

Humboldt Unitarian Universalist Fellowship



January 2021

Announcement of Grants

The Endowment Fund Committee is pleased to announce that approximately \$5617.48 in funds will be available for grants from the Endowment Fund in 2021. Endowment Funds can be used for purposes that align with UU principles and reflect the mission purpose of our Fellowship. Examples of requests that can be considered include:

- Buildings and grounds (improvements, not regular maintenance)
- Religious education enhancements
- Community service investments and actions
- Membership leadership development

Requests should not be used for annual operating budget expenses.

There are also a limited amount of funds available from the Chaffee Trust for grants satisfying the fund requirements. The Chaffee Trust focus includes finding ways to enhance congregational life for all ages, promote aesthetic improvements to grounds and buildings, and promote women's activities, including conferences and workshops.

These grant funds will become available this January 1, 2021. Grants can range in size from \$200 to \$2000. Application forms will become available on our Fellowship website or by contacting members of the committee by email or phone starting on January 1, 2021. The deadline for submission of the applications will be January 31, 2021.

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's mission can live on through contributions to the HUUF Endowment Fund.

Yours in Fellowship:

Howard Stauffer, Cynthia Chason, Katherine Almy, and Hart Mendenhall,

Caring Connection

The Caring Circle has become aware that there is not currently a good way for the Fellowship to learn about the health and well-being of our congregants. We have created The Caring Connection, which will appear in both the Weekly email and in our monthly newsletter. This will give information (with permission) about the health, other needs and concerns, as well as good news about our members. Sylvia Shaw and I will be the contact persons to receive this information.

During this period of necessary social distancing, we want to ensure the continuing care and support of our members and friends. Let us hear from you.

Nancy Engel

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Fellowship engagement calendar

Beloved Community,

In this moment, I hope you feel some stillness, peace and even a bit of that ever illusive quality of joy. As we wrap up this year and look forward to the possibility of a better one to come, we in the Fellowship Engagement Committee are excited to bring forth new and re-imagined opportunities for connection, learning and continued spiritual growth. From our committed team of volunteers – teachers, therapists, activists, community workers and organizers, we are so pleased to be able to offer you the following:

Mondays, January 4 - February 1, 6:30-8:30 p.m.

Ka'm-t'em, A Journey Toward Healing by Kishan Lara-Cooper and Walter J. Lara Sr. Berti Welty invites you to join another book group. This 2019 book is by one of our local, indigenous scholars who is deeply involved in her culture. It focuses primarily on the tribes of northwest California, yet speaks to many of the issues faced by all indigenous persons. It includes many traditional and personal stories. It is a good introduction into not just what is currently happening, but also why and by whom. Books are available at Northtown Books, and possibly used at Tin Can Mailman.

Mondays, February 8 - April 26, 7:00-8:15 p.m.

Spiritual Practice - a 12-session series designed to help participants develop their spiritual lives through daily practice, weekly worship, monthly service, yearly retreat, and one-time pilgrimage. The structure of the classes is a mixture of direct experience and instruction. Facilitated by Amy Day.

Every first and third Tuesday of the month, January 19 - May 25, 6:30 -7:45 p.m.

Born on Third Base - by Chuck Collins. Study and Discussion Group. After decades of study and experience looking for ways to relieve poverty, Kate McClain and Bonnie MacGregor began to realize the problems of chronic poverty are not due to the people without resources but to the systems and beliefs that create extraordinary wealth inequality. In a ten-week ongoing study group we will read and discuss the book and reflect on how his revelations give us insight into our own lived experiences and into how we can work collectively to bridge the economic divide.

Wednesdays, January 13 - February 10, 6:00-7:30 p.m.

Building Resilient Communities - A collaboration between HUUF, Cooperation Humboldt, and the American Red Cross. A six-week course for community organizations and their members, to engage more effectively in creating strong, connected and resilient communities. This course is intended to be more of a catalyst for action, rather than informational, but will include some introductory information about multiple methods of local resilience, disaster preparedness and response, and community organizing.

