

Humboldt Unitarian Universalist Fellowship



February 2015

A Note from the minister

Old customs run deep. Ash Wednesday is February 18th this year. It's the beginning of Lent which, in the Christian tradition, is a 40 day ritual of spiritual purification before Easter. Ash Wednesday often falls in the month of February, but Lent is not the earliest form of February purification in European history.

The month of February was named for the Etruscan holiday of "Februalia" which happened about six weeks after the winter solstice and involved a total cleansing of everything. In Etruria, which is now central Italy, the weeks after winter solstice are a time of rain. Springs are bubbling, creeks are rising and there's plenty of water for a wash.

We Unitarian Universalists today do not typically give much thought to Lent. Many of us have experienced Christianity in such harmful ways we want little to do with it. We still, though, know what winter is, in both body and spirit and we know the desire to break into fresh air and to clean things up from the inside out.

So if we would like to "clean house" a little but find that the constructs of "Lent" won't work for us, maybe the construct of Februalia will. It invites the same contemplative process but is nature based. And with any luck this February, both literally and figuratively, we'll have a lot of water to help us with the work.

May joy be with us in the rain.

Rev. Bryan Jessup

Congregational meeting

The annual congregational meeting for election of officers will take place on Sunday, **March 8**, after services.

Richard Kossow



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Bring a friend Sunday

Our Unitarian Universalist approach to religion is not a perfect fit for everyone, but it is a great religious tool for far more people than we now serve. You may know many people for whom our way might be just right. Don't hesitate, invite them. Sunday, **February 15**, is "Bring a Friend Sunday." The service will be a great introduction to UUism, and our Social Action Committee is sponsoring a brunch that day. Call 822-3793 for more information.

Rev. Bryan Jessup

Board report

The Board of Trustees launched the new calendar year with a study session on the mission-based governance structure and the Mary Gleason report. This allowed the Board to refocus on direction and priorities. Your Board members welcomed the opportunity to reflect before heading into a busy Spring work schedule.

Sylvia Shaw

Jim Scott concert

Jim Scott, UU musician and composer of "Gather the Spirit" in our gray hymnal, will be here for a concert at 7 p.m. on Friday **February 21**. He will share some of the proceeds with us, so this concert will be a benefit in two ways. First and foremost, Jim's a wonderful music, and second there will be a little financial boost to our Fellowship. Tickets are \$20, but no one will be turned away. If you can't donate \$20, donate what you can. Call 822-3793 for more information.

Rev. Bryan Jessup

Ready to join?

We would love to welcome you as a new member of HUUF. Please talk to a greeter on Sunday to schedule a time other than Sunday mornings to sign the membership book. There is a pamphlet available in the lobby rack which will explain the details. Do join us.

Awanna Kalal

Building Your Own Theology

Unitarian Universalism is an approach to life that encourages us to ask and answer important questions for ourselves. Building Your Own Theology is a ten session course that focuses our attention on classic religious questions, points us toward many resources and supports us as we create our answers. The course will be held Monday, 7-9 p.m. in the main mall starting **February 2** through **April 6**. Call 822-3793 to sign up.

Rev. Bryan Jessup

Canvas pledge dinner

On Saturday, **March 28**, from 6-9 p.m., plan to attend our annual Canvass Dinner. "Join Our Quest" as we begin our Pledge Drive with an evening filled with fun, food and fellowship. More details coming soon. Call 442-5962 with questions or to volunteer.

JoAnn Thomas

Service auction

"Batters Up!" is the theme for this year's Super Service Auction, to be held Saturday, **May 9**, 3-7 p.m. So step up to the plate and think about the service you would like to offer for the auction, the craft you can make for the "Dugout" (formerly known as the Country Store) and mark the date on your calendar, for a home run. It promises to be another fun fundraiser that you won't want to miss. Contact 442-5962 with questions or to join the team and help make this a "grand slam" for HUUF.

