

Humboldt Unitarian Universalist Fellowship



February 2014

A Note from Bryan

On February 1, 1865, President Lincoln signed the 13th Amendment outlawing slavery. Richard Robert Wright, born into slavery in Georgia, became free that day. He never forgot it. After a distinguished career in the United States Army and as the founder and president of Georgia State Industrial College (now Savannah State University), he suggested to Congress that it commemorate the 13th Amendment by declaring February 1 National Freedom Day. He died a year before his suggestion became reality, but in 1948 President Truman signed the bill creating the holiday. The idea for Black History month got its start from Richard Robert Wright's efforts.

Some dates and events are worth remembering. Some concepts like slavery and freedom are worth remembering too because they never completely go away, they just change forms.

As human beings on this planet, to what are we enslaved even now? How will we move toward freedom in February 2014? As individuals and a fellowship, how might we consider these questions and create effective responses together?

Bryan Jessup

Contemplating death in relation to conscious living

February 8 and 15, 9 a.m.-1 p.m. each day at HUUF.

In this two-part retreat, participants will have an opportunity to

- engage in compassionate inquiry and examine thoughts, feelings and beliefs about death and dying;
- experience guided meditation, soul collage, and other mindfulness based activities as a vehicle for increasing capacity to be present for oneself and others;
- experience and process emotions in a supportive environment and explore what it means to create a community of support.

Cost of \$100 includes tuition and materials.

Register early as class size is limited.

Workshop presenters:

- Sheri Whitt, M.S., MFT
- Marian Reeves, RN, End of Life Practitioner
- Forest Harpham, MSW Intern

To register or to ask questions:
email sheriwhitt@suddenlink.net

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People

Ginger Gardner (right) died in her sleep on January 19. More information will follow.

Good energy and good thoughts for those currently doing chemotherapy or radiation treatment: **Jo Anderson, Joy Thomas, Karen Knapp, Kinara,** and **Mandy Bray.**

Jan Roberts may have chemotherapy on the horizon, too. Our thoughts are with her and Lisa as they make important decisions.

Jo Anderson, once President of HUUF, is visiting Humboldt.

Richard Stanewick will have surgery in early February for bladder cancer.

Mickey Strang, age 87, is honored in the current issue of *Sunset Magazine* as its "Most Valuable Reader." No other reader has contributed as many recipes as Mickey. She started submitting recipes to *Sunset* when she was 19, just after WWII. Several of Mickey's recipes are in the HUUF Cookbook.

Richard Kossow went to Mexico City for a week.

Elva Banducci is home after was hospitalization. She may or may not welcome visitors as she is feeling weak at times so please call her caregiver first. Cards are welcome.

Kinara appreciates the meals that have been delivered to her and Fiona. She is progressing through challenging treatments but, as weak as she feels, has started a new semester at HSU. She feels that Fiona would benefit from more attention so outings and play time with her daughter would be appreciated.

Welcome to our newest member, **Virginia Chatfield!**

Bill Thompson recently dropped a stone to say that he has been repartnered with a woman named Jane. June would be pleased.

Karen Knapp



Ginger Gardner with her beloved kayak.

Women's one-day retreat

Saturday, **April 12**, has been reserved for a one-day women's retreat at the Fellowship. Mark your calendars. The first planning meeting is set for Sunday, **February 9**. All women are welcome to attend. If there is sufficient interest, we'll have the retreat on April 12. Come with your ideas and energies. If you can't attend the meeting but have ideas and/or are willing to help plan, please call me at 476-0654.

Berti Welty

Tuesday women's group

The next regular meeting of the group will take place at the Fellowship on Tuesday, **February 18**, 7-9 p.m. All women are invited to our drop-in women's support group. We start with a centering and check-in, so please try to be on time. The second half we discuss a topic. The topic will be determined by the facilitator, who changes with each meeting. Childcare is provided. There may also be a meeting on February 4 if the group wants. Please contact one of us to determine if the February 4 meeting will take place.

Berti Welty and Joy Thomas

Board update

At the January Board meeting, we continued our discussion with Bryan Jessup, our minister, about Ministry and Governance. Given how the Fellowship is growing, these are very important topics for us. Reflecting upon our governance practices at this time is essential for all members of the congregation providing leadership. Look for more discussions to follow about leadership styles within the Fellowship and how we could improve how we do what we do.

