

Humboldt Unitarian Universalist Fellowship



When will “The Who” replace “The What”?

January 2020

Now is The Time to replace; “What law was broken?
Now is Time to make “Who was Harmed?”
The words that are Spoken.
Time to Realign
The laws of the state.
Time to make human healing
The center of the debate.
Restorative Justice, some may call it;
Justice with eyes open, I call it.
Eyes that see crime as broken lives
Regardless of the cause.
Eye Open Justice makes human healing
As important as man-made laws.
“We are a nation of laws”,
I hear the familiar chant.
No, we are a nation of people,
‘lest our constitution we shall recant.
You ever heard of a planet called Crime?
A place in space where criminals come from?
Me neither, these are our sisters and brothers
and then some.
So, how long do we keep harming people,
who harm people,
to show that harm is no good?
How’s it working so far?
Somebody better knock on wood.
Wood knocking too superstitious?
Is neuroscience good?
Brain studies show true caring is measurable and never misunderstood.
Let us melt that frozen sea within,
In..., In..., Inmate to Classmate,
Felon to Fellow.
Let us listen to the strings
Of our Spirit Cello.
Listening to our inner gut.
Today let us allow,
“The Who?”
To Replace “The What?”

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Rev. Anthony Johnson

People

We thank Anne Weiss for her years of service to HUUF and to our community. Anne moved to Coralview, Iowa in mid-December to be closer to her family. Anne and her late husband, Roger, were active members of the Fellowship in the 1960s and after. Anne was instrumental in forming the Fellowship Funeral Society in the mid 60s. In March, 1965, Anne single-handedly raised, in 24 hours, twice the amount needed to pay for travel expenses for our then minister, the Rev. Lewis McGee to join clergy from all over the country and represent the Fellowship in the Selma, Alabama, march to seek voting rights for African Americans. The Rev. Martin Luther King in a later speech said, "There never was a moment in American history more honorable and more inspiring than the pilgrimage of clergymen and laymen of every race and faith pouring into Selma to face danger at the side of its embattled Negroes".

Most recently, for several years, Anne recruited and coordinated volunteers to provide flowers for Sunday services.

In 1974, Anne was successful in receiving a national grant to establish services for the elderly in Humboldt County. She was a founder and became the first executive director of the Humboldt Senior Resource Center, and served in this capacity from 1974-1986.

We send our very best wishes to Anne for her move to Iowa.

Sue Lee Mossman

Search for a new Director of Religious Education

Our much loved Director of Religious Education (DRE), Therese Fitzmaurice, has notified the HUUF Board and the Religious Education Committee that she will not be returning next year. Members of the Board met and created a DRE Search Committee consisting of Rev. Anthony Johnson, Dave Marshak, Wendy Rowan and Michelle Hasting. This DRE Search Committee will advertise the position, conduct the search and recommend a candidate to the Board. The Search Committee welcomes input from parents and members. Please speak with the members if you have suggestions.

HUUF was formed to provide a liberal religious education for our children, it is a founding passion for the formation of this Fellowship. That passion remains, and as such we are committed to finding the right candidate for this position.

Michelle Hasting

RE Calendar

Preschool-K, with Scarlett Tripsmith

Jan. 5: Painting Chalice for kids to take home

Jan. 12: Making New Years' Resolution necklaces

Jan. 19: Exploring personal space through bubble art

1st-3rd grade, with RE staff (New teacher TBA)

Jan. 5: Exploring World Faith Traditions through story and song

Jan. 12: Exploring World Faith Traditions through story and song

Jan. 19: Exploring World Faith Traditions through story and song

4th-8th grade, with Caitlin Bair

Jan. 5: Stories in Faith, Exploring our UU Principles and sources through wisdom tales

Jan. 12: Stories in Faith, Exploring our UU Principles and sources through wisdom tales

Jan. 19: Stories in Faith, Exploring our UU Principles and sources through wisdom tales

All ages:

Jan. 26: Service Sunday. Youth will make "Saint Candles" to sell and share at our Love Light Auction in February.

Youth Choir:

For the month of January, our Youth Choir will be taking a brief hiatus. We invite any children interested in sharing their musical talents to join us again in February on the first three Sundays of each month beginning February 2. Games, warm-ups and a new piece to explore and perform each month will be offered. Contact Amy Day at amydaychica@gmail.com for more info.



Religious Education

Hello sweet families of HUUF!

This past month, we had the pleasure to witness our children, under the loving guidance of Cornelius and the whole teaching staff of RE, offer us a musical and potent reminder of what it means to remember and reclaim the sacred symbols that we carry, both inside of our seasonal celebrations and within the fabric of our everyday life. From the play (spoken, of course, from the wise mouth of Bumi the Squirrel): “You people are interesting creatures. You turn experiences into symbols that have meaning, and then you forget why you created those symbols in the first place.”

