

Humboldt Unitarian Universalist Fellowship



September 2018

A note from the minister

“There lies before us, if we choose, continued progress in happiness, knowledge and wisdom. Shall we, instead, choose death because we cannot forget our quarrels? Let us say ‘no’ to that possibility. Let us appeal to one another as human beings. Let us remember our humanity and forget the rest.” – Albert Einstein

As the Fellowship returns to its regular schedule this fall, I look forward to working again with all of you to remember and lift up our common humanity. I look forward to working with you to create connections to one another, to our values, to the natural world around us and to our wider community.

When we remember our common humanity and our place in the interconnected web, we hold one another and the world around us in our care. We understand that along with our individual uniqueness we have much more that we share than we do that separates us. We belong to the same human family and the same natural order. We truly need one another and our world need us.

Many forces in our society today work to keep us divided and apart but our faith and other faiths based on love and healing invite us to come together. When we allow ourselves to do that, our collaboration not only helps us embody our values, it also makes the journey a lot more fun.

I look forward to the journey, the achievement and the fun with all of you this coming year! So let the labors begin anew and let the joy and healing flow.

Yours in the process,

Rev. Bryan Jessup

Two services resume

On Sunday, **September 16**, HUUF will return to its two Sunday services schedule. The first service will be at 9 a.m. and the second at 11 a.m. The first service is usually quieter and more contemplative. Choir and Religious Education programming are at the 11 a.m. service, so that one is a little fuller and more lively. Both services offer an opportunity to share joys and sorrows. Hope to see you at one service or the other very soon.

Rev. Bryan Jessup

Membership

Are you interested in becoming a member of the Fellowship? We would love to have you join us! On Sunday, **October 7**, after the second service, and on Sunday, **November 4**, after the second service the Membership Committee will offer a two-part Newcomer Orientation. A light lunch will be provided. Call the office at 822-3793 to sign up or email me at minister@huuf.org.

Rev. Bryan Jessup

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People

Bouquets and kisses to the incredible program committee, Board, other committees, maintenance, newsletter, staff and quiet volunteers who have kept the Fellowship nicely operating this summer. They are awesome.

I, on the other hand, have been distracted and am playing the “its summertime” card. September seemed far away and here it is. It was my intention to use this summer to create connections to grow and expand the People Column’s reach to include what is happening in the lives of RE families and other friends. I failed to regularly be on Facebook and do other outreach tactics I had in mind.

I am re-upping the promise to myself to create a column that represents the whole spectrum of HUUF ages, including their pets, adventures and activities. Please help me by taking a minute to text, email or call me with a sentence or two about your summer. I also welcome your ideas about how to expand this column to represent our whole community. I can be reached at 599-1563 or sls500@yahoo.com.

Sylvia Shaw

Mabon: Autumn Equinox celebration

On Sunday, **September 23**, from 7–8:30 p.m. we’ll celebrate the autumn equinox or Mabon. We’ll honor the harvest of our gardens and the desire to share the bounty with others. We’ll acknowledge a time of balance between night and day, the height of fall, and the entry into an inward-turning phase of the year.

Bring something to grace the altar — seasonal fruits, vegetables, flowers, colorful leaves, or other items sacred to you. Drums, bells, and rattles are also welcome. Also, bring beverages or finger food to share after the ritual.

We’ll sing, chant, and affirm our mutually loving relationship with Mother Earth. We hope the weather will allow us to be outside on the patio around a fire pit, so dress in vibrant fall layers.

Margy Emerson 822-6508



Our Whole Life (OWL) sexuality education

We are excited to offer the 4-6th grade, 10-12, and K-1 programs this year. Five individuals from our community were trained this summer in the 7-9 and 10-12 program. If you would like to sponsor a youth to attend this program, we anticipate several scholarship requests. The class costs \$100-150 depending on age level. If you’d like to make a donation to the scholarship fund, please contact Bridgette at office@huuf.org.

On **September 23**, from 1-4 p.m., Olympia McCutchen and Therese FitzMaurice will facilitate the mandatory parent and youth orientation for the 4th-6th grade program. The classes will run Mondays from 3-4:30 p.m., September 24-November 5 with a final Sunday meeting on November 11 from 1-4 p.m. Be sure to contact Therese FitzMaurice to register before the orientation at t_keslin@hotmail.com or 498-3564.

Danielle Stubblefiled and Olympia McCutchen will facilitate the K-1 program from mid-January through mid-March, during the 11:00 Sunday service. There will be an alternative program for youth who chose not to participate. We are still working out the details of a teen program for this year. Thanks for your patience.