JoAnn Thomas

Unitarian Universalist Valentines



People

Please wish **Anne Weiss** the best on her surgery scheduled for February 9th.

Yours truly, **Sylvia Shaw**, is awaiting surgery to be scheduled at UCSF for replacement of a broken metal spinal support rod.

Sylvia Shaw

Honoring our generosity — honoring our diversity

In a group as healthily diverse as our HUU Fellowship, there is no one pledging formula that fits all of us. However, being HUUF members or friends does imply mutuality, respecting each of our efforts. We give and we get. It is our community, after all. What we can pledge and give reflects our resources and personal financial obligations. Make your pledge with the thoughtfulness it deserves. Make it fit your family's life at the present moment.

Marianne Pennecamp

Deadline info

Deadline for the November issue of the newsletter is Friday, **February 20**, 5:00 p.m. Send your committee reports and articles to newsletter@huuf.org. Neither PDF files nor late submissions are accepted. Crisp, clear graphics may be sent as a separate file, not embedded in your article.

Stephen Sottong, editor

Spring awakening

HUUF will sponsor a North Coast Repertory production of "Spring Awakening," book and lyrics by Steve Sater, on Friday, **May 22**. This is a fundraiser for the Fellowship. Tickets are \$20, including a dessert reception after the play. We need help with the following:

- Take a packet of tickets to sell to family and friends.
- Volunteer to make a dessert for the after-play reception.
- Help putting up posters and spreading the word about the play.

For questions, offers or to volunteer, contact 725-9043 or ileneharris@gmail.com

Ilene & Dave Harris



Macbeth

The North Coast Repertory Theatre's production of Macbeth opened Thursday, January 22. Cast in the role of Banquo and Banquo's Ghost, is HUUF's very own Laird Allen. Come for the witches on the moor, the choreographed fight scenes and the curse of foretold destiny. Stay for a glimpse of what ambitious one percenters were up to 500 years ago. (Hint: it might not be so great to be king, after all.) The production continues through Valentine's Day.

Scott Allen



Mugged

Thank you all so much for the donation of mugs in response to the newsletter request. We are now drowning in mugs, so please do not bring any more in.

Jan Rowen

Men's group open meeting

A men's group has met at the Fellowship for over 20 years. They meet every other Saturday from 8:30-10:30 a.m. Periodically, the group holds an open meeting when there is a vacancy. The next open meeting will be on Saturday, **February 21**. If you are interested in joining, contact 633-5626 for details.

Jeff Knapp

CLASSIFIED ADS

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

Religious Education

Feb. 1

Preschool

We will read the book “Whistle for Willie.” We will continue our discussion of perseverance. What does that mean to you?

Kg-2

Our topic and story is “Cool Down and Work Through Anger,” which discusses signs of anger and how to overcome them. We have exercises that show how to overcome anger.

3-5

Chinese New Year: We will learn the story of the Kitchen God, who watches over the family all year. We will color the new Kitchen God, make flowers, write fortunes for each other and have a holiday celebration.

Intermediate

We will visit St. Alban’s Episcopal Church in Arcata. The service starts at 11:00, so we will meet at HUUF at 10:15. Parents: Please let Sandy know if your child will be coming so we can get a count, and also know how many drivers we will need.

Feb 8

All Worship together

We will make a joyful noise! We will gather all ages together to sing and play instruments. Did you know that some religions chant or twirl to become closer to the divine? Where is your spiritual place? How do you like to express yourself?

Feb. 15

Preschool

We will continue our study of positive traits to learn and practice. We will read a book and make crafts.

Kdg-2

Our topic and story is “Understand and Care.” Our story illustrates different ways to help others who are feeling sad and to have empathy. We will make a feelings book.

3-5

Powamu - Hopi Bean Planting Ceremony: We will hear the Hopi story of creation. We will make and decorate wooden Kachina Figures and Prayer Sticks. We will celebrate with a bean planting ceremony.