As we step over the precipice of this New Year, I want to invite you to examine the sacred symbols you carry. What have you perched atop your family altar? What have you invited into your living room over the course of the last month (tree, gifts, food, songs, stories)? What rituals have you enacted inside your home? Winter invites us into a spirit of contemplation. To look at our lives – the daily rhythms and values we are enacting each day – and to see whether or not they are in alignment with our own great knowing and heart.

Inside this season, we are invited to view our daily actions as a form of weaving – a new thread cast forth each day that will, over time, create the larger tapestry of this life. Over time, we will start to see patterns emerge: the places where we choose to spend our time and resources, our gifts and our light. As we do the work of crafting our own familial tapestry (intentionally or not), we also lean into the larger community fabric. The life we choose to live casts an indelible mark upon the larger culture. We can choose to be a snag in the fabric, a turning towards another way, a bright spot of opposition – a brave azure, violet or gold in a sea of unexamined gray.

In case you're wondering, as I feel many of us do, whether or not the humble threads you and your small family carry leave any lasting mark upon the larger web, let me share these words, again from our beloved former RE teacher Cornelius, as he sadly bade us farewell: “For what it's worth, I have really enjoyed my short time with HUUF. I've met so many genuinely compassionate adults and so many awesome kiddos. I hope you believe me when I say I really struggled with this decision. This position is not like a typical job. Teaching this class means forming real relationships with real people, and it sucks to have to sever those still-forming bonds so soon. I write all this not to curry favor with you, but to honestly express where my heart is. I've worked with a lot of children, but these HUUF kids are different. They are some of the most authentically kind, socially aware, and present children I've ever met.”

So, thank you for the continued gift of your weaving. The symbols, stories and rituals you skillfully thread into the lives of your children and community are landing and leaving a beautiful and lasting mark.

Soul Matters Family Practice: Integrity

When I work coaching clients, one thing I like to do is find a way to make a connection between our “big picture values” and our small, daily actions. Try doing this: As a family, sit and identify a few key guiding words or values for your coming year. What feels juicy, resonant, right? For us right now, it's things like simplicity, beauty and care. Then, take a moment to craft a ritual around one or more of these words. Something which is fun to do, but requires mindfulness, as well. Again, examples might be: For simplicity, choose a weekly “spend nothing day” so the whole family can relish the gift of what we already have. For beauty, perhaps a bi-weekly art night or family jam session; two hours set aside to craft something lovely together, using what you have. For care, do things like choosing a weekly love language – things like touch, words of affirmation, or acts of service to grow the ways in which we give and receive care inside our home. It's the penny dropped regularly into the larger, spiritual piggy bank. Tiny offerings which add to a much greater whole.

Amy Day

For the year ahead:

We are currently gathering feedback, to form a small Parent and Caregivers Course and Circle for the coming year as a way to connect us all to resources, community and support as we continue to do the sacred work of parenting and caring for our youth. We'd love to hear your current list of needs and desires so that we can tailor this time directly to you. Please take a moment to fill out the accompanying form: <https://tinyurl.com/HUUFform>

Amy Day

Climate Action question of the month

Climate Action Committee members are thinking about a regular column to answer peoples' questions about climate change topics. Here's a first try at this: Cena Marino asks, "How can you cut your carbon emissions from driving when you can't afford a hybrid or electric vehicle?" Great question, Cena, since driving is the number one *driver* (no pun intended) of climate change. And it's significant to our Fellowship since it's getting hard to find space in our parking lot. When we can't use technical fixes like EVs or hybrid cars we have to change our behavior — like take a bus, a bike, or carpool — and nearly any kind of behavior change is notoriously difficult.

I didn't just read that last phrase in a book. I used to work in a treatment program for seriously mentally ill addicts. Many of these people would likely soon die if they didn't change. There was no question they'd reached "rock bottom." But bottoming out didn't in itself help them quit, much like California forests burning up isn't stopping our addiction to fossil fuels. It helped me a lot in that job when I read the work of a pair of psychologists, James Prochaska and Carlo DiClemente. These two identified six stages, each with their own challenge, in the process of how people change. The first challenge requires that people must see a problem in their behavior if they're to change it.

It's a tough challenge. Any habit starts for *some* good reason. My clients would say their drugs felt mighty good, at least sometimes. It may be a stretch to our situation, but getting around in our own cars gives us an independence one might call *intoxicating*.

