

Humboldt Unitarian Universalist Fellowship



January 2011

Happy thanks giving to you and your families

I moved into my new home on California Street six months ago and have enjoyed it very much. For Thanksgiving I had a wonderful dinner and on Saturday a movie and leftovers with friends. When they left, I heated up a bowl of turkey soup on the range and got ready to settle in for the night. I went to the bedroom and put on my bedclothes. The phone rang, I had a pleasant conversation; and then I must have fallen asleep. I woke up to my dog barking and a billow of smoke coming into my bedroom. Thank heavens the window in the bedroom was not caulked shut like all the others. I opened it and crawled out. I opened the slider, then the back door and front door and turned on the exhaust fan. The house cleared of smoke eventually; but the smoke smell lingers, reminding me of a tragedy averted. Then I realized that no smoke alarms had sounded! I checked the smoke alarm in the hallway by the bedroom and the battery had been disconnected. The one by the front door was also disconnected. Angry and scared, I could not sleep so I read the inspector's report where he stated there was "one" smoke alarm and in fine print that he was "not required to test" it.

For the cost of a nine-volt battery, I could have died. If my children had been here, they might have died. I take full responsibility for not checking them and for the cause of the smoke.

All I can say is I am thankful to be alive, and to anyone who will listen **check your smoke alarms**, and your children's smoke alarms and your friends smoke alarms and those of anyone you hold dear. All you have to do is push and hold the button until it beeps. If you cannot reach it use a broom handle or ask a friend. If it does not beep, **it will not work** in an emergency. This is my first experience with deadly smoke; I was lucky. Any reply would be appreciated braunersus@aol.com or 707-497-6878.

Peace,
Susan Brauner

Holidays happen

Many thanks to those who made our Religious Education holiday events possible. To those who costumed angels and kings, cooked pizza, wrote scripts, sang music, made cookies, showed up, set up, cleaned up: Thank you, we couldn't have done it without you. The joy and pleasure on everyone's faces when we showed up with cookies at the night shelter was truly a blessing. Thank you for helping others with their holiday spirit while enjoying time together in fellowship. Religious Education will meet Sunday, **January 16**, 12:30-2 p.m. in the Teen room, if you'd like to make more events like these happen.

Jillian Mooney

What's inside

- Page 2: People
Lighting up the holiday
Dance party
Pathways to health
High notes from the choir
- Page 3: Guest at your table
Classified ad
Daylighters
Nurturing spiritual life
Solar array
- Page 4: New tables
Pot o' gold
SAC brunch
Deadline information
- Page 5: Religious education
What moves us
SAC report
- Page 6: HUFF Board update



People

Kinara is starting radiation and chemotherapy. She welcomes phone calls (268-0336) and visits.

Karen Knapp found herself unexpectedly in the UCSF Neuro-Surgery ICU. She is now doing well and on her way to Disneyland.

Joy Thomas is slowly recovering from major abdominal surgery and is anticipating chemo. She tires easily, so visitors are still limited.

Karen Knapp



Dance party

Saturday, **January 29**, 5:30 - 8:30 p.m. Dance demonstration and swing dance taught. Bring a potluck dish and your dancing shoes. Hosts will be Pat Carr and Valerie Gizinski.

Jillian Mooney

Lighting up the holiday and beyond

We have installed a new style parking lot light in the one position that remains on all night (photocell controlled). The light holds two 23 watt compact fluorescent bulbs for the equivalent of 200 watts of incandescent lighting. This is twice as much as the original lights. The new lamp is also designed to control upward glow to limit night sky light pollution. The other parking lot lights will be replaced in January. There will also be a new switch installed by the front door with an “on” and an “off after 30 minutes” position so that the last person out in the evening will be able to turn the parking lot lights “off” and have 30 minutes to get to their car. This parking lot lighting upgrade should make getting to and from your car at night safer and more customer friendly for anyone who uses our building. Contact me with your questions or comments.