Intermediates

We will discuss how we connect to our inner selves. Many people use meditation, relaxation methods, prayer, exercise routines, music, dance and movement. Can you think of more? Help us explore this idea. Guest teacher, Barbara Madaras will lead this discussion.

Feb 22

Social Action Sunday

All ages together. We will cook meals for those in our community who need us to help keep their inner spirit bright and their tummies full. Is your family signed up to deliver?

We are hoping to update our Religious Education page on the HUUF website. Teachers and Jillian will have forms available to sign a photo release if you would like your child’s picture on our page. If you would like to take photos in the classes or during a specific event please come, we have a camera for you to use and could use your help.

Jillian Mooney

Member bio

Born and raised in the Bay Area, I am a lifelong Californian. Ilene and I met at UCLA, married in 1968, moved to Marin County in 1970, had two children soon thereafter, and made a life-style changing move in 1978. I left the go-go life as a computer programmer/systems analyst to become a teacher at College of the Redwoods. We settled into a six acre parcel in Fortuna in October, 1979. Ilene opened her own preschool six months later. We never looked back.

Our family and a parade of animals have enjoyed the opportunities and challenges of small town, small farm living for 20 years. Teaching, camping, canning, farming, remodeling, sporting and playing, along with friends and family have occupied our lives.

As it did for many, September 11, 2001 brought sobering reflection. Ilene began our HUUF experience in 2002, and I soon followed. We became members, joined committees, served on the Board of Trustees, and enjoyed the “spirit of this fellowship.” Today, we remain committed to building on the 50-plus years of HUUF’s legacy.

Our children live in Illinois – Mia, Greg, Lindsay, and Fletcher in Champaign; Matt, Julie and Milo in Chicago. We visit often but love the life we live here in Humboldt County.

Dave Harris



David Harris

Women's one-day retreat

A women's one-day retreat set for **March 14** from 8 a.m. until late afternoon (between 5 and 6 p.m.). Details are still being established. All women are invited, both from the Fellowship and the community; however, we are not widely publicizing our retreat so that we can have an intimate gathering. This will be a good time to invite women friends to a nurturing day with other women. We hope to have energetic young women through white-haired elders. Tentative activities include: Writing circle, TaiChi, dance, singing, walking meditation, Zen Tangles, discussion groups, and of course, nurturing and pampering each other. Women willing to lead yoga, Sufi dancing or other activities are invited to contact the planning committee.

The theme is “Celebrate Our Diversity.” Cost is \$20 with a sliding scale from \$0 to \$25. Bagels and fruit will be served as we gather. A simple lunch will be provided.

We are making arrangements for offsite childcare. Childcare requests must be received by **March 1**. Let us know if you have childcare questions.

Registration forms will be available on the HUUF website shortly, and in the foyer on Sundays. Registration deadline is Sunday, **March 8**, after the second service. Contact 476-0654.

Berti Welty

February 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9 & 11 am Sunday Services 12:30 SAC Committee *6:30 pm Sufi's RE: Curriculum Sunday	2 7 pm Building Your Own Theology	3 5:30 pm Board Mtg. 7 pm Financial Wellness	4 1:30 pm Crafts Group 7 pm Choir	5 7 pm Thursday Reflections *7 pm Vets for Peace	6	7 *8:30 am Men's Group
8 9 & 11 am Sunday Services 1 pm OWL RE: All Ages Together	9 *6:30 pm Arcata Men's Group 7 pm Building Your Own Theology	10 7 pm Financial Wellness	11 7 pm Choir	12 7 pm Thursday Reflections	13	14 Valentines 6 pm Fellowship Sock Hop
15 9 & 11 am Sunday Services 12:30 pm SAC Brunch *6:30 Sufi's RE: Curriculum Sunday	16 10:30 Membership Committee Mtg. 7 pm Building Your Own Theology	17 10:15 am Caring Circle	18 7 pm Choir *7 pm Mycological Society	19 7 pm Thursday Reflections	20 7 pm Jim Scott Concert	21 *8:30 am Men's Group
22 9 & 11 am Sunday Services 12:30 pm Aging w/ Grace *1 pm OWL 12:45 pm RE Committee RE: Social Action Sunday	23 *6:30 pm Arcata Men's Group 7 pm Building Your Own Theology	24 5:30 pm Op. Team Mtgs. 7 pm Financial Wellness	25 7 pm Choir	26 7 pm Thursday Reflections	27	28

* closed event

Sunday Services

February 1 – 9 and 11 a.m.