How did we tackle that challenge in the treatment program? We avoided preaching or confrontation and instead gently wove in information about the downsides people typically face with drugs. It often wasn't long before the clients would be telling us therapists how bad drugs were for them — a good start.

This is just the first of six challenging stages in actually making a change. But if you want to drive less, know that you're not alone. Cena herself has been calling HUUF members to see if they would be willing to carpool (partly to help the Caring Circle bring more of our non-driving members to Sunday morning programs). If you get a call from her, and you feel the urge, consider whether there may be any downsides to your own driving. She may be able to help you start changing that problem.

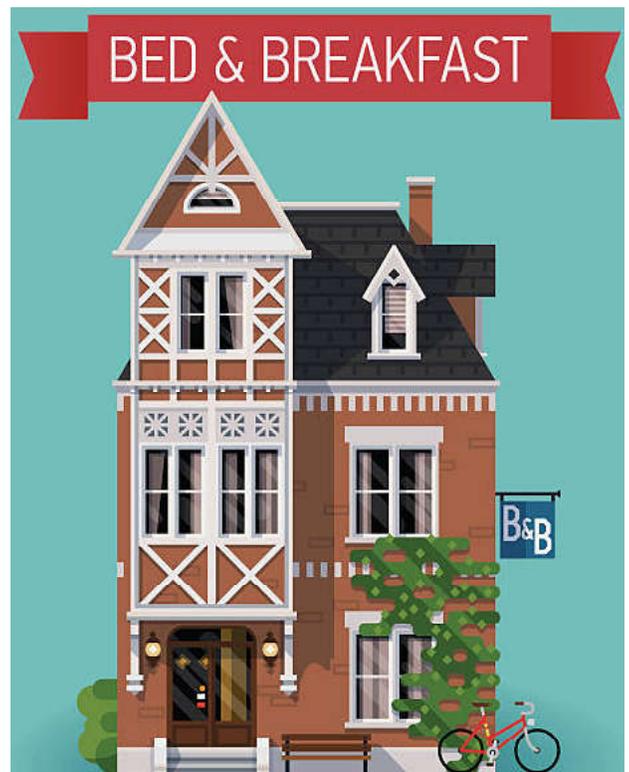
Pat Carr

Home Stay fundraising project

A new HUUF fundraising project is in the works. Patterned after the very successful efforts of the First Unitarian Church of San Diego and First Unitarian of Portland, this pilot program is designed to offer lodging for out of town visitors during the HSU and CR graduation weekend in the middle of May 2020, when all area accommodations are typically booked up. Families of graduates have, in the past, had to book hotel room hours away. The lodging fee would go directly to HUUF as a donation, thus avoiding local vacation rental regulations. The HUUF Home Stay Committee would match hosts and visitors. Obviously there are lots of details to cover. We intend to organize a meeting sometime after the Service Auction in February to fully describe the program and answer questions.

Over the next few weeks we will solicit potential hosts and continue to keep you informed about our progress in developing this new fundraising venture. Of course, you can always call or email us with immediate questions.

Dave & Ilene Harris, Terry Uyeki



Climate Action Campaign news

In December, the Climate Action Campaign (CAC) made donations to support Interfaith Power & Light (IPL) and the UU Ministry for the Earth (UUMFE). IPL's mission is to mobilize a religious response to global warming and to inspire and enlist people of faith to make bold and just actions. There are 20,000 congregations across the country that support IPL. For more information, see <https://www.interfaithpowerandlight.org/about/>. IPL and faith leaders traveled to the COP25 in December to demonstrate that the U.S. faith community is committed to climate action, despite the Trump Administration's withdrawing the U.S. from the Paris Climate Agreement.

UUMFE's mission supports personal, congregational, and denominational efforts that honor and sustain Earth and all its beings by providing educational resources and support for networking, partnership and collective action among UU congregations. For more info, see <https://www.uumfe.org>

CAC is happy to announce that Sydney Bronkall, Abby Hasting Tharp, and Savannah Tarlton will attend the UU-UNO Spring Seminar on Climate Justice in New York from April 16 to 18. We are very grateful to Elisabeth Harrington and A Company of Voices for their generosity in donating part of the proceeds from their benefit holiday concert to help CAC provide scholarships for Abby, Savannah, and Sydney to attend.

Thanks also to everyone who helped with the benefit concert reception and other logistics including: Savannah and Sydney, Greg Blomstrom, Pat Carr, Debby Harrison, Ann Kilby, Linda Lee, Archie Mossman, John Schaefer, Sylvia Shaw, and Fry Wolhandler.

