

Humboldt Unitarian Universalist Fellowship



A note from the minister

January 2016

The month of January is named in honor of the Roman god Janus whose power was felt in transitions. He was said to be present in doorways and gates, births and deaths, and at the ending of one year and the beginning of the next. He is classically depicted as having two faces – one facing the past, one facing the future.

In January as we transition from one year to the next we feel Janus's sweep of inevitable change. We cannot stop it even if we want to. Old things pass away and all things become new.

Several years ago my friend Doug and I visited my grandfather's orange grove where we both worked during summer vacations. We were stunned to see the weir box (three feet square and three feet deep, made of cement) where water from the well used to gather, standing alone, naked and white in the sun. It looked like nothing so much as an old Roman ruin.

On hot summer days in our youth Doug and I used to jump in the weir box to cool off and then return to work. In the scorching San Joaquin Valley where hot tubs were not needed, it served as a "cool tub." When we were using it years ago it was surrounded by orange trees and was always in the shade. It was the stuff of poetry. Then, forty years later, there it was naked and dry in the sun.

After our nostalgic backward look, Doug and I noticed that the old well was now connected to a pressurized system that delivered water carefully to each tree via "mistlers." Though less beautiful, that new system certainly made a lot more sense in that water starved valley. And when we touched the pipes of that system, we could still feel the cool water inside and remember simpler days.

Janus whispered in our ears and said, "You're getting old boys. Who would have thought it? You're getting old. But new boys are coming."

Rev. Bryan Jessup

How can you feed your spirit as a UU?

One way is by becoming acquainted with the many sources from which we draw inspiration. Resuming on **Monday, January 11** at 7 p.m., the "Sources of Our Faith" class will begin exploring the inspiration we draw from world religions. This is an open class. All are welcome. Call me for more information at 822-3793.

Rev. Bryan Jessup

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People

Therese Fitzmaurice is home after surgery. She's doing well, all things considered. Right now the family has everything they need. They'll keep us posted as per Bryan Jessup.

Pat McCutcheon has been invited to read her work at the Arcata Library on Saturday, **January 23** at 2:00 p.m. She will be sharing new poems, including some she was inspired to write in a workshop at Esalen she recently attended, as well as work from her latest chapbook, *Slipped Past Words*. Books will be available for sale and the event is free.

Anne Weiss is okay, thankfully, and now in Iowa for Christmas with family, but her car was totaled after overturning on hailed-covered 101.

Stephen Sottong will have a story published in next year's *Toyon*. The story was also the Richard Cortez Day Advisor's Prize winner, for best work of short fiction.

No other Fellowship friends and members were reported or are known to have health, wealth or social events for this column. To all we do not know about, we wish good tidings. Remember to call the HUUF office if the Caring Committee is needed to help with meals and transportation.

Sylvia Shaw

Kitchen corner

The stacked blue recycling bins in the HUUF kitchen serve both kitchen and other building uses. Thankfully, Mr. Sharpe eyes keeps a watch on what does and what does not belong in them. But, to make his job easier he offers up the following philosophy and hints:

Recycling guidelines have continued to evolve and devolve. People hear standards from one year and remember those, though they may have changed. Our instructions may change radically within the next year — a new contract might have us return to multi-stream, meaning we will again be sorting materials into different bins. Currently, all recycling picked up by Arcata Garbage goes to Willets.

Any recycling commentary needs to stress the superiority of reuse and non-consumption of disposables. Recycling consumes energy and generates its own waste. It is important to recycle, and it is important to prevent recycling.

But, for now, paper (including milk cartons), glass, and plastic all go into our big, blue bin in the kitchen courtyard. These are the exclusions that come to mind:

- 1 Batteries and fluorescent lamps NEVER go into trash nor into the blue bin — they can be taken to a hardware store or to a recycling center for no-fee recycling.
- 2 Plastic bags and plastic wrap should, whenever possible, be reused. To be recycled, they must be taken to a Safeway.
- 3 Tissues and paper towels are not recyclable but can be composted.
- 4 Paper, in order to be recycled must not have any food on it. (Some dirty paper plates can be composted.)