Scott Allen

Pathways to health: next step

On November 21, Toni Martin presented the “Our Pathways to Health” program to our Fellowship. Eleven members signed up to participate in the follow-up workshop. It will be held at the Fellowship, starting in early February and will consist of six two-and-one-half hour sessions, for a total of fifteen hours. Best day of the week and time of day are currently being determined. The workshop will be highly interactive and assist in improving self help and mutual help skills in dealing with problems of daily living confronting us as we age. It is not too late to join. For more information, contact Marianne Pennekamp at 442-6212 or mariannp@att.net.

*Marianne Pennekamp
and Thea Gast*

High notes from the HUUF choir

What a treat to welcome so many singers to our “drop-in” choir event on December 6. Your voices were wonderful, and your presence was delightful. Thank you! We will do this again in the Spring, so please stay tuned. Since the response to this was so positive, I started thinking that maybe there are lots of HUUFers who really love to sing, and would like to be involved with the choir but don’t feel they can commit to coming to rehearsal every week.

So, in 2011, watch for small yellow forms in the HUUF foyer with updates about the choir’s current activities, including our upcoming repertoire. Perhaps you could join the group for a piece that is of particular interest to you and participate in the rehearsals immediately prior to the service? The choir meets on Wednesday evenings at 7:00 p.m. and sings at two Sunday services a month. (Note: Rehearsals will resume on Wednesday, **January 12**.) New and visiting members are welcome at any time, and you do not need to be a trained singer to join. Really! If you have questions about the choir, please contact me directly.

On Saturday, December 18, members of the choir had the great pleasure of caroling to several of our long-time members in their homes. Some folks even offered us cookies and chocolate in exchange for our songs! It was a wonderful and rewarding experience to share our music with everyone, and we will remember it for a long time.

mUUsically yours,
Elisabeth Harrington, choir director

Putting UU values into practice with Guest at Your Table

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 9**. Please make out a check in the amount of the contributions (rounded up, if possible) to "UUSC." You may leave your donations in the basket in the foyer or give them directly to Chip Sharpe (599-6009) or to a member of our Social Action Committee. We can reuse the boxes next fall.

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).

Chip Sharpe

Classified ads

Ride wanted to Santa Cruz/ Aptos around January 17. Will share gas \$\$\$. Ann King, 442-8274.

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Classified ads are 10 cents a word. Send text of your ad to jthomas3@csulb.edu. Send check for the amount of your ad to HUUF.

Daylighters

The "Creative Aging" sessions of the Daylighters have come to an end, resulting in a six week program of Pathways to Health. If you would like to organize programs for the Daylighters in the future, please contact Thea.

*Marianne Pennekamp
and Thea Gast*



Nurturing your spiritual life

In the now-classic book *Everyday Spiritual Practice: Simple pathways for enriching your life*, the Rev. Scott Alexander makes this seemingly simple statement: "In our faith every individual is expected, with the help of clergy and community, to nurture and tend the garden of his or her own religious life each and every day."

There's a lot in those 31 words—ideas of expectation, the involvement of others, and daily discipline, for example—that might surprise some Unitarian Universalists and yet which others have greeted with gratitude. Certainly there is nothing there that is not recognized by the other great religious traditions we humans have developed to respond to, as Forrest Church put it, the challenges of being alive and having to die. The spiritual life takes work, and we cannot do it alone.

For more on Spiritual Life go to <http://uua.org/spirituallife>.

Ed Uyeki

How is our solar array working out?

The chart below lists our net use of kilowatt hours of electricity and the associated charge for each month since November, 2008. Overall we have generated more electricity than we have used. There is rule-making pending that will require PG&E to refund the value of excess generated electricity to the customer, but it is unclear when or if this change will take place. Current plans (sorry for the pun) are to replace the fossil fuel-burning Sanctuary furnace with an electric heat pump in the near future. This change will consume the excess solar array generation and more, while cutting our natural gas consumption. Contact me with your questions or comments.