All Board Members serve as liaisons to active committees within the Fellowship. We had a rich discussion of current activity for these committees with an appreciation for how engaged committee members are to ensure our congregation thrives.

We are striving to bring closure to the effort to update the Personnel Manual and hope that will happen soon.

As always, if you have questions or great ideas, talk to your Board members who are here to serve the congregation.

Wendy Rowan, Board Secretary

Blank note cards

Last month I asked for your extra blank cards with envelopes to use when I mail checks. Thank you to everyone who has given me blank note cards. I really appreciate it.

Edie Wolterbeek

First Friday potluck

Eat and sing your favorite love songs. Our monthly intergenerational potluck will start at 6 p.m., to be followed at 7 p.m. with a sing-a-long. Our very own Elisabeth Harrington will lead us in singing love songs to warm us up for Valentines Day. If you have a favorite love song, email Elisabeth at elisabethharrington@yahoo.com. She is researching music and finding lyrics to put in a song sheet. As always, childcare will be provided. Assistance in setting up at 5:30 p.m. and clean-up afterwards is greatly appreciated. Come, come, whoever you are.

Richard Kossow and Berti Welty

SAC brunch

Since February is Valentine's Day month, your Social Action Committee will serve foods that are good for the heart. We will try to have a variety of low-cholesterol, low-fat, healthful, wholesome and nutritious foods. And, best of all, we guarantee they will be scrumptious and delight the taste-buds. And since we are told that chocolate is not only good for us, but also enhances our sense of well-being, there will be a nice selection of (hopefully relatively low-cal, guilt-free) chocolate desserts.

Brunch will be the third Sunday, **February 16**, following the service. Please allow about 15 minutes for food to be put out on the table, so as to avoid accidents and provide everyone with the full range of variety.

Proceeds from our February brunch will go to the Humboldt Domestic Violence Services.

Recommended donation is \$5 per adult and \$1 per child.

Clean-up volunteers after brunch will make us deliriously happy and will earn them good karma.

Eve Anderson



Guest at your table report

Twenty-four Guest-at-Your-Table donations from our Fellowship this past holiday season (ranging from \$20 to \$250) totaled \$2146 (including two gifts mailed directly to UUSC).

A heartfelt thank you for your generosity to these thirty-four contributors and their families: Scott and Susan Allen; Barbara Barratt; Anna Mae Botley; Ginger Gardner; Thea Gast; Bernadine and William Hantsell; Debra Harrison and Greg Blomstrom; Phyllis Helligas; Awanna Kalal; Eric and Jana Kirk-Levine; Richard and Ginger Kossow; Kathy Layton; Darsty and John McAlinn; Joanne McGarry; Sue and Archie Mossman; Ruth Needham; Marianne Pennekamp; Celestine Armenta and Chip Sharpe; Danielle and Andrew Stubblefield; Bert Taylor; JoAnn and Carl Thomas; Bill Thompson; Karen and Stephen Underwood; and Berti Welty and Jo Weisgerber.

Chip Sharpe

Thursday Reflections

This is an open group for spiritual questioning and answering and for spiritual practice. Thursdays at 7 p.m. in the main hall.

Bryan Jessup

Religious Education



February 2

Preschool: How do we practice patience? We will read the book, *Bear Has A Story To Tell*, by Philip C. Stead. We will make bear masks to wear and play a fun game of Freeze! to silly music.

K-2: From our Free to Believe Curriculum we will focus on our third UU principle: We believe that we should accept each other and learn together. We will enjoy a story and activity about colors that illustrates our principle.

3-5: We will continue our discussion of the movie *Frozen* and how it relates to our UU beliefs. We will continue to compare it to other movies out in our media and what we think about what they portray.

Intermediate: Who are the people who make up our congregation? Are there any who are Buddhist, or Christian, or Hindu, or Pagan? What sports do they play? Do they have any pets? Last month we started our project with these questions to learn more about the people at HUUF. This week we will finish our questionnaire, and make plans for finishing the project.