In addition, the course focuses on:

- 1 Assessing your organization's needs and capacity for community resilience projects.
- 2 Sharing information and building strategies to effectively prepare for and respond to disasters.
- 3 Learning how to organize with neighbors and community members to build resilient, just and compassionate communities.
- 4 Setting manageable action plans for the future.

Wednesdays, February 24, March 10, and March 24, 7:00-8:45 p.m.

White Fragility - by Robin DiAngelo. Join facilitator David Marshak in a three-part discussion and application of why it's so hard for white people to talk about racism.

Wednesdays, April 7, April 21, and May 5, 7:00-8:45 p.m.

How to be an Anti-Racist - by Ibram X. Kendi. Continue the conversation and important work by engaging in discussion of this work. "Kendi weaves an electrifying combination of ethics, history, law, and science with his own personal story of awakening to antiracism. This is an essential work for anyone who wants to go beyond the awareness of racism to the next step: contributing to the formation of a just and equitable society."

Facilitated by David Marshak.

Every third Wednesday of the month, beginning January 20, 7:00-8:30 p.m.

On the Porch - A monthly Soulful Home Exploration for Parents and Caregivers. Together, we'll explore a collective practice to support our efforts within our homes and share in reflections upon the month's chosen theme. January - Imagination. February - Beloved Community. March - Commitment. Facilitated by Amy Day and Therese Fitzmaurice.

Thursdays, January 7 - February 25, 9:30-10:45 a.m.

Yoga for Strength and Resilience with Laurie Birdsong. A gentle Hatha practice for building balance, flexibility and vitality. Includes pranayama (breath practice) and meditation as tools for self care and compassion. All levels welcome, no experience necessary. Modifications provided. Laurie Birdsong has been practicing Yoga for 20+ years and teaching for six years. She offers a welcoming atmosphere for self-inquiry and exploration.

Second Friday of the month, starting January 8, 7:00-8:30 p.m.

Creativity - by Matthew Fox. Join Laura Phelan-Shahin, a mom of two littles (a 1.5 and 4 year old), an expressive arts therapist and visual artist and a member of the Fellowship, to explore the book through playing with words, art supplies and connecting with one another. No art experience necessary.

Second Saturday of the month, starting January 16, 5:00-6:00 p.m.

Multi-Generational Song Circle - A joint offering of a Song Circle with everything from folk songs to rock'n roll, to show tunes, to sacred chants and other selections from some of our beloved HUUF songsmiths, including: Elisabeth Harrington, Bob Billstrom, Sandy Lynn and the Fitzmaurice Family. A chance to rekindle the joy that only music and fellowship can bring.

We offer these, in addition to many of the ongoing circles and courses including: Writing Groups, Poetry, Reflections and our Open Soul Matters. We hope you will join us in one or more of these, thoughtfully put forth from our hearts to yours. May we find new ways to connect, replenish and engage the work of Beloved Community in this new year, and the ones beyond.



Amy Day, Fellowship Engagement Coordinator

Religious Education

It seems that one of the great lessons of living through this time is adaptability. Make plans, and be ready to have them shift hugely inside a week or less. Set intentions, but be unattached to the way those will unfold in real time. After several experiments with time and structure, we've decided to go back to our **Sunday Morning RE Gathering** on Zoom, prior to the service. These will be 30-minute calls, utilizing the same link as the 11 a.m. service, open to all ages (parents, grandparents, and those with a strong Inner Child are more than welcome to join). Call in at 10:15, and we'll light our chalice, share Joys and Sorrows. Then share in a variety of ways to connect and make meaning together, from stories, songs, puppet shows and meditations. Expect a fun, heartfelt and candid gathering.

You can find the link on the website or in your weekly service email.