Therese FitzMaurice

RE Potluck Fiesta Night



On Saturday, **September 15**, at 5:00 p.m. we’ll kick off this school year with the annual Potluck Fiesta Night. Anyone who’d like to learn more about the RE program, volunteer with the cooperative, or just get to know the families of our community is welcome and encouraged to attend. From 5-5:30, we will raise our voices in song and introduce the teaching staff. The potluck starts at 5:30, followed by drop-in activities for all ages in the classrooms. Keep an eye out for an email link to RSVP. Contact: t_keslin@hotmail.com or 498-3564.

Therese FitzMaurice

Religious Education

Welcome Back.

“Watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don’t believe in magic will never find it.” -Roald Dahl, The Minpins from Soul Matters packet.

On behalf of the Religious Education (RE) staff and committee, we warmly welcome you to the magic of new beginnings. After completing the evaluation of the program last year, we implemented a few changes. The second Sunday of the month will now be an additional Exploration meeting where youth meet in similar age groups. This will allow teachers three continuous, weekly meetings to develop relationships and deepen our exploration. We have slightly shifted our age groupings based on developmental skill and patterns of attendance to: Preschool-K, 1st-3rd, and 4th-8th. The teens will meet first and third Sundays allowing them to participate in our all-ages social-action and friendship days.

Monthly Schedule:

1-3rd Sundays:	Exploration days by age group.
4th Sunday:	All-ages Service Sunday.
5th Sunday:	All-ages Friendship Sunday.
1st & 3rd Sunday:	Teen Group, plus 4th Friday night con style worship.



Teaching & Childcare Staff:

Alanna Reyes will lead our Preschool-Kindergarten program. Alanna is a life-long UU, who has served our community for six years. She is also currently working as our childcare coordinator.

Alyssa Muro returns to lead our 1st-3rd grade program. Alyssa has an undergraduate degree in Outdoor Education, is a member of our congregation, and actively participates and leads young adult UU opportunities.

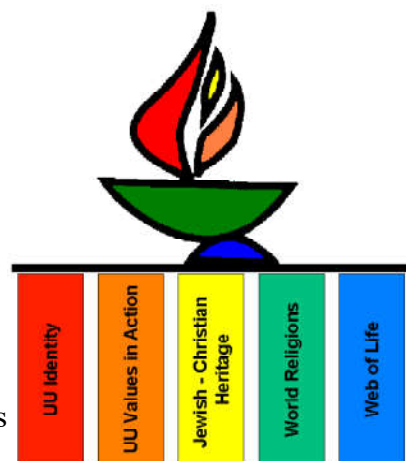
Therese FitzMaurice will lead our 4-8th grade program. Therese is our DRE, a credentialed educator with 16 years of experience, and currently a community Mindfulness educator. This year we will have a combination of student-chosen projects and volunteer-led, three-week units.

Kit Lynn will be returning to lead our teen group. Kit is a lifelong UU who spent many years in the youth program here at HUUF. Kit is actively involved in the regional young adult con community, has an incredible singing voice and has exhibited incredible leadership and communication skills.

Our Childcare Staff offers care in the nursery, assists on all-ages Sundays, and additional Fellowship events. We are grateful to have Nicole Meyer, Jen Renner, Rebekah Paez, and Hart Mendenhall as well as our teen assistants Savannah Tarlton, Slate Taylor, Abby Hasting-Tharp, Zoe Moore, and Coco Lynn.

RE September Calendar

September 2	11:45-1:15	RE Committee Meeting
	2:30- 6 p.m.	Teacher’s Retreat
September 7-9	(tbd)	First Soul Matters Groups Meet
September 9	11:30-1:30	Childcare and Teacher Training
September 15	5:00 p.m.	Fiesta Night
September 16	11:00 a.m.	First RE Day by age group
September 23	1-4 p.m.	OWL Parent/Youth Orientation 4-6th graders
September 24	3-4:30 p.m.	4-6th Youth OWL Class



Therese FitzMaurice

New Soul Matters groups forming

A new Soul Matters Reflection Circle program cycle begins in September. Each year we form new circles with new members. This allows us to grow friendships and connections with our HUUF community. Soul Matters is a project involving over 300 Unitarian Universalist congregations and ministers collaborating in the creation of worship, religious exploration and reflection circle resources. As a prelude to the new Soul Matters cycle, everyone is welcome to a Soul Matters potluck gathering on **August 25** from 5 to 8 p.m. at the Hasting-Tharp's home. If you have friends that are interested in Soul Matters, please invite them to join you in attending.