Scott Allen

DATE	NET KWH	COST
12/12/2008	88	\$9.91
1/13/2009	583	\$68.02
2/12/2009	399	\$44.44
3/16/2009	317	\$33.85
4/15/2009	-1	\$6.47
5/14/2009	-134	-\$53.74
6/15/2009	-22	-\$73.51
7/15/2009	-250	-\$127.04
8/13/2009	-238	-\$111.59
9/14/2009	-217	-\$116.77
10/13/2009	-13	-\$69.58
11/12/2009	266	\$5.72
12/14/2009	435	\$52.38
1/13/2010	478	\$60.28
2/12/2010	589	\$79.02
3/16/2010	322	\$40.03
4/15/2010	143	\$10.18
5/14/2010	-101	-\$69.81
6/15/2010	-3	-\$57.48
7/15/2010	-341	-\$156.48
8/16/2010	-49	-\$84.37
9/15/2010	-129	-\$95.75
10/14/2010	113	-\$48.42
TOTALS:	2235	-\$654.24

New tables for the Fellowship

In discussions between the Board of Trustees and the Building Use Committee (BUD) of ways in which we might move toward greater income for the rental of our building, it was agreed that we should invest in improvements that could enhance the building and make it more attractive to potential customers. One of those, it was decided, would be to have smaller tables available for weddings, parties and workshops. An internet search revealed that Costco had such available for about \$100.00 each. Since we would need about 10 such tables, the cost of \$1,000.00 seemed too great for our bare bones budget. However, a trip to our local Costco revealed a 4-foot round table that folded for easy carrying which was being featured for \$50.00.

After a special meeting to discuss this possible solution to our problem the BUD agreed to invest in this purchase. With the help of Archie Mossman's truck, the tables were purchased and delivered to the Fellowship. They are now available for use by members of the Fellowship as well as renters. The Social Action Committee has already found them to be useful for their brunches. We are also told that potential clients have found them a useful addition. What we need now is someone who can make an attractive cover for them for storage on the sanctuary floor, next to our chairs. Can we find someone?

John Sloane



Pot o' gold

"Sure and begorrah," there is a pot of gold at the end of the rainbow, and wouldn't you like to help HUUF find it by joining forces with others in the first fun fundraiser of the New Year, our Service Auction? One of the tentative dates reserved for this year's auction is March 12, just before St. Patrick's Day. So just imagine the fun you and the Service Auction Committee could have building an event around "the wearing of the green." A corned beef and cabbage dinner? A leprechaun treasure shoppe filled with goodies for the right price? Bargain and treasures found at the silent auction table? A little mischievous leprechaun to conduct the live auction? Just a few of the ideas that could be explored and adapted to this always exciting fundraiser.

The Board is looking for a few creative individuals who want to have fun, plan and make this event happen. If you are interested please contact me soon, as we need to start planning and chasing rainbows.

JoAnn Thomas



SAC brunch: soup's on

Since all of us will have probably had plenty of the traditional feasts over the holidays, consensus is that this SAC brunch should be simple. Our palates may protest a little, but our digestive systems will thank us. Therefore, and since the weather is a bit on the cool side, soup seemed to be a good option. So, it will be a soup brunch. But don't let that discourage you. We are, after all, UUs. So, there will be a lot of variety, a fair share of unique recipes; and it will all be healthy and nourishing. We'll have the appropriate accoutrements, of course, such as breads, possibly some token salad, and definitely dessert of some variety (or varieties). So come join us for food and some nice fellowship.

And don't worry, more exotic themes for brunch are queued up and waiting to present themselves as culinary delights, in 2011.

January brunch will be on the third Sunday, right after the second service. Proceeds will go to support those organizations in the community where the need is greatest.

Eve Anderson

Deadline Thursday, January 20

Please e-mail articles to jthomas3@csulb.edu. Print and .pdf items cannot be accepted.

If you need a copy of the newsletter guidelines, contact me.