Sylvia Shaw

Note from the RE Director

January is a time many of us reflect on the past and make resolutions for the coming year. As I reflect on the 20 years I have been your RE Director, I have seen us grow both in numbers and spiritually as a congregation. One of the reasons I have stayed is that it is never boring! We continue to grow and change in how we do things. I have also had the pleasure and privilege to see young children of our congregation grow into amazing adults.

Our Religious Education cooperative has transformed in many ways throughout the years and it is always a learning experience. As we move into our new year together, let us reflect on how we can help our young UUs on their own spiritual path. Another reason I have loved being your Director of RE is because it is my own spiritual path. It calls me to define what I believe in every time I talk/teach/listen to a youth in our congregation. It has allowed me to be a part of these amazing children's journeys as they define who they are in the world.

This year we aspire to again transform our way of Religious Education. Can you make a resolution to be a part of that? I think of the quote by Anais Nin a lot this time of the year, "Life shrinks or expands in proportion to one's courage." May we all be brave in the New Year.

Jilian Mooney

Religious Education

January 3: Friendship Sunday-All ages together in the CARE building.

We will have a cozy time reading, crafting and playing games inside if bad weather, outside if good weather. Dress prepared to hike around if somewhere in between.

January 10: Curriculum Sunday- Children divide into classes by grades

Preschool: For the rest of the year we will focus on one virtue a month to truly discuss and understand what we think about them and how they relate to our UU Principles. We will read the book, *The Gruffalo*, by Julia Donaldson. We will discuss courage and create our own cardboard shields to use when life demands bravery.

Kdg-2: We will explore our natural world and discover how all of us are connected to all of it. Come make a giant spider web and play a part in our game.

3-5: We will continue building our toolbox of skills to be loving people in our world. We have had other fun experiences creating together while our teacher was gone. This is the week that we will finally get to explore why we would need a mirror. Last time we met, we stared at the candle flame to look deeper into it and focus our minds. We reflected on the variety of colors we saw and ways it affected us. We will look deeply into mirrors and reflect on our choices and ways we want to be in our world. It's a tough task if you take it seriously.

January 17: All Worship Sunday

We will look at the life of Martin Luther King and talk about his courage and faith. We will make reminders to help us be courageous in our own world of playground bullies and unkind remarks. We will learn about our UU history of bravery and plan one brave act to accomplish, either in a change of our inner self or a change in our world. Talk with your family about what this might be or look like.

January 24: Curriculum Sunday

Preschool: We will continue our discussion of courage. When have you been brave? Why do we need courage? These are questions to think about.

Kdg-2: We will continue to explore how important our planet is and how we can keep it healthy. We will form a group called Planet Protectors. Do you want to be a super hero for our Earth? Come find out more.

3-5: We will add a paintbrush to our toolbox of faith. Self-expression is important in helping define who we are as people in our world. We all do it differently. How do you create? What is your hobby? Come share and create together.

January 31: Social Action Sunday

We will cook food for the Arcata Night Shelter. If you would like to deliver food, please contact Raquel Lee at raelita@suddenlink.net or Jillian at jillianjuju@gmail.com

Teen group

January 3: No meeting, as we are on Winter Break. Happy Holidays!

January 10: Intermediates and Teens meet separately (Intermediates during service and teens from 12:30-1:30). We will continue our discussions of identity and how our identities fit within Unitarian Universalism and our community.

January 17: Both groups meet together and discuss the legacy and activism of Martin Luther King Jr. We will have a discussion about what it means to be an ally, and how we can each work for justice in our lives.

January 24: Intermediates meet during service and take part in an activity regarding the Big Questions of life, such as "Where do we come from?" and "Why are we here?" Teens meet from 12:30-1:30 and continue learning about other religions, from Judaism to the Church of the Flying Spaghetti Monster.

