

Humboldt Unitarian Universalist Fellowship



October 2017

A note from the minister

For those of you who may not know, our congregation has been given a great gift by Jamila Tharp, who will be ordained into Unitarian Universalist ministry on October 7. She has actually brought us several gifts, including our new sound system and her patient work with us in bringing our new database to life.

But the gift I am speaking of in this “Note” is the gift of the *Soul Matters* small group ministry program. Every month the *Soul Matters* program provides resources for reflection on a spiritual theme. Those resources are available for Sunday services and for Religious Education as well as for small groups. The spiritual theme for October is Courage. You can contact Jamila at communityvisionhealing@gmail.com.

As I think of some the challenges of our time like climate change, racism, homelessness and war, the courage to remain centered, compassionate and mindful will surely be required. There are many kinds of courage, but the kind I’m thinking of right now is that which allows us to stand in the presence of multiple needs, honor them all with respect and carefully make our way forward together.

I attended a True North Action last month. That kind of courage was present. Immigrants, allies, police officers and fire personnel sat in the same room and listened to one another’s needs. They responded in ways that indicated the complex array of needs were heard. It was not all sweetness and light. One young man of color angrily asked why at this meeting, officers felt they had to wear guns. Many of us felt uncomfortable with his anger. That discomfort pales in comparison to what vulnerable people of color feel in the presence of police in this country every day. Courage, folks. We must continue and deepen this conversation. I look forward to being with you as we do this.

Yours in the Journey

Rev. Bryan Jessup

Congregational Meeting

There will be a congregational meeting on Sunday, October 22, between services, from 10:15 - 10:45. The two items on the agenda are a presentation on cultivating leadership in the congregation and an action item requiring consensus to approve the nominees for the nominating committee. Please attend this important meeting so that the new nominating committee can start soliciting Board members to be presented to the congregation at our March 2018 Congregational Meeting.

Inside

Page 2: People

Roxanna Hand memorial
The Prodigal Species
Jamila’s ordination

Page 3: RE

Page 4: RE (cont.)

Waking up White
Mentors needed
Classifieds

Page 5: October services

Page 6: In praise of the loop

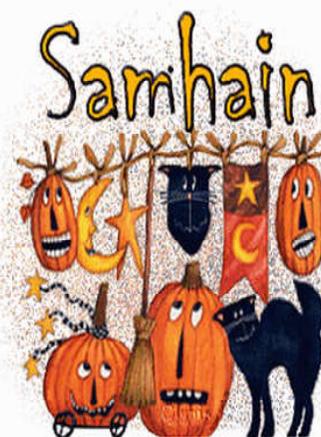
Soul Matters for newcomers

Page 7: Making a Joyful Noise

Transportation talk
Climate conversations
Art
Aesthetics

Page 8: Looking ahead

Mary Freedlund memorial



People

Congratulations and welcome to new members: **Bonnie Mesinger, Kathy Lerner, Michael Lerner, Rebekah Paez and Hart Mendenhall.**

We hope **Susan** and **Scott Allen** crossed paths with **Ann King** and **Kathy Layton** in Italy last month. It sounds like they all had good times.

Congratulations to **Aiko** and **Ed Uyeki** who celebrated their 66th anniversary in September.

September was a big family month for **Bryan** and **Edie**. Grandkids Avery, Millie and Reed with his wife Michelle along with their son Josh visited from San Diego. Then Edie's brother John Clearman came up to breathe the Humboldt air. Bryan and Edie feel so blessed to have family come all this way.

Kat Thorton is recovering nicely from recent surgery and will soon be back in action.

Joanne McGarry is revisiting UCLA for a progress report on her right eye. We wish the best news for her.

Best wishes for a smooth and speedy recovery from surgery for **Darsty McAlinn** and **Bill Hansell.**

Sylvia Shaw

Roxana Hand memorial service

A memorial service for Roxana Hand will be held at the Fellowship on Saturday, October 21, at 7 p.m. Roxana taught all of us a lesson of accepting all that life has to offer, the good and the bad, with her "new normal." Come share your memories with her family. In keeping with Roxana's joy of sharing food together, we will enjoy a finger food buffet after the service. If you would like, bring your favorite finger food to share.

Roberta Welty

The Prodigal Species

The public is invited to "The Prodigal Species: Big Picture Inspiration for Chaotic Times" with Michael Dowd, Tuesday September 26, at 7 p.m. at the Fellowship.