Joy Thomas, editor

What Moves Us: Unitarian Universalist theology

A Tapestry of Faith Program for Adults

Developed by Rev. Dr.
Thandeka

Taught by Jamila Tharp, B.A.,
M.A., U.U. Candidate for Ministry

Providing a framework for Unitarian Universalists to engage in theological reflection, not as an intellectual exercise, but as a process of meaning-making that equips one for living in the world as a Unitarian Universalist person of faith, this program explores the life experiences of both historic and contemporary Unitarian Universalist theologians, highlighting that which caused in them a change of heart, a new direction, new hope and a deeper understanding of their own liberal faith. These workshops offer participants a chance to engage with and bring their personal experiences to bear on the very questions explored by each theologian in turn. The program offers a pathway for developing not only one's own personal theology but also one's deep understanding of the threads of our Unitarian, Universalist, and Unitarian Universalist theological heritage.

HUUF will offer this Unitarian Universalist Adult Education course, "*What Moves Us: Unitarian Universalist Theology*" beginning **February 7** for 10 weeks every Monday from 6:30 pm to 8:30 pm. A sign-up sheet for taking the course will be in the fellowship's entry foyer.

Jamila Tharp

Religious Education



January 2: Childcare offered for all ages - Happy New Year!

January 9 & 23:

Preschool: We will explore our UU principle, "We are Free to Learn Together," through dance, crafts and fun.

K-2nd: We will talk about friends and enemies. What does this mean to you? We will explore the idea of being enemies to becoming friends. Come share your ideas.

3rd -5th: We will finish some of our chalice projects and books and have fun together, as we focus on what our UU principles mean to us.

Intermediate: We will continue to visit other congregations and share our experiences with each other. Sandy will call with scheduled time and dates for this month.

January 16: Social Action Sunday

All ages together will cook meals for the Night Shelter. Let us know if you have freezer space. We need lots of parent help to make this fun and efficient. Sign up for a third Tuesday to deliver food and help your child put our UU principles into action.

January 30: All Worship

All ages will gather together in the CARE building to learn about an important day in our UU history. Can you guess what it is? We will write down bad habits, useless fears and angers that hold us back and burn them to release them into the universe. We will plant bulbs of new habits and positive thoughts to grow in the New Year.

Jillian Mooney

Social Action Committee report

The Loleta project has five people contributing at least one hour a week assisting in the first and second grades at Loleta Elementary School. If you would like to participate, please contact Ilene Harris at 725-9043 or ileneharris@gmail.com. The Loleta Food Pantry distributed 50 to 55 holiday food baskets just before Christmas. In addition to the food collected in December, the SAC contributed \$300 in donations from HUUF members for the Loleta project so the baskets can be full when distributed. During the December meeting we contributed \$300 in memory of Mary Lou Jensen to the Rio Dell Head Start program. We also contributed to Doctors Without Borders, FINCA, Freedom From Hunger, UNICEF, Planned Parenthood of America and Technoserve.

We invite you to attend our meetings which are held on the first Sunday of the month in the main hall at 12:30.

Jack Munsee



Humboldt Unitarian Universalist Fellowship

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Board of Directors:

Co-Presidents	Jeff Knapp JoAnn Thomas
Trustees	Greg Blomstrom Wendy Rowan Beverly Morgan Lewis Kim Moor
Treasurer	David Harris
Newsletter Editor	Joy Thomas
Calendar Editor	Shay McKay

HUUF Board update

Since the HUUF Board retreat in July, Board members have been actively engaged in many activities focused on the well-being of the Fellowship. At the December meeting, Board members discussed helping to build the RE Committee, preliminary results from the ministerial pledge drive, a rental proposal and increasing our capacity for volunteerism. Each task requires significant effort and thoughtfulness. As we approach the New Year and reflect upon our goals, it is apparent that we need to secure further engagement from Fellowship members to ensure a thriving local Unitarian Universalist community. We hope members will consider participating in the activity of Fellowship as an opportunity to practice what we are about, rather than as a chore. For me as a new Board member, returning to the life of the Fellowship after focusing on my work for the past decade, I find the challenges that we face oddly comforting. Our religious tradition has always involved addressing barriers and demanding better of ourselves. Our challenges can be understood as an opportunity to more fully claim who we are. So in the New Year, I encourage you to embrace a challenge in the Fellowship and give yourself the experience of deepening your UU connection.

Wendy Rowan, Secretary