February 9: We will make food for our family lunch together in our individual classes. What part of our meal will you make? Invite your family to the lunch after class.

February 16: Friendship Sunday. We will play, read and make crafts.

February 23: Social Action Sunday. We will cook for the Night Shelter.

The teachers of Religious Education would like to invite all families/parents to an after-service lunch together on **February 9**. We would like to hear from you about your children's experiences, what you would like to have happen in RE and how we can better connect or communicate with those families we serve.

Why do you send your child to RE and is that need being met? We will continue this discussion with a RE retreat planned later this spring, but would like to connect with the parent whose child is in each teacher's classroom. With the after-service bustle, we don't always get a chance to really talk and check in, so we would like to make this time on February 9. Children will make part of the meal in their individual classes to eat after the service together. Come and get to know your child's teacher and share your ideas and feedback.

Please let me know if you would like your child/ren to be a part of the Child Dedication ceremony planned for late spring. If there isn't a need, we will postpone this service for another time. If you have questions, please see me.

Julian Mooney

Classified ads

Piano for sale. \$500.
Attractive wood grain appearance.
Acoustics serviced by Carman.
Call Ursula 825-8995.

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Seeking fellow UUs interested in exploring a variety of small-scale methods of participating in the sharing economy for the purposes of community, stretching finances and spreading responsibilities. In my vision this could range from simply a kitchenware or tool library to vehicle or house sharing. I am not ready to tackle a large intentional living community. Call Sylvia Shaw at 707-599-1563 or email at sls500@yahoo.com.

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Classified ads are 10¢ a word.
Send your check to the HUUF office and the text of your ad to joythomas3828@gmail.com.





Humboldt Unitarian Universalist Fellowship

P.O. Box 506
Bayside, CA 95524

24 Fellowship Way (off Jacoby Creek Road)

(707) 822-3793

www.huuf.org

e-mail: office@huuf.org

Administrator: Shay MacKay

Monday - Thursday 10 a.m. - 3 p.m.

Minister: Rev. Bryan Jessup

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

822-3793 minister@huuf.org

Director of Religious Education: Jillian Mooney

Board of Directors:

Co-Presidents Richard Kossow

Kim Moor

Vice-President Greg Blomstrom

Secretary Wendy Rowan

Trustees Cynthia Chason

Anna Mae Botley

Treasurer Edie Wolterbeek

Newsletter Editor Joy Thomas

Calendar Editor Shay Mackay

What's coming up

The Communication Committee will expand and update our Facebook page to enliven and keep current HUUF's public appearance. Facebook page administrators Stephen Sottong, Lisa LaBolle, Bryan Jessup and consultant Jovanah Martinez-Hoboo are taking this project on.

Sheri Whitt, MFT, and Marian Reeves, R.N., will lead a two-day workshop, "Contemplating Death in Relationship to Conscious Living." Held at the Fellowship on **February 8 and 15** from 9:00 a.m. to 1:00 p.m., class size is limited to twelve and the fee is \$100. To register contact sherriwhitt@suddenlink.net.

Shay MacKay will offer Life-

lines, a class of four to five sessions taking another look at grief and loss.

Later, Sheri Whitt will offer a workshop on two weekends focused on the importance of listening to people in grief.

Bryan and Shay will offer a class training people to be helpful listeners, especially to those dealing with loss.

From the Program and Worship Committee comes news that Jeremy Taylor is scheduled for the weekend of March 23. Plan now to attend his dream workshops on the preceding Friday and Saturday and to enjoy his Sunday morning service.

Starhawk is coming to town. There is a possibility that she will lead an evening ritual at the Fellowship on March 23. Stay tuned for

more information.

We will hold an Intergenerational Seder on a Friday night during Passover. Jana Kirk-Levine's husband Eric reminds us that the Last Supper was a Seder.

From Religious Education comes news that Sandy Lynn will be an advisor at the upcoming Teen Con. The Intermediate Class plans to get more involved in District activities through MUUGS—Middle School Unitarian Universalist Groups.

Plans are being made for upcoming Milestone and Dedication Ceremonies for our youth

What a wealth of activities are available. Which will you become involved with?

*Pat McCutcheon, for the
Communications Committee*