Thank you, Cena Marino, who is surveying HUUF members in Arcata and north for their interest in carpooling for HUUF related events. Cena already brought us data from her survey of members in Eureka. We urge HUUF members to commit to carpooling for Fellowship meetings, events, etc. just as we strongly commit to providing childcare for all HUUF events.

Thank you to CAC members Pat Carr, Ann Kilby, Linda Lee, John Schaefer, Sylvia Shaw, and others who wrote letters or attended the Board of Supervisors meeting on the Humboldt Wind Project in December.

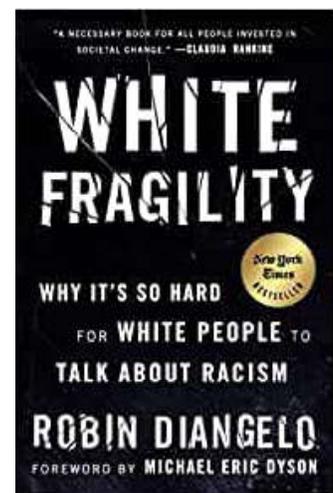
Sue Lee Mossman

White Fragility Discussions

Libbi Miller and David Marshak look forward to engaging interested HUUF folks in an exploration of the book, *White Fragility*, on February 5, 12, 19 and 26 from 7-8:45 p.m. at HUUF. If you plan to participate, we ask that you purchase the book (a Beacon Press publication) and read it in January.

We understand that it may not be possible for all of you interested in the conversation to participate in all of the four sessions. Given the personal character of the book for so many of us, we ask that you do participate in as many of the sessions as possible.

David Marshak



Art and Aesthetics

Heather Shelton is the current artist in the Fellowship Gallery. Heather uses oil pastels, which she sometimes manipulates with her fingers as well as scratching through the layers of color. She is known also as one of the members of Music Together that is held once a week in Fellowship Hall. On those days about 16 parents and children from six months to five years are spirited musicians. The imagery of Heather's paintings are lively and playful.

Cheryl Rau

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 Resilience, Boundaries, Joy, Apologies and Making Amends, Grief and Loss, 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 as a lay-led group since July 2014 (and minister-led for several months before that), the regulars have come to trust and care about each other and have developed a strong commitment to the group. There are "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 that's 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 out early in the week so people can have an opportunity to ponder the topic ahead of time.

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 they know and feel that they've been truly heard.
- The listener sets 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.

We look forward to seeing you. You can contact me at margaretemerson@att.net or 822-6508.

Margy Emerson

Endowment projects 2019, grants 2020

The Endowment Committee is pleased to announce another year of successfully completed projects and scholarship grants that benefit our HUUF community and secure our future. In 2019, the Endowment Fund Committee was able to award \$3,550 in grant projects. Improvements to the Fellowship building and grounds included the sanctuary office door replacement, upgrades to parking lot lighting and a security camera system for the building. In addition, scholarships were awarded to members Sandy Lynn and Pat McCutcheon to attend General Assembly in Spokane, WA.

We are approaching that time of year when the Endowment Fund Committee will accept applications for grant funding to be used for the benefit of the Fellowship during 2020. Grants can range from \$200 to \$2000. Application forms will be available on our Fellowship website or by contacting members of the committee by email or phone starting January 1 with a deadline of February 1.

We thank the many members of the Fellowship who have been so very generous in providing donations to increase our Endowment Fund. We hope you will consider a gift to HUUF in your planned giving and estate planning endeavors. Your legacy and our Fellowship mission can live on through contributions to the HUUF Endowment Fund.

Howard Stauffer, Cynthia Chason, Katherine Almy



CLASSIFIED ADS

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

Deadline info

Deadline for the **February** issue of the newsletter is Monday, **January 20** at 5 p.m. Send committee reports, announcements and articles related to HUUF (email only) to newsletter@huuf.org.

Many file formats are acceptable, but .doc, .docx, .rtf and text are preferred, and .pdf and .pages cannot be used. Late submissions are not accepted without prior approval. Full guidelines at: <https://tinyurl.com/HUUFnews>

Stephen Sottong, editor

Guest at Your Table

Now is the time to return your Guest-at-Your-Table donations for our Unitarian Universalist Service Committee. Our “guest” has reminded us of need and of abundance, and of the privilege of being able to share our bounty. We all need help sometimes, we all give help sometimes, and we all deserve a welcoming table, with plenty of good food, love, and beauty.

UUSC works around the world, always respecting the particular needs and the particular abilities of on-site partners. UUSC has the tools and connections required for effective action. By making the work of UUSC possible, we affirm our commitment to peace, liberty and dignity, justice and compassion, and respect for the interdependent web of all existence. UUSC is a 501(c)(3) organization and has earned the highest possible evaluation from Charity Navigator.