Responding to Escalating Inequality – Rev. Bryan Jessup

Both Pope Francis and the Unitarian Universalist Association have called on religious and economic bodies, governments and corporations to begin to wrestle with the escalating inequality in our world. In this sermon, the Rev. Jessup will share information on this topic from the UUA and ask what questions this growing inequality brings up for us spiritually.

February 8 – 9 and 11 a.m.

No, I'm not on the Dying Train now, but when it gets to the station – The Seven Friends

Accident or illness can render us unable to make medical decisions at any age. Who will make them for us: parents, spouse, children, or hospital staff? Ensuring that someone who knew their wishes would make those decisions was the impetus for an Advanced Directive group that has evolved into much more. Known as the Seven Friends, members of this unique support group will talk about their process and describe how they are facing important medical decisions before they happen.

The seven friends are all HUUF members. They are Jenny Hanson, Joy Thomas, Steve Sottong, Ann King, Debby Harrison, Sylvia Shaw, and Jessie Wheeler.

February 15 – 9 and 11 a.m.

What's in a Name? – Rev. Bryan Jessup

The multilayered meanings of love will be discussed. For our faith and many others, love is a central value. Yet it is a word that carries many meanings. In this service, just after Valentine's Day, we'll talk about romantic love, friendship, compassion and much more. A reminder: This is "Bring a Friend Sunday."

February 22 – 9 and 11 a.m.

The Road We Traveled - The Evolution of Our Fellowship – HUUF Elders

Join some of our long-time members as they share stories about the founding of our fellowship, some of its early happenings, and what it was like growing up in HUUF. Here is a small preview: In 1965, HUUF sponsored our African-American minister, Rev. Lewis McGee, to represent us in the civil rights march on Selma, Alabama. In 1974, we ordained the Rev Joy Atkinson, who had been our intern minister as a student at Starr King. Decades later she returned to be our interim minister who prepared us to be in "right relationship" with our current minister, Rev. Bryan Jessup. The elders will also discuss how our buildings and grounds were selected and financed.



2015 Guest at Your Table report

There were 33 Guest at Your Table donations from our Fellowship this past holiday season ranging from \$10 to \$500 totaling \$2984.00 including three gifts mailed directly to UUSC. That's a 39% increase over last years collection and HUUF's largest ever.

Heartfelt thanks for your generosity go to these fifty contributors and their families: Scott & Susan Allen; Barbara Barratt; Anna Mae Botley; Mandy Bray; Colleen Ruth Broderick; Allison & Bob Bronkall; Gigi Collins; Margaret Emerson; Thea Gast; Bernadine & William Hansell; Phyllis Helligas; Edie & Bryan Jessup; Awanna Kalal; Eric & Jana Kirk-Levine; Richard & Ginger Kossow; Raquel Lee; Darsty & John McAlinn; Kate McClain; Pat McCutcheon & Cheryl Rau; Sue & Archie Mossman; Ruth Needham; Jackie & Shawn Nichols-Wales; Ursula Osborne; Marianne Pennekamp; Judy Rishel; Jan Rowan; Sylvia Shaw; Celestine Armenta & Chip Sharpe; JoAnn & Carl Thomas; Bill Thompson; Karen & Stephen Underwood; Aiko & Ed Uyeki; Berti Welty & Jo Weisgerber; and Edie & Bob Wolterbeek.