Science and religion are not enemies; indeed, they must work together if humanity is to survive the twenty-first century. Given our impact on Earth's climate, the seas, and other species, humanity is about to experience what could be called The Great Reckoning. The good news is that this will also be The Great Homecoming: the prodigal species coming home to Reality.

This presentation will focus on six points of agreement held in common by tens of millions of religious and non-religious people across the globe, and how to stay deeply inspired in the face of changing climate and other large-scale challenges.

Rev. Michael Dowd is a bestselling evolutionary storyteller, eco-theologian, and pro-science evangelist, and is the author of the bridge-building book, *Thank God for Evolution: How the Marriage of Science and Religion Will Transform Your Life and Our World*. This program builds on Rev. Dowd's most recent TEDx talk, "Reality Reconciles Science and Religion."

A 5-page essay that expresses the heart of Michael Dowd's pro-science prophetic message can be found at <http://thegreatstory.org/dowd-2016-oneing-essay.pdf>. See also <http://thegreatstory.org/grace-limits-audios.html> and <http://www.michaeldowd.org>.

This event is sponsored by the Adult Religious Education Program at the Fellowship. For further information contact HUUF 822-3793.

Jamila's ordination

The Humboldt Unitarian Universalist Fellowship will ordain our own Jamila Tharp into the Unitarian Universalist ministry. Ordinations are wonderful events.

You are warmly invited to attend Jamila's ordination on October 7 at 2 p.m. at the Fellowship. We are endeavoring to be more organized but if we mistakenly missed sending you an invitation, our apology. Jamila wants everyone to know that you are invited. She is happy to celebrate this milestone achievement with you. There will be a potluck meal reception with Asha Nan performing afterward. Please email Jamila at CommunityVisionHealing@gmail.com if you plan to attend and you have not already replied.

Religious Education

Religious Education Update

I want to thank everyone who contributed to an amazing evening of fun in community at Fiesta Night. The underlying current is a call to joy to renew and sustain our spirits. In September we asked what it means to be a people of welcome, and what would make someone feel welcome in our community? The responses were delightful and varied. If you have ideas to share, please contact me.

May we remember the value of welcoming joy into our lives as we turn our attention to October's exploration: "What does it mean to be a people of courage?"

October Soul Matters Theme: Courage

October 1: Exploration: The Courage to Act in the Face of Fear

Preschool-2nd: will name our fears and participate in a trust walk.

3-5 and 6-8: will create a group covenant and play courage tag.

October 8: All Worship: The Courage to Stand on the Side of Love

After reading *I Am Jazz*, we will identify common gender roles named in the book, practice speaking our truths especially those outside gender norms, and practice supporting others when they are being mistreated.

October 15: Exploration: The Courage of Transformation

Preschool-2nd: will read *Grandfather Gandhi*, in which Gandhi's grandson tells how his grandfather teaches him to turn darkness into light. We will relate this concept of light to the light of our chalice.

3-5 and 6-8: will transform ideas into reality. We will choose projects for this year. Come help us create a vision to guide our work together. Stay after service for a short outdoor pick-up game.

October 22: Service: The Courage to Give

Join us for our annual trip to Redwood Roots where we glean local produce to donate to Food for People.

October 29: Friendship: The Courage to Express Yourself

You are invited to dress in your Halloween costume and be ready to play. Feel free to bring your favorite game or book to share.

Volunteers needed to bring snacks, help in the classroom, beautify our space Tuesdays 9-2.

Courage Book Recommendations: Picture books – *Spaghetti in a Hot Dog Bun*, *Grandfather Gandhi*, *I am Jazz*, *Heather has Two Mommies*. Chapter Books (Ages 9-adult) – *Tiger Rising* by Kate DiCamillo.

RE Wish List: Books by Kate DiCamillo, *Diary of the Wimpy Kid* series, Harry Potter series, *How to Talk so Kids will Listen*, *Siblings without Rivalry*. We'd also like a basketball hoop and court.

Special thanks to: Alyssa Muro for our colorful bulletin boards; Thomas FitzMaurice and April KlingonSmith for progress on our youth library; Rebekah Paez for hanging the photos Dave Woody took at Fiesta Night; Raquel Lee for stepping up as snack coordinator; Yemaya and Mike Kimmel for offering a song and drum workshop; co-chairs Danielle Stubblefield and Sonya Woody for leading us into a great Fiesta Night; Jan Rowan for rocking out the kitchen clean up; Kim Moore, Debbie Harrison, and Sean Nichols for offering another year of OWL to 15 middle-school students; The RE Committee, parents, teaching and childcare staff for the many hands who weave together this beautiful experience for our youth. And to the Board and community for creating and sustaining this majestic place.