In past Guest-at-Your-Table collections at HUUF, our individual gifts have typically been \$50-120, but have ranged from \$5 to \$1,400. A \$40 donation (\$25 for seniors) makes one a member of UUSC. Our goal is 100% membership in UUSC.

Your contributions will be collected at the Fellowship on the first two Sundays of 2020, January 5 and 12. Look for the basket out front (or in the foyer) or hand your box and donation directly to our Guest-at-Your-Table representative. You may make out a check in the amount of the contributions (rounded up, if possible) to “UUSC”. Contributions of \$125 or more may be matched by the Unitarian Universalist Congregation at Shelter Rock, Manhasset, NY.

I will mail our collected donations to UUSC on January 14. If you have sent your Guest-at-Your-Table donation directly to UUSC, please inform me so that he can include your amount in our HUUF tally.

Chip Sharpe



A Generous Fellowship

The Third Sunday Dedicated Offering for December 15 of \$300 was donated to Boys and Girls Club of Humboldt County. That same afternoon A Company of Voices, directed by Elisabeth Harrington, performed a benefit concert to the delight of its listeners, resulting in a donation of \$466.43 each to HUUF Climate Action and the Betty Chin Night Shelter.

Our third Sunday offering on January 19 will go to the Josiah Lawson Memorial Scholarship Fund, administered by our local NAACP. Josiah, a black student at HSU, was stabbed to death on April 15, 2017. The racial implications of the failure to bring his killer to justice have wracked our community ever since. Scholarships from this fund are for black graduating high school seniors from our area and are selected by Josiah’s mother and the NAACP.

January 19 is also our first Social Action Brunch of 2020, an opportunity for the congregation to share an informal meal and conversation after services. If you can, bring dishes for a Soul Food potluck. If you can’t, just bring yourself and \$5. The proceeds will also go to the scholarship fund.

Richard Kossow

January 5 Congregational Meeting

While much has happened since our December 8 threshing meeting we will still have our January 5 Congregational Meeting. However, the focus will change somewhat. It was never our intent to have the December 8 meeting be about George even though that is how it turned out. As a result of that fact, as well as the events that have transpired since then, we will change the focus of the Congregational Meeting, from solutions to the George issue to considering our existing No Camping and Homeless policies. More importantly, we will be discussing the UUA disruptive persons policy (see <https://www.uua.org/safe/destructive-behavior-policies>) that is new to us. We will also recap the events that have taken place between the two meetings.

Berti Welty and Greg Blomstrom, Co-presidents



Humboldt Unitarian Universalist Fellowship

P.O. Box 506
Bayside, CA 95524

24 Fellowship Way, Bayside (off Jacoby Creek Road)

(707) 822-3793 <http://huuf.org/>

e-mail: office@huuf.org

Administrator: Bridgette Garuti

Monday - Thursday noon - 3 p.m.

Minister: Rev. Anthony Mtuaswa Johnson

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

822-3793 minister@huuf.org

Call or email for an appointment.

Director of Religious Education: Therese FitzMaurice

498-3564 t_keslin@hotmail.com

Newsletter Editor: Stephen Sottong

newsletter@huuf.org

Board of Trustees:

Co-Presidents Berti Welty

Greg Blomstrom

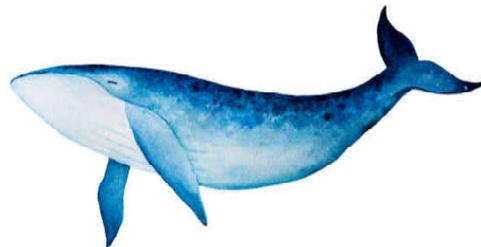
Vice-President David Marshak

Secretary Peter Gillis

Trustees Kate McClain, Caitlin Bair,

Cathy Hanafi

Treasurer Rebekah Paez



WhaleCoast Alaska 2020

Have you ever dreamed of visiting Alaska? If so, WhaleCoast Alaska 2020 is for you. Four Alaska UU congregations invite you to experience their unique environmental, cultural and spiritual program this summer. See Alaska through the eyes of local UUs, with friendly home stays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, sea lions, etc. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships — our program is truly the best way to visit Alaska. Tours are led by Dave Frey, a member of the Fairbanks UU congregation and Alaska travel expert. To find out more about this Alaskan trip of a lifetime go to: www.WhaleCoastAK.org or email dfrey@whalecoastak.org or call 907-322-4966. Discount for groups of 8 or more. We would love to share our Alaska with you,

(Note from Bert Taylor: this is the trip I took last year, and I highly recommend it. Dave Frey is a top-notch tour leader, and is always happy to answer any questions.)