Chip Sharpe

Stewardship — a call to generosity

The Stewardship Education Committee is both a study and action group formed to promote the expression of generosity as a means of deepening spirituality. This process urges HUUF members to examine how their creativity is engaged and expresses itself when we see ourselves as vital players in the congregation. Generosity is not a list of things we do. Although our activities are important, generosity springs from the heart as an expression of love and concern for others. How can I help? How can I make a difference? All members bring talent, money, and energy to HUUF as a personal contribution to amplify UU principles but may not think of themselves as stewards.

The word steward is derived from the old English root meaning “guardian” or “keeper.” A ship’s steward takes care of passengers in functional ways such as delivering luggage and arranging cabins. More important is their duty to ensure comfort and safety. All of us have been stewards in our lifetimes for our children, parents, partners, friends and communities.

The Stewardship Education Committee’s goal is to deepen our spiritual lives by using our expressions of generosity to experience ourselves as HUUF stewards, to discover and align our beliefs and actions about money to create peace and love in the world. HUUF is the sacred space that generates and expresses this freedom. Committee members are Richard Kossow, Kate McClain, Barbara Barratt, Margot Jullian, Debi Cooper and Ruth Broderick.

Ruth Broderick

Garden report

“Gardening is a work of Heart”—Alfred Austin

It’s almost time to put on our gardening gloves and tend our lovely HUUF grounds. Work days will be the first and third Saturdays of every month from 1:00 to 3:30 pm. Please feel free to come when you can and leave when you need to.

The first garden day of 2015 will be **February 7**, and there will be a variety of things to do. Please bring gloves, pruners, trowels and shovels if you have them. We will have some extras if you don’t. We have some great plans this year to make our grounds more beautiful, useful and accessible. We would really appreciate your gardening experience, esthetic ideas, various and sundry skills, and simply your helping hands. We do have a good time working together on our shared space. Coffee and cookies available. For more information call 810-845-9686.

Virginia Chatfield, Grounds Committee Chair,

Arcata night shelter dinners

As a fellowship we have provided dinner to the night shelter once a week for many years. This requires food for 25 people to be delivered on a designated day to the shelter in Arcata. We've had a core group of people who have done it year in and year out and I am going to assume those that volunteered last year will continue this year as well. If there are any new people who would like to volunteer please let me know. Currently the following are on my list:

Pat McCutcheon & Cheryl Rau, first Tuesday of August and December.

Jan Rowen, first Tuesday all months but August and December.

RE, third Tuesday January through June.

Mike and Sara Griffin, third Tuesday in July and fourth Tuesday in December.

Berti Welty & Jo Weisgerber, third Tuesday September and November.

Men's group, fourth Tuesday in January, April, July and October.

Jean Munsee, fourth Tuesday February.

Nick Appelmans, fourth Tuesday March.

Marianne Pennecamp and Sylvia Shaw, fourth Tuesday in May.

Carol & Steve Newman and Nancy Engel, fourth Tuesday in June.

Virginia Chatfield and Bert Taylor, fourth Tuesday in August

September and November have no dinner on the fourth Tuesday. There are four months with five Tuesdays. The women's group covered those last year and I am hoping they will do so this year. If you can volunteer for any of the open slots, please contact me at 822-8599.

Jan Rowen



Coffee hour

Social hour between the two services is a time to visit friends. Coffee is served following the 9 a.m. service and cleaned up following the 11 a.m. service.

Our dedicated coffee servers are:

Kathy Layton – first Sunday

Jessie Wheeler – second Sunday

Jan Rowen – third Sunday

Steve Sottong – fourth Sunday

Kelly Keen & Jeanne Chapin – fifth Sunday

We need substitutes.

There will be times when our dedicated coffee servers are unavailable and not able to cover for each other, so it would be great to get individuals we could call for back-up. Can we count on you? The duties include making coffee and tea for 55 people to be ready following the 9 a.m. service. Clean up is done after the 11 am service, (excepting SAC Brunch third Sundays) by the Sunday Service stewards. Also if anyone wants to contribute goodies, please let the server of the day know.