Put UU values in 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 10**, 2016. Please make a check in the amount of the contributions (rounded up, if possible) to "UUSC".

We can be proud of our strong and broad support given to the UUSC in past years. Our goal is to have every member of our Fellowship join or renew membership in UUSC. Contributions of \$125 or more are matched by the Unitarian Universalist Congregation at Shelter Rock, Manhasset, New York. Contributions of \$40 or more qualify for UUSC membership (\$75 for dual memberships, \$20 for seniors, \$10 for youth).

You may leave your donations in the basket in the foyer or give them directly to me (599-6009).

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



Chip Sharpe

January New Year's Resolution SAC brunch

SAC is starting the New Year with a hearty selection of dishes to warm the tummy, while trying to be considerate of one's New Year's resolutions. Expect a hardy soup or two, some good protein (whether you're vegetarian, vegan, or omnivore), and lots of other entrées that are relatively calorie and carb conscious. There will also be tempting desserts that do not come with the New-Year's-Resolution-Friendly label. Approach them at your own discretion.

Come join us and celebrate the New Year over good food in good company. Suggested donation is \$5 per adult and \$1 per child. Money raised during our January brunch will support the Eureka Boys & Girls Club.

Eve Anderson



Social Action Committee (SAC) brunches

Every year, on the third Sunday in 9 or 10 months, following second service, the SAC presents a brunch carefully organized by Eve Anderson, generally around a theme. Many in the Fellowship contribute food as well as set-up and clean-up labor. Suggested donation for these brunches is \$5 per adult and \$1 per child. No one is turned away.

In addition, the offertory on that third Sunday is added to the brunch receipt and the total is donated, on HUUF's behalf, to a local non-profit as an expression of our commitment to social justice. Thank you for your participation. Our current year's list of recipients is shown below.

For more information or questions, please feel free to ask Eve Anderson or Marianne Pennekamp, or come join us at our SAC meeting on the first Sunday of each month, after the second service.

List of 2015 recipients

- 1/18/2015 - Rape Crisis
- 2/15/2015 - Humboldt Domestic Violence Services
- 3/15/2015 - True North
- 4/21/2015 - Planned Parenthood
- 5/17/2015 - Food for People
- 6/14/2015 - Tri-County Independent Living
- 7/19/2015 - The Humboldt Edge
- 8/17/2015 - Senior Resource Center
- 9/20/2015 - Arcata House Partnership
- 10/18/2015 - Circulo de Amigas
- 11/15/2015 - Betty Chinn
- 12/20/2015 - Breast & Gyn Health Project



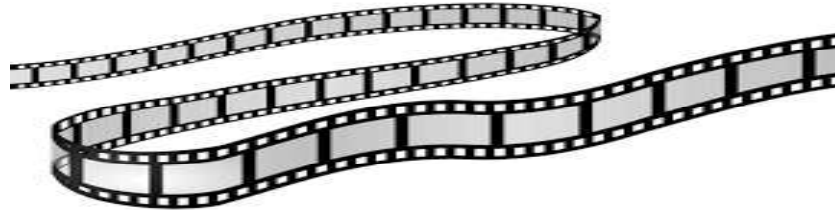
HUUF epic movie nights

We're planning movies every second and fourth Sunday at 6:30 p.m. Hot Popcorn included!

January 10th - *Apollo 13* - Starring Tom Hanks, Kevin Bacon and Ed Harris. Directed by Ron Howard. Rated PG. Come watch this gripping true story about the ill-fated Apollo 13 mission. Explore what it would be like to be trapped on a spacecraft as NASA races to bring the three astronauts home safely.

January 24th - *Master and Commander: The Far Side of the World* - Starring Russell Crowe, Paul Bettany and Billy Boyd. Directed by Peter Weir. Rated PG-13. Known as the best seafaring movie of all time. Come on board the HMS Surprise and experience what life was like in the Napoleonic Era. Based on the novels by Patrick O'Brian.