{continued next page}



RE (cont.)

Youth and Parent Library

We have been organizing all the books in the CARE building. Thank you, Thomas, Natalie and April. Please come check out a book. A self-check-out clipboard hangs on the wall. Sign your name, leave a phone number, and bring the books back in a month. We are also looking for exceptional or high interest young adult books and parenting books. On the tall bookcase behind Therese's desk are two shelves labeled "Parenting" and "UU Resources" that are available for self-check-out. If you would like to check out any teaching curriculum or OWL materials, please see Therese first. If you're leading a service and looking for a story-for-all-ages, come see our selection or ask Therese for recommendations. The stories we tell and choose to live/create the world our children experience.

Community Song and Drum Workshop: Wednesdays October 4 - 25 from 4 -5 p.m. at the Fellowship with Yemaya and Mike Kimmel, plus a short performance at the service on Sunday, October 29. All ages welcome. To make this class sustainable, we're asking families or couples to contribute \$65 and individuals \$35 for the month. We will provide drums, but please bring yours if you have one. Alternative financing is available. We'd like all interested persons to have access to this joyful experience. Contact: me at 498-3564 or t_keslin@hotmail.com.

Therese FitzMaurice, ADRE

Waking up White

Carilyn Goldammer and I will lead a discussion group on this important book on the five Monday evenings in October from 7-9 p.m.

For twenty-five years, author Debby Irving sensed inexplicable racial tensions in her personal and professional relationships. As a colleague and neighbor, she worried about offending people she dearly wanted to befriend. As an arts administrator, she didn't understand why her diversity efforts lacked traction. As a teacher, she found her best efforts to reach out to students and families of color left her wondering what was missing. Then, in 2009, an "aha!" moment launched an adventure of discovery and insight that drastically shifted her worldview and upended her life plan. *Waking up White* is a personal and moving adventure, and a compelling invitation to learn.

The book can be purchased at Northtown books for \$20.00.



Joanna Welch

Mentors needed

One of the recipients of a HUUF Social Action offering, Big Brothers Big Sisters of the North Coast, is looking for mentors to provide children facing adversity with strong and enduring, professionally supported 1-to-1 relationships that change their lives for the better, forever. They are looking for both male and female mentors at site-based programs in Fortuna and Arcata Elementary Schools. Mentors would meet consistently with a youth for a minimum of 1 hour per week during the hours of 3-6 p.m. during the after-school program on the school campus for a minimum of one school year. What all kids need is one person to show them that they matter and that someone cares about them. Contact Kelsey Reedy for more information. Phone 445-4871 or email Kelsey@ncbbbs.org.

Bryan Jessup

CLASSIFIED ADS

2 bedroom, 1 bath mobile home for sale in Lazy J Senior Park on Alliance road in Arcata. \$22,000 contact Linda Lee at 442-1068.

Linda Vinson is offering her conscious care HOUSE/PET SITTING SERVICE to HUUF. Contact Linda at 808-987-7323 and linvinson@yahoo.com. She appreciates referrals for her service.

Sunday Services

October 1 – 9 a.m. and 11 a.m. — Of Heresy and Faith – Rev. Bryan Jessup

This sermon will be about Michael Servetus and why daring to ask questions matters. We will consider what orthodoxy we might want to question in our time.

October 8 – 9 and 11 a.m. — What’s It Like to Be an Our Whole Lives Student? – OWL teachers

Our Whole Lives (OWL) is an interactive sexuality education course for kindergartners to elders written by the Unitarian Universalist Association in collaboration with the United Church of Christ. Kim Moor will discuss how OWL is an antidote to sexualized media messages, peer pressure, misinformation and prejudice. It provides accurate, age-appropriate information, puts sexuality in the context of values and personal responsibility, supports healthy decision making, and strengthens social skills. Come experience some of what an OWL student experiences during a class presented by teachers Therese Fitzmaurice, Debby Harrison, Shawn Nichols and Kim Moor.

October 15 – 9 and 11 a.m. — The Dance of Community – Rev. Lynn Ungar

There are many metaphors for community, for example, communities as families. But for this service, Rev. Ungar, a dedicated contra dancer, will talk about community as a dance, and share lessons that she has learned from many years of participating in this form of folk dance.