Jan Rowen

Valentine's Day potluck and sock-hop

A dinner dance for the whole family will happen on Saturday, **February 14**. We will have a yummy potluck followed by an intergenerational sock-hop. We are still looking for a DJ. This could be your debut.

Potluck dinner at 6 p.m. Dancing, and maybe a little singing, will start around 7. Are you ready to "Put Your Right Foot In"? How about Twisting and Shouting? Do you remember the Bunny Hop? Don't want to dance? Come anyway. You can watch the rest of us trying out new moves.

As always, assistance with set-up starting at 5:30 p.m. and clean-up afterwards would be greatly appreciated. Ideas for decorations? Contact 476-0654 or bertijo@humboldt1.com

Berti Welty



Christmas dinner at the Fellowship

Parenting Together

February's Parenting Together meeting has been moved to the second Sunday, **February 8**, from 1-2:30 p.m. due to the Presidents Day holiday. Please bring a bag lunch for yourself and your children who are staying so we can start promptly at 1:00. Janet from Redwood Roots Farms has graciously opened up the classroom for the parents to use as the OWL group will meet in the preschool classroom that day. Contact 498-3564 or t_keslin@hotmail.com.

Therese FitzMaurice

Table repair

HUUF has two or three round, plastic, folding tables with collapsed legs. If you can weld or otherwise repair these and make them useful again, please contact Scott Allen or Chip Sharpe. We will gladly deliver them to you.

You may wish to repair them for your own use or you may wish to return the restored tables to HUUF. Either option would be an improvement over their current sorry state.

Chip Sharpe

Unitarian Universalist Valentines



Owl retreat

It really does take a village to raise our children. This truth was brought home over the weekend of January 17 and 18 when the Our Whole Lives (OWL) course came together for an overnight retreat. Seven youth ages 12-14 enrolled in the OWL program attended the retreat. Without the support of the entire HUUF community, we would not have been able to bring this important program to our youth. The amount of community participation in putting on this retreat is a wonderful statement about our Fellowship and its commitment to our youth.

OWL is a curriculum developed by the Unitarian Universalist Association and the United Church of Christ to support healthy sexuality education for all ages. Debby Harrison and Anne Wadham are co-teaching the program which began in October and continues through June 2015. The curriculum is directed at 7-9th graders and covers topics as diverse as values, basic anatomy, relationship skills, social media, contraception and sexually transmitted diseases. Kim Moor is the OWL coordinator.

The weekend retreat focused on gender identity, gender expression and sexual orientation. Five sessions were completed during the weekend. The highlight was a speaker panel of LGBTQ guests who told their personal stories. The rest of the time was spent playing games, eating great food and getting a little sleep. Most importantly they had an opportunity to have fun and get to know each other better.

Special thanks goes to the kids themselves who remained engaged and participated in all aspects of the retreat. We are also grateful to the overnight chaperones, John Moor, Bob Bronkall, Ilene Harris and Danielle Stubblefield. Each session had a male guest facilitator, and during the retreat Greg Blomstrom, Dave Harris, Stephen Sottong and Joshua Hoboo came in and helped out. Our minister Bryan came for lunch. People brought food, did dishes and helped clean up. Thank you to everyone.

Debby Harrison



Humboldt Unitarian Universalist Fellowship

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Monday - Thursday 10 a.m. to 2 p.m.

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Newsletter Editor Stephen Sottong
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Calendar Editor Roxana Stengl

Classified ad

The Law Office of Ramsey Hanafi: New Fellowship member Catherine Hanafi's son, Ramsey, practices employment and labor law. As a proud HSU alumnus, he would welcome inquiries from Humboldt residents. He also is experienced with small business and technology matters. Please see Ramsey's website for more information: calworkersrights.com. Email: info@calworkersrights.com; Phone: (415) 735-5285 or (707) 479-3220.