Circles gather for 90 minutes monthly for intellectual stimulation, sharing and caring. We utilize a theme-based resource packet for personal reflection that we receive a couple of weeks prior to meeting. We are encouraged to review the packet and to try out one of the suggested spiritual exercises prior to our circle meeting. In our circles, we co-create plentiful opportunities to explore themes like Balance, Emergence and Creativity out loud with friends.

Each group has a facilitator or co-facilitators. This year, Soul Matters facilitators will be offered a monthly Friday evening developmental support circle led by me. Other support is available.

Typically, reflection circles meet in a home. Many circles meet for only the 90-minute reflection time while others include a potluck and socializing time. Some circles include the whole family and co-creatively support all ages of our beloved community during our time together. This is not work; it's play. It's a co-creative endeavor. Soul Matters gatherings are fun and meaningful for all ages.

Please consider joining a Soul Matters Circle and/or being a facilitator. To join or become a facilitator, contact me at CommunityVisionHealing@gmail.com or 840-4801. I'll endeavor to meet your need for meeting time and day.

Rev. Jamila Tharp

Open Soul Matters group

An open Soul Matters discussion group will be held on the second Thursday of each month at 10 a.m. in the Multi-Purpose Room. The first group meets Thursday, **September 11**. The topic will be "Vision." Contact me at 822-3793 if you're coming so I can have the resource materials available.

Rev. Bryan Jessup

Summer Retreat thoughts

This is a shout out to all who have never been to the Summer Retreat. First, huge thanks to all who put it together; you did a fabulous job. The setting in Petrolia is so relaxing and soothing to the soul, and you really must be there to experience it: the smells, the sounds, the opportunity to connect in a way with HUUF friends that is very different from Sunday services. This year children abounded, bringing back memories of the Unitarian camp at Asilomar. It truly was wonderful.



Jan Rowen

Directories, Greeters

The membership committee is selling the new directories in the office after the 11 a.m. service. We are requesting a five dollar donation to cover the cost of printing. If any errors are found or changes need to be made, please contact the Membership Committee so we can update the database.

We love having volunteers join us to greet visitors and Fellowship members. If you would like to help, please let us know. In the near future we will be scheduling a "Greeters' Orientation" to make it easy to do the set-up tasks. This is a delightful way to meet our HUUF families and interact in a helpful way. We would love to welcome you to the team. Please contact any of these committee members if you are interested: Kate McClain, Thea Gast, JoAnn Thomas, Rebekah Paez and Ruth Broderick.

Wake Now Our Vision: a legacy challenge

The UUA, thanks to a generous grant from the Shelter Rock congregation, is currently offering a legacy challenge campaign to all UU members and friends entitled, "Wake Now Our Vision," after that favorite hymn. The program can add a 10% cash supplement to the member's congregation (or UUA program of their choice) when a new legacy gift intention is initiated and confirmed. For example, if a member initiated a bequest of \$10,000 to HUUF as part of their estate planning, HUUF would receive a 10% matching gift, or \$1,000, from the Wake Now My Vision program.

The legacy challenge is a way of reminding us, with the offer of a 10% cash gift to HUUF, to seriously consider our planned giving options. Our permanent Endowment Fund has been built in large part by these types of thoughtful planned giving bequests. The campaign is separate from our Annual Pledge Drive, which ensures that HUUF is able to keep operating each year.

Please note that this generous legacy challenge program is set to expire in 2020. Matching gifts are distributed when gift intentions are confirmed. For further information, see <http://wakenowourvision.org> or contact me at cbhanafi@yahoo.com.

Cathy Hanafi

Caring Circle

It takes a village to build our community. Are you looking for a way to contribute? The Caring Circle has noticed that there are many volunteers who help HUUF run smoothly. These dedicated folks deserve acknowledgment. The Caring Circle is looking for a person who will gather volunteer names and write short articles of appreciation for the monthly newsletter.

Names can be collected from committee chairpersons, event planners and other sources. Please contact me for details at 839-5789.

Nancy Engel

Home Away From Home

The first Home Away From Home potluck dinner of the new school year will be held on Sunday, **September 9**, from 5 to 7 p.m. at the D Street Neighborhood Center in Arcata. Home Away From Home is part of larger Equity Arcata to help build bridges of friendship and goodwill between HSU students and longer term Arcata residents and businesses. Bring a potluck dish to serve 8-10 people.

Thea Gast

Art & Aesthetics

There will be a reception for Bridgette Garuti after the service on **September 3**. Most of us know Bridgette as the HUUF Administrator; however Bridgette is also an amazing artist whose pieces have been on display in the Sanctuary Gallery for the past two months. Join the Art Committee in honoring this aspect of our multi-talented Bridgette during coffee hour.