Dr. Ungar is a minister for Lifespan Learning at the Church of the Larger Fellowship of the Unitarian Universalist Association. She has served as a parish minister at churches in Moscow, Idaho, and in Chicago and Napa and as a religious educator in California. A published poet, her work is included in the Fellowship hymnal.

October 22 – 9 and 11 a.m. — Black Madonna: Archetypal mother of transformation – Madeline McMurray, Ann King, Bonnie Macgregor

In this time of global upheaval and destruction, the archetypal figure of the Black Madonna calls us to recognize our inner turmoil in a way that can lead to transformation, both for our inward spiritual journeys and outward social involvements. She guides us as we seek to become wise in finding our paths through the struggle.

Madeline McMurray, Ph.D., an artist, author, lecturer and licensed marriage and family therapist working from the perspective of Archetypal Psychology, will be the main speaker assisted by HUUF members Ann King – longtime seeker of the Black Madonna – and Bonnie Macgregor.

October 29 – 9 a.m. and 11 a.m. — Samhain: When the Veil between the Worlds is Thin – Rev. Bryan Jessup

In the ancient Celtic tradition, Samhain is the beginning of the new year and the time when the veil between the physical world and the spiritual world is at its thinnest. In this service we will discuss why it might be important to keep the spiritual meaning of things alive in our consciousness every day not just on special holidays.

In praise of the loop - Richard Kossow

I have been so pleased the last few Sundays that I am able to hear the spoken words of the worship services as if my hearing was what it was twenty years ago. It's all about the Loop! It is working wonderfully for me now. I want to be sure all my hearing impaired friends are fully aware of this technological wonder and take advantage of it if they can.

Several years ago some of us chipped in to purchase the Loop and have it installed in the Fellowship's main hall. Basically it translates all the sound that is picked up by the mikes into an FM signal, which, in turn, is broadcast from a wire that surrounds the room. My hearing aid and, I'm told, most hearing aids are capable of retrieving this FM signal so the sound comes directly to my ear. A control on my aid activates this feature.

The trouble was that it never helped my hearing or that of anyone I talked to. It just didn't work. So I ignored it for several years and tried to amp up my aid to catch the sound coming from the speakers. I have been missing a large percentage of what is said in the services.

When Michelle Hastings and Jamilla Tharp undertook improvements of our entire sound system they found that it had always had a defect, a manufacturing recalled power cord. That was replaced and Voila, now it works, to my great joy. Thank you, Jamilla and Michelle, for your generous gift of the new and improved sound system that you provided for the Fellowship in memory of your parents. We all are so grateful for the new system and appreciate your generosity beyond measure.

My advice to any of you who use hearing aids is to check with your audiologist to see if your hearing aids are capable of receiving the Loop's signal. If so, have the feature enabled, learn to use it and revel in the experience of hearing every word that is said.

Jamila's response:

Thank you, Richard, Michelle and I have been blessed in many ways. We wanted to bring "value added" to the Fellowship. We thought a sound system that allowed more people to hear better would be a good thing. We are infinitely grateful for the Fellowship and our Unitarian Universalist spiritual tradition. In the spirit of Adab or, translated from Arabic, "In the spirit of hospitality," a fundamental spiritual practice found in both the Unitarian Universalism and Islamic traditions, we hoped to include more people into our services by helping people to hear better.

We are happy to hear your feedback, Richard, and that our intention is making the impact that we had hoped for.

(Editor's note:) For everyone to benefit from the new sound system including the hearing impaired, people in the lobby and childcare providers, everyone must use the microphones.

Soul Matters for newcomers

Soul Matters is a wonderful small group program that offers participants an opportunity to explore spiritual themes together. The theme for October is Courage. Starting on Tuesday, October 24 at 7 p.m. and every fourth Tuesday after that date, the Rev. Bryan Jessup will be offering a Soul Matters group for newcomers or any others not already signed up for a group. The group is open, but email Rev. Jessup to enroll - minister@huuf.org.

Deadline info

Deadline for the **November** issue of the newsletter is Friday, **October 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.

Stephen Sottong, editor

Becoming a member

If you are ready to become a member of HUUF, please talk to a greeter and we will schedule a time during the week for you to sign the Membership Book. There is a pamphlet available in the lobby which explains some of the details of becoming a member. We'd love to have you join us when you're ready.

Membership Committee

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).



Making a Joyful Noise again

Our HUUF Choir is back in the “sing” of things for the new year. We were delighted to share the Southern Folk song “Sun Don’t Shine in the Mornin’” with you on September 17. And, on September 10, three of our long-time singers—Cathy Enis, Debby Harrison and Bert Taylor—sang a setting of “How Can I keep from Singing” to help celebrate the annual Gathering of the Waters. Thank you, ladies.