Debi Cooper



A few words from *The Thing With Wings* by Noah Strycker

In a recent study of giving and its effects on the human brain, subjects were analyzed while they made anonymous decisions about where to direct funds for charity. Scans showed that the meso-limbic pathway—the part of our brain associated with intense pleasures—lit up when people decided to give away their money, suggesting that generosity fulfills us on a primal level. In another study, participants were given money to spend by the end of the day either on themselves or on gifts, and those who bought presents for others reported feeling significantly happier than those who spent the cash on themselves. It turns out that money *can* buy happiness, but only if you give it away.

Debi Cooper — Stewardship Education Committee

Earth Day Faire

The Social Action Committee has decided to have an Earth Day Faire, April 23, 2016. A committee of three got together and brainstormed on what we would like, such as: solar cooker, Elf tricycle, 4 wheel pedal/solar/battery powered vehicle, Annie Leonard “Story of Stuff” YouTube videos, panel discussions on tiny houses, Caltrans plans for ocean rise, climate change, shelf of books on climate change to share, etc. We hope to involve the students of RE in participating with their ideas and creativity. We want this to be a family-centered event. We are also hoping to involve people in discussions that will lead our Fellowship to become more involved in efforts to combat climate change. Please send us your ideas by email to Joanna Welch, John Schaeffer, or Chris Chapin, or speak to us.



Deadline info

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

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.

Awanna Kalal

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.

Member bio

My name is Anna Mae Botley. I grew up in the 1930's on a potato farm in the beautiful San Luis Valley, southern Colorado. I am one of six children, of whom only my sister and I remain.

My early education was in a Consolidated Country School. There were eighteen of us. I am still in touch with my living classmates.

In 1948, I married Bob Botley, an aspiring young minister, and traveled with him to Yale Divinity School. Long story short, we became UU's in 1960 and moved to California where Bob became the minister of the San Mateo UU Church.

Meantime we raised two children, Becky Botley Blackshaw of Auckland, New Zealand, and Stephen Botley of Cave Junction, Oregon. I have two grandchildren and one great granddaughter.

After Bob's retirement we settled in Humboldt County and quickly joined the Humboldt UU Fellowship even though we were living in Willow Creek. Bob died in 2009 and this Fellowship has become my second family

Anna Mae Botley

New member bio

I arrived in Humboldt in 2008 from Eugene, Oregon, to be close to grandchildren and work for the County. About 6 months later I was no longer working for the County and had become a full-time grandparent due to a wild series of events. It was 2013 before I joined HUUF. At that time spinal surgery was the event that changed my life. The surgery fused my spine in 3 places and attached metal rods on each side of the entire spine to stabilize the fusions. This changed the options for living life - not so flexible and quick to move anymore. However, I chose to believe in making lemonade out of sour body events.

So, I have spent the last two years trying out a few volunteer roles and developing my passions. I chose to focus on affordable housing issues primarily due to my own awkward position of not having the financial means for the housing of my desires. This path has led me to be involved in several organizations working with housing and homelessness. Yes, a few other causes also.

As 2016 arrives I am planning to focus my volunteer energy on promoting collaboration amongst groups concerned about homelessness, my physical energy on counteracting the broken metal rods in my back and my soul energy on the artistic side of my life. In January I will complete a sale on my home in Eugene and tuck in the loose ends there giving me an all-Humboldt footprint.

Sylvia Shaw



Facebook seminar 2.0

The group that met in December for Facebook training was eager for a follow up. So by popular demand, Steve Sottong and Caitlin Bair will be in the Fellowship sanctuary for continued instruction in Facebook and in smartphones on Sunday, **January 24** after the service from 12:30 to 2:30. You don't need to have attended the previous training to benefit from this one. If you want to create a Facebook account, be sure to bring your e-mail address and password. Bring a laptop if possible. A sack lunch is recommended. This may be your last chance.

