways in which awareness can draw us deeper into the connections that make life worth living.

Watch for more info in January.

Shay MacKay

Revitalizing for a dynamic new year

The Communication Committee (formerly the Information Committee) has been revitalized to share Fellowship news both internally and externally, using more extensive media sources, including social media, than has been done in the past. Our congregation is changing, and we want the broader community to come and check us out.

With the Fellowship's energized and shared commitment to living our UU values, it is time to present what we offer more vigorously to the Humboldt community. The Committee's intention is to increase efforts to provide clear, accurate information, to facilitate development of our own individual spiritual groundedness, and to deepen intimacy and caring within our congregation so that we may turn outward to promote justice and love in the world around us.

Committee members include Joy Thomas, Lisa LaBolle, Kathy Dillon, Steve Sottong, Jovanah Hoboo and Pat McCutcheon, chair. Bryan Jessup will work with us.

We wish, for instance, to disseminate information about our outstanding Religious Education Program which offers children important and creative learning. We want people to know that Social Action raised over \$700 to aid the Hope Center. Program and Worship has scheduled a variety of dynamic and uplifting services through March and is well into exciting plans for April, 2014. Our expanding Choir will delight our hearts and spirits yet again with their March Singing Sunday. We want to acknowledge Adult Religious Education's Thursday Reflections, focusing on *Ten Poems to Change your Life*, and another group studying *Healing the Heart of Democracy*, as well as an upcoming Grief and Loss Workshop, and a new, open Women's Group. First Friday all-fellowship potlucks and Circle Suppers both offer fellowship as well as delicious food.

The Communication Committee intends to reach a wider and more diverse audience by increasing our reach into the community, which in turn may boost the number of congregants and volunteers.

We welcome input and information you would like to see shared. To do so, please contact me at 826-7107.

Pat McCutcheon

Changes to budget development/pledge drive process

The Board of Trustees has changed the budget development, pledge drive, and Congregational budget approval schedule. Here are the highlights:

The new budget development process, which begins January 3, is designed to encourage broader participation in developing a **Preliminary 2014-15 Budget** by March 15.

The pledge drive begins soon after the preliminary budget is finished. This provides everyone with clear funding objectives.

At least a month before the end of the fiscal year (June 30, 2014), the Board will engage the Congregation in a budget/funding reconciliation process. Upon concluding this process the Board will schedule a special Congregational meeting to create the **Congregational Approved 2014-15 Budget** before the new fiscal year begins on July 1.

The overall schedule looks like this:

January	February	March	April	May	June
Budget Development		Pledge/Funding Drive		Budget/Funding Reconciliation	
				Budget Approval	

Here are the details of the first step - **Building a Preliminary 2014-15 Budget**.

On **January 3**, the Finance Committee will email Committee Chairpersons asking that all committee members participate in creating two budget requests: one “bare-bones” and the other “our dreams.” The Board will develop their “bare-bones” and “our dreams” budget assumptions. Budget assumptions include everything not budgeted by a committee (For example: gross 2014-15 pledge goals, fundraising and business use income goals, changes to personnel, changes to personnel salaries, etc).

All budget requests should be accompanied by detailed descriptions and submitted to the Finance Committee by February 3. The Finance Committee will assemble a budget draft and conduct open-to-all budget building sessions to prepare and deliver a draft budget to the Board by March 11. The Board will consider the draft budget and present a **Preliminary 2014-15 Budget** to the Congregation by mid-March.

Details of the pledge/funding drive, budget/funding reconciliation process, and budget approval process will follow in future Newsletters and Green Sheets.

Dave Harris

Grief and loss workshops coming

Saturday, **February 1**, and Saturday, **February 8**, Sheri Whitt will offer grief workshops at the Fellowship. Watch the Green Sheet for more information.

Bryan Jessup

Advance directives and other difficult conversations

It has been ten years since I completed my first advance directives, and it's time to update them. I am older. Some of my health care agents are no longer around. I have no partner, children or younger family members available. I am sure I am not alone in the endeavor to review my own wishes and establish viable plans. I would like to share ideas with others facing the same dilemmas. I envision a small group meeting at least once, and maybe more. If you're interested, contact me at jhanson@reninet.com or call (707)444-2553.

Jenny Hanson



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Anna Mae Botley

Treasurer Edie Wolterbeek

Newsletter Editor Joy Thomas

Calendar Editor Shay Mackay

Caring Circle mixer

The next Caring Circle mixer will take place Tuesday, **February 11**, and therefore naturally has a Valentine's theme. Come from 2 – 3 p.m. for ice cream, cookies and conversation.

Joy Thomas



Deadline info

Deadline for the January issue of the newsletter is Monday, **January 20**, 5:00 p.m.

Please send your committee reports and articles to me at joythomas3828@gmail.com. Neither PDF files nor late submissions are accepted.

Joy Thomas, editor