October is a busy month for the choir. We will sing at the 11 a.m. services on October 1, 15 and 29, and also for the Ordination Celebration of Jamila Tharp on Saturday, October 7. On the afternoon of Sunday, October 15, we will travel to Frye’s Care Home in Eureka to share special music with the residents in the Memory Care unit. This special performance by the choir was lovingly purchased by Thea Gast at the HUUF service auction this past spring.

We have some new faces in the choir. Welcome to Sandy Lynn, Fry Wolhandler, Dave Troxel and Dylan Graham. Watch (and listen) for them on Sunday mornings. And, we are very happy that Rachel Samet will be continuing as the choir accompanist for the next year.

The choir rehearses on Wednesday evenings from 7:00-8:45, and new members are welcome anytime. You do not need prior music training in order to join. Please contact me with any questions.

Elisabeth Harrington, Choir Director



Transportation talk

From August 1 through September 15, 46 rides were provided by Caring Circle volunteer drivers, other members, and friends. Forty-six! That is wonderful and thanks to all the drivers. As darkness comes a little earlier each day, we will need more drivers to provide rides for those who prefer not to drive at night. Please consider adding your name to our volunteer list. We will continue every effort to provide transportation because it enriches all of us to have each and every person of our Fellowship active. The driver/rider connection frequently blossoms into a close relationship and has an amazing ripple effect. Riders, please give as much advance notice as possible by calling Nancy Cook 822-8264. Ditto for those willing to add their name as drivers to this really vital and rewarding service.

Nancy Cook

Climate conversations

What we do in our lifestyles at home, on the road, at work or play can have a big impact on the climate. HUUF member Pat Carr will present “Climate Conversations,” sponsored by the Arcata Recreation Division and free to all on Wednesdays 7- 8:30 p.m. beginning October 4 through November 8. Climate Conversations will focus on technologies and lifestyle changes we can adopt to reduce our impact on the climate. Call the Arcata Recreation Department at 822-7091 to register, or contact Pat at 825-7446 if you’d like to learn more about the program.

Pat Carr



Art

Madeline McMurray shares her art in the Fellowship gallery October into November. She has this to say about the show, Images of the Goddess: During my years of teaching at HSU I worked regularly with the goddess religions and their transformation throughout western culture. I found that a personal connection to the archetype of the goddess evoked a desire to express these ancient images in my own form. Making images of the goddess has been a path to deeper understanding of the feminine in my own life. This show consists of a series of acrylic paintings, oil pastels, masks, and encaustic works that speak of the relationship to the deep feminine in our time.

Aesthetics

The Bulletin Boards are available now!



Cheryl Rau



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

Board of Trustees:

Co-Presidents Greg Blomstrom

Kate McClain

Vice-President Berti Welty

Secretary Katherine Almy

Trustees Sandy Lynn & Alison O'Dowd

Pat McCutcheon

Treasurer Cynthia Chason

Newsletter Editor Stephen Sottong

newsletter@huuf.org

Calendar Editor Bridgette Garuti

Looking Ahead

- | | | |
|-------|-----------|---|
| Sat | Sept 30 | Women's Retreat |
| Sat | Sept 30 | Mary Freedlund Memorial @ Hospice, 2-4 p.m. |
| Sun | Oct 1 | Our Whole Lives (OWL) classes begin after second service |
| Mon | Oct 2 | Adult RE class begins; first of 5 Mondays discussing "Waking up White" |
| Sat | Oct 7 | Jamilla Tharp ordination – 1 p.m. |
| Sun | Oct 8 | Coffee with the Board – between services |
| Sun | Oct 8 | Begin "Cakes for Queen of Heaven" series, 4-6 p.m. |
| Sat | Oct 21 | Roxana Hand Memorial @ HUUF, 7 p.m. |
| Sun | Oct 22 | Congregational meeting, between services 10:15–approve nominating comm. |
| Fr-Su | Nov 10-12 | Teen Con Location TBD (out of area) |
| Fr-Su | Nov 17-19 | Young Adult Con – Location TBD (out of area) |



Mary Freedlund memorial

The family of Mary Freedlund will be hosting a celebration of Mary's life on Saturday, September 30, from 2 to 4 p.m. in the Hospice Chapel, located at 3327 Timber Fall Court in Eureka.