Pat McCutcheon



High notes

It has been a busy and rewarding season with the HUUF Choir. As our numbers have been increasing, so has our repertoire.

Caroling Report: 20 singers joined together on Saturday, Dec. 19 to share seasonal music with the residents of Timber Ridge (in both McKinleyville and Eureka), Grenada, and to make musical house calls to several of our HUUF friends. This was our largest turn-out so far. Thank you to all who participated, and especially to Debi Cooper for helping to organize the event and for hosting the after party.

Several of our choristers have also been seen moonlighting around town recently. In early December, Cathy Enis and Bert Taylor performed with the Eureka Symphony Chorus, singing Vivaldi's "Gloria."

Steven Kossow and Elisabeth Harrington (yep, me) continued to perform locally with the cappella group "A Company of Voices." We were especially delighted that tenor Michael Goodwill-Rogers could join us for the season. He and his husband Jamey Goodwill-Rogers have both been such wonderful additions to the HUUF Choir this fall. We are so sad to say goodbye to them in January. But, we wish them all the best in their move to New York.

Lastly: regular Choir rehearsals will resume on Wednesday, **January 6** at 7:00 p.m. All interested persons are welcome. You do not need to be a member of HUUF or a trained musician to come make a joyful noise.

Happy 2016 Everyone!

*mUUsically yours,
Elisabeth Harrington*

Poetry with Pat

Pat McCutcheon has been invited to read her work at the Arcata Library on Saturday, **January 23** at 2:00 p.m. She will share new poems, including some she was inspired to write in a workshop at Esalen she recently attended, as well as work from her latest chapbook, *Slipped Past Words*. Books will be available for sale and the event is free.

Hope to see you there.

Pat McCutcheon

Board minutes

The December board meeting on 12/15 was held mid-month since no Team meetings were scheduled for the month. Lively discussion culminated in the realization of a 2010 Board decision to house an extreme weather shelter in cooperation with Arcata House on a one night trial basis. There was acceptance of a generous and exciting donation by new member Terry Uyeki of a Japanese Torti gate for our grounds. Discussion of an effective Fellowship governance system continued to occupy the Board in an effort to maximize communication, community building and clarity of process.

Join us on January 12 for the next meeting at 5:30.

Sylvia Shaw

Meditation group

If you are interested in mindfulness meditation practice in the tradition of Thich Naht Hanh, a new group is forming January 30, 2016 at the home of Peggy Ho in Eureka from 10:30-1:30. Please join us and help get this started. For more information please call Peggy at (510) 551-4924, Ginger or Richard at 826-1227.

Ginger Kossow



Humboldt Unitarian Universalist Fellowship

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Minister: Rev. Bryan Jessup

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

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CLASSIFIED ADS

T'AI CHI WITH MARGY EMERSON At 1049 C Samoa Blvd., Arcata (K St. & Samoa). 10-week term starts January 12. Two programs for beginners: T'ai Chi for Back Pain and Arthritis, and Traditional Long Form Wu Style. Chen style and Combined 42 Forms are ongoing. Daytime and evening classes. Begin as late as the third week. Visit a class with no obligation to pay or enroll. For details: www.margaretemerson.com or 822-6508.

Debi Cooper is a trained Reiki Practitioner who is offering free Reiki healing sessions. The sessions can be 15 or 30 minutes long and held in the comfort of your own home. Reiki healing is especially important for those fighting illness or disease or for anyone who is experiencing low energy levels. Please contact Debi at 707-633-6365 or Debicooper42@gmail.com

The true Spirit of Christmas

The 12/20/15 congregational offering for assisting with the Palco Marsh lunch effort raised \$1,175. In addition there was an impressive outpouring of offers to come to the HUUF kitchen at 9a.m. on Fridays to help make sandwiches and cookies. This a 100% grassroots effort spawned by a small group from diverse congregations and the community last May. At the time we thought government entities would offer solutions to living in the Marsh by the time the rains came.