Also, parents, please join us for:

On the Porch - A monthly Soulful Home Exploration for Parents. We recognize the tremendous and deeply important work of parenting and caregiving, especially now. Toward that, we've created a monthly space, utilizing the Parents' section of the monthly Soulful Home packets, as a way to encourage, uplift and support one another.

We'll light the chalice, engage in a fun activity supporting that month's theme (In January, we dip into Imagination), and reflect on questions for group contemplation and discussion.

Third Wednesday of every month, beginning January 20, at 7 p.m.

We look forward to these new ways to be in beloved community with you in the new year.

Amy Day, Fellowship Engagement Coordinator

Sunday Services

Sunday, January 3 – 11 a.m. – Imagination – Amy Day

“Imagination is the only weapon in the war against reality,” Lewis Carroll once said. So, come with us on a journey of imagination. Bypassing, for a moment, the limited confines of the rational mind, we can allow ourselves to consider and even dream about what is possible, not only as mere, isolated individuals, but as a collective, an assemblage of pulsating Imaginal Cells – a whole – in the days and year to come.

Sunday, January 10 – 11 a.m. – The Case for Hope, a Commitment to the Future – Lezley Troxell

In this time of Covid-19, climate change, poverty, disparity and a much-divided world, we find ourselves in a fear-based tender-spirit moment. There is a fragility to hope right now. Yet how do we experience the world, and its future, without holding onto hope? Lezley will explore what it means to hold onto hope, the link between hope and creativity, what our young people hold onto, and what we can do for our future.

Sunday, January 17 – 11 a.m. – Journeying to the Promised Land – Karen Harris, M.Div.

As we stand on the cusp of a new era in our collective story, Karen Harris will speak of mythic and historical journeys through trials and tribulation toward the promise of a new beginning. Since retiring from ministry and teaching religious studies, Karen has been sharing life on her small permaculture farm with friends and fellow seekers of the wisdom of nature.

Sunday, January 24 – 11 a.m. – Dance in the Desert, Bring Your Tambourine – Rev. Erin Walter

The new year starts with renewed energy and purpose, even in a pandemic. Drawing upon Scripture, spiritual practice, and original music, Unitarian Universalist minister, Rev. Erin Walter, will reflect on how to foster joy and gratitude in the midst of our ongoing struggles.

Sunday, January 31 – 11 a.m. – Bret Harte and the Wiyot Massacre – Rev. John Buehrens

Rev. John Buehrens, former Unitarian Universalist president, will talk about the history of the Wiyot massacre and the reporting of the tragedy by Bret Harte, who was encouraged by Starr King to make the whole story public to the United States. Rev. Buehrens will recognize the history of our area and the Wiyots, who were treated so badly.



Birding the grounds

Over the many years I've spent time on our patio and grounds, I've observed some of the birds that make themselves at home. Many of us have enjoyed seeing the swallows that nest right under our eaves (probably more than Scott Allen, who has been keeping up the maintenance). I've long suspected we have a rich diversity of bird species that has increased as our trees and shrubs have matured, and more and more native species have been planted. But I am not aware of anyone who has looked at the changes in bird use of our grounds over the years.

To remedy that, I've enlisted the help of a birding friend, Lynne Abels, to observe and record all the birds we can this coming spring. We hope to survey the entire grounds regularly, concentrating in the wild margins of our property. We'd also like to offer others the opportunity to join us once a month to lend their eyes and ears, learn about our feathered friends, and appreciate our grounds from a different perspective.

Monthly Bird watching walks will start on January 15 at 8:30 a.m. Consistent with statewide and Fellowship Covid-19 restrictions, the group size will be limited to six. Participants must pre-register, and masks and social distancing will be required. We'll also ask each person to confirm they have no Covid symptoms or possible exposure at the time of sign up, and before the walks begin. Bring binoculars. If you are interested, send an email to polkaqueen@gmail.com.