Next month there will a special Art event and display on **October 6**. HUUF Member Helen Vatcher will sell 50 paintings and give the proceeds to The Fellowship (see below).

The Art and Aesthetics Committee wishes to remind members (and guests) that the committee needs to be consulted before art is removed from the walls. Also removal of bulletin board items is highly discouraged.

Cheryl Rau, the chair, is listed in the HUUF directory, or cpetersonrau@gmail.com, or 826-7107. Thank you.

Helen Vatcher benefit painting sale

Helen Vatcher, a Humboldt resident since the 1960's has painted the north coast landscape for over 50 years. Helen is still painting; however, she is ready to sell her original paintings. So 50 Helen Vatcher original paintings will be sold at a major art sale, "Painting the North Coast Landscape for Over 50 Years," on Saturday, **October 6**. The Sale will be held at the Fellowship from 3-6 p.m. The paintings for sale are from the 1960's to the present. The Sale will benefit the Fellowship as Helen's legacy gift. We see a preview of Helen's art every Sunday: Her "Redwoods" graces the front of our Sanctuary.

Edie Jessup



An invitation to Thursday Night Reflections

The purpose of Thursday Night Reflections is to provide a place and stimulus for authentic, heartfelt conversation among people of good will. We choose our topics by consensus. Past topics have included: grief and loss, personal misadventures, resilience, what we can do to build community in these divisive times, and moments of grace. Everything we say is confidential; we practice deep listening; we recognize that we don't always see things the same way; and we speak only if we want to. Reflections is an open group and newcomers are welcome. We meet every Thursday from 7 to 9 p.m. in the CARE Building.

Having met consistently for over 220 weeks (minister-led for the first 20 weeks and lay-led for the remainder), the regulars have come to trust and care about each other and have developed a strong commitment to the group. There are a number of "irregulars" too who attend intermittently, and complete newcomers are highly valued and quickly feel at home.

We usually decide on the next week's topic at the end of each evening. This may simply be a matter of choosing the subject itself and a few questions centered on that subject to spark conversation. People are encouraged to suggest and facilitate discussion on a topic of special interest to them. In this case, the participant may choose to provide source material and compose questions. An email including the topic, questions, and any source material is sent early in the week so people have an opportunity to ponder the topic.

We keep honing our deep listening skills. To paraphrase Thich Nhat Hanh on the subject:

- The ideal is to hold the speaker in compassion and respect so the speaker knows and feels that they have been truly heard.
- The listener sets their thoughts and judgments aside, does not interrupt, deny, correct, agree, disagree, or give advice.
- Questions may be asked for clarification or reflections offered to make sure the speaker knows they are understood. Otherwise we just listen until the speaker signals that they are finished.

Everyone is conscientious about sharing air time. Contact me at margaretemerson@att.net or 822-6508.

Margy Emerson

Building maintenance news

If you have been gone all summer and noticed a big change in the appearance of the Fellowship kitchen, but you can't quite put your finger on it, try putting your finger on the wall... the paint is dry. A huge thank you to Sylvia Shaw's determined leadership and her team of Kitchen Renovators for scrubbing and painting the kitchen. From finding a way to move the refrigerator and everything else out of the way to cleaning everything that couldn't be painted to installing wine glass racks, this was the wonderful work of many hands including: Susan Allen, Scott Allen, Debby Harrison, Linda Lee, Kate McClain, Rebecca Paez and Ezra, Jeff Thomas, Jan Rowen, Mike West and George.

There was also a large supporting cast of sponsors, cheerleaders who brought flowers and encouragement, and many who lent a hand moving plates and other sundries out and back. Truly the work of a loving community.

Scott Allen & Sylvia Shaw

Ministerial Search update

The Ministerial Search Committee has been formed and is getting right to work. About 70 randomly selected members of HUUF were phoned by board members and asked for their recommendation as to whom they would most trust to represent all of the various views of the congregation. From that list, the board chose the most often recommended people, who are Bonnie MacGregor, Wendy Rowan and Danielle Stubblefield. They will be joined by myself and Cathy Hanafi from the Board. The general tasks for the Search Committee are to conduct a visioning process with the congregation to envision what ministry we want, since it almost certainly won't be the same as Bryan's ministry. We'll then move on to update our congregational record, put together a compensation package and present everything to UUA, hopefully by December, so that they/we can begin advertising for a minister in January. Most of the process is open to the congregation to join in, but once applications are received by the Search Committee strict confidentiality is required. If you have questions please call 839-9017.