Valerie Gizinski



People

Professor **Libbi Miller**, chair of HSU's School of Education, presented at the webinar "CO Learning Lab to Close the Teacher Diversity Gap: Five Campus Teams Share Their Progress" as part of the CSU Educator Preparation and Public School Programs webinar series (November 20). The work presented at the webinar was done in collaboration with colleagues in the Art and Education Departments.

HSU's Environmental Science and Management Professor **Alison O'Dowd** was invited to give a talk at Portland State University on "Impacts of dams and an opportunity for renewal: Case studies of the Elwha and Klamath River Dams" in November, 2020.

Stephen Sottong had a short story published in the SciPhi Journal. It can be read at: <https://www.sciphijournal.org/index.php/2020/12/18/history/>

Local immigrant assistance

For your lists of local people in dire need during this season of giving: Centro del Pueblo has been working with almost 400 families, with a significant number of non-Spanish-speaking indigenous families with nearly a thousand children under 18. Agricultural workers are hardest hit. In the Arcata and Fortuna area, 90% are COVID positive! Due to loss of wages, prioritized needs are rent assistance, culture-appropriate food, and financial help with medication and health care, including COVID testing. There is a fear of using government offered services, like testing and health care, which further compounds the problems.

Please make checks payable to Seventh Generation Fund for Indigenous Peoples and write in Memo line: Centro del Pueblo. Mail to: Seventh Generation Fund for Indigenous Peoples, P.O. Box 4569, Arcata, CA 95518.

They are also in need of the following items for 'Wellness Boxes': non-perishable food items, coats, jackets, masks, toilet paper, canned goods, toiletries, feminine products, and diapers for babies. Contact Centro del Pueblo at cdphumboldt@gmail.com to find out where to drop off items and times that someone will be at those locations to receive them.

Terry Uyeki

FUNdraising in 2021

Fundraiser projects this year, such as the first HUUF Home Share program and Barn Dance, could not be socially distanced. So let's get those creative juices going, and propose fundraising ideas that your committee or you and two other 'sponsors' would be willing to champion that can still take place during these socially-distanced times or later when the vaccines are more readily available.

Some ideas that might work as outdoor, socially-distanced events would be: a plant starter sale in the spring, when everyone is beginning to work on their gardens; or a Fresh Flower Market from our members' gardens; or translating virtual activities or events that have worked well in the past nine months into fundraising event.

The Committee serves as a clearinghouse for major fundraising event proposals. It is *not* responsible for organizing fundraisers, but we have a toolkit of valuable resources to share with organizers to help ensure fun, successful events.

A proposed event is considered a major fundraiser if the goal is to raise at least \$500 after expenses. Standing fundraisers (such as the Service Auction) and committee projects are not included. While not responsible for event coordination, we do seek to foster and facilitate the best use of HUUF human and building resources for such events.

The Committee does not need to review fundraisers for primarily community-building purposes, or if proceeds are less than \$500. To propose an event, use the HUUF Fundraising Event form (<https://tinyurl.com/HUUF-fundrais-form>). Ideally, submit this form at least 6 weeks in advance of your proposed event.

If you have questions, please contact the Fundraising Committee at fund@huuf.org or Committee chair, Terry Uyeki, at 839-4777. Get inspired. We'll help you get going.



Ilene Harris, David Harris, and Terry Uyeki

Climate Action Campaign news

CAC is now meeting regularly on the second Sunday of the month at 1 p.m. We also have a regular Zoom link, which will be published in the next HUUF Weekly on January 8. All are welcome.

Thanks to CAC member John Schaefer for his informative Zoom presentation of En-Roads, the group role-playing climate-action simulation game, in December.

CAC members continued this past month to sign, write letters, and phone key decision makers on climate related issues. Some of us attended a food security webinar presented by our local indigenous neighbors. In December, thanks to Ann Kilby and other CAC members who nominated HUUF to the Interfaith Power and Light's Cool Congregation Challenge, a national competition that seeks to recognize congregations who have made outstanding achievements in reducing their carbon footprint.

CAC is developing a survey to be sent out early next year to members, to assess the climate actions they have taken and how much or how frequently such actions occur.

Plans to publicize CAC's climate related actions on the HUUF website are in the works.

Reading Recommendations

Connie Roser-Renouf, a climate communications expert and a speaker at our Fellowship in 2019 recommends *What if Solving the Climate Crisis is Simple?* by Tom Bowman and released in October 2020. Connie says, "This book has given me more hope than anything else I've read. I think all of us working on this issue will find it empowering".

From Scott Allen comes this article drawing attention to the potential for recycling lithium batteries as increasing numbers of EVs hit the road. "The Race To Crack Battery Recycling – Before It's Too Late"

<https://www.wired.com/story/the-race-to-crack-battery-recycling-before-its-too-late/>

Sue Lee Mossman

Seven Principles Service

In the December 6, Chalica service several presenters talked about the Seven Principles:

First Principle

The first principle is: we believe in the inherent worth and dignity of every person. Obviously you treat your friends and family with dignity and fairness. But how do you treat someone you disagree with? How do you find common ground? How do you treat someone who is extremely upset or who has a different point of you? Love, understanding, compassion, empathy. Really listening is a start. But there are no easy answers. You must reach deep down in your soul and strive to always treat others as you would like to be treated.

No matter what race or gender, you must always realize everyone is worthy of love and compassion. Where there is struggle, bring comfort. Where there is hatred, sow love. Every day is a challenge to be a guiding light. Every interaction and opportunity to change the world for the better.

Cassidy O'Dowd (age 10)

Sixth Principle

We accept these principles as being a whole cloth, all interconnected.

The goal of world community with peace, liberty, and justice for all is one thread in the fabric of how we live our lives. This is not a cloak that we put on or off, but an awareness and commitment that governs our daily lives.

Albert Einstein said, "Peace is not merely the absence of war but the presence of justice, of law, of order (in short, of government)." We know these are necessarily linked. We know that one of the drivers for weaning ourselves from fossil fuels is in order to halt the wars and conquests that cause so much misery, death, and destruction.

We join the world community in spirit and adopt the mantra of Brian Willson: We are not worth more; you (they) are not worth less.

We join the world community in openness, seeking to learn and understand.

We join the world community in actively giving of ourselves.

We give our respect to all.

We actively speak truth to power and stand in daily witness to our core principles.

We give of our money and our energy. Even the smallest amounts of our own energy and money help connect us with the beloved world community.

Below are websites for the Unitarian Universalist Service Committee and for Nonviolent Peaceforce. Please copy for your later perusal.

Be inspired by their work to empower people working for justice, claiming liberty, and making peace via unarmed responses to conflicts.

Of immediate interest:

Guest at Your Table campaign ends this month. You can contribute to UUSC online.

Peace be with us all.

Unitarian Universalist Service Committee:

<https://www.uusc.org/initiatives/>

<https://www.uusc.org/ways-to-give/>

Nonviolent Peaceforce

<https://www.nonviolentpeaceforce.org/>



Chip Sharpe



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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.

Hello all you needlepointers and those you may know as needlepointers. I am looking for someone to complete a small needlepoint piece that has a 2021 theme. Compensation for time and thread is available. I can be reached at 601-5253. Thanks and have a Blessed New Year. Ruth Davis

Wanted - RESPONSIBLE MATURE PERSON to occupy a very large, clean, and remodeled private unit in Greenwood heights a couple miles up the hill from Freshwater school. 16' x 26' single large room plus a large private bath, small kitchenette including a mini refrigerator and space for microwave and/or burner plate and lots of storage. Available 2/1/2021. First + last months rent \$900/month plus \$200 security deposit (\$500 with pet) to move in. All utilities included. View by appointment only. References and credit check will be requested. Jim 707-616-4877 durbinjw@gmail.com



Deadline information

Deadline for the **February** issue of the newsletter is Wednesday, **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/HUUFNewsGuide>
Stephen Sottong, editor