Greg Blomstrom, co-president

Personal climate change check list

The new Ad Hoc Committee on Climate Change has gotten off the ground with its first two meetings, and is running full steam (renewable of course) ahead on projects and events for the coming months including: education and increasing awareness via a film series, collaborating with community groups, integrating with existing Fellowship programs such as Program and Worship and SAC brunches, and more. We formed out of concern over the ever-increasing pace of climate change and a desire to see what we in HUUF, as individuals and people of faith, can do that will make a difference. We have faith that our individual and grassroots actions along with similar local efforts elsewhere can add up, matter, and make a difference, so that collective change and new norms will develop.

One of our first efforts was to come up with a beginning list on how we as individuals can reduce our carbon footprint, while considering the different life stages, circumstances and experiences of members of our Fellowship and broader community. Additional lists of ways to live a sustainable lifestyle will follow in the months to come.

Some things we can do as individuals:

1. Drive at the most economical speed to reduce gas usage: for most cars or trucks, 55 to 60 miles per hour. By driving more slowly, we have seen other traffic slowing down also.
2. Carpool, bike, walk, use a unicycle, use a scooter, roller skate. . . anything that uses less or no gas.
3. When using water, use the least amount for the purpose:
 - Shower or tub-bathe economically.
 - “If it’s yellow, let it mellow.”
 - Leftover water or thin cooking liquid is good for watering indoor or outdoor plants.
4. Turn off unneeded lights.
5. Dry laundry outdoors or on an indoor line whenever possible. Do laundry at night or in the morning, and hang out when the sun is out.
6. Use less electricity by unplugging electronic devices instead of keeping them on standby.
7. Lower the temperature on your water-heater thermostat by a few degrees.
8. When using clothes washer or dishwasher, wait to run it until you have a full load.
9. When shopping for durable items, consider looking for used ones.
10. Use minimalist products for cleaning and laundry, for example borax, vinegar, and washing soda/baking soda.
11. Carry our own reusable cup and water bottle.
12. Join our voices in a large-scale organization campaigning for policy changes to reduce global warming, and/or, look for a local group to join or support. Maybe even get together with other nearby folks (e.g., neighbors, friends, colleagues, kinfolk) to promote small-scale cooperative efforts.
13. Make sure our elected officials at all levels know our concern through calls, email and letters, and pay attention to their attitudes.

Everyone is welcomed to our next meeting on **September 9** at 11:30 a.m. after the service.

Sue L. Mossman for the Ad Hoc Committee on Climate Change

Mah Jongg class

A new Mah Jongg class will be starting at 1 p.m. on Monday, **September 17**, in the Sunday school classroom. Last year’s players will come at 2 p.m.; new learners are welcome to watch until they are ready to join in. This challenging game sharpens the mind and provides an engaging time with friends. The class is free and you are welcome to check it out and decide if it is your cup of tea. Contact me at wlhndlr@gmail.com for more information.

Marcia Wolhandler





Humboldt Unitarian Universalist Fellowship

P.O. Box 506
Bayside, CA 95524

24 Fellowship Way (off Jacoby Creek Road)
(707) 822-3793 www.huuf.org
e-mail: office@huuf.org
Administrator: Bridgette Garuti
Monday - Thursday 10 a.m. - 3 p.m.
Minister: Rev. Bryan Jessup
Monday - Thursday 10 a.m. to 2 p.m.
822-3793 minister@huuf.org
Director of Religious Education: Therese FitzMaurice
498-3564 t_kselin@hotmail.com
Newsletter Editor: Stephen Sottong
newsletter@huuf.org

Board of Trustees:

Co-Presidents	Greg Blomstrom Berti Welty
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CLASSIFIED ADS

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

I am looking for a room to rent with kitchen privileges. UU or like-minded is preferred. Contacted me at 601-5253. Ruth Davis

Happening: A Clean Energy Revolution

The HUUF Climate Group is happy to show this great film by filmmaker James Redford about the clean energy revolution. Redford embarks on a colorful personal journey into the dawn of the clean energy era as it creates jobs, turns profits, and makes communities stronger and healthier across the U.S. *Happening* explores issues of human resilience, social justice, embracing the future, and finding hope for our survival. The film screens on **October 20**, at 7 p.m. at HUUF.

Joanna Welch

Deadline information

Deadline for the **October 2018** issue of the newsletter is Thursday, **September 20** at 5 p.m. Send committee reports and articles to newsletter@huuf.org (email only).

While many file formats are acceptable, .doc, .docx, .rtf and text are preferred, and **.pdf and .pages cannot be used**. Late submissions are not accepted without prior approval.

Full guidelines are available at <http://huuf.org/?page=Guidelines.html>

Stephen Sottong, editor