

Humboldt Unitarian Universalist Fellowship



March 2016

A note from the minister

As I write this, heavy rain is falling in Humboldt County. The tide is up. The wind is blowing. It's stormy weather.

For many people, emotionally and spiritually it's a time of stormy weather, too. Illness, death, mental health issues, aging minds and bodies, addictions, poverty, dangerous living conditions, challenging family dynamics, chaos ... they surround us always, but sometimes they seem especially stirred up.

In times like these, having access to a calm inner sanctuary and daring to go there is vitally important. Here at Humboldt Unitarian Universalist Fellowship, one of our goals is to help one another grow in our ability to access our inner calm. In that calm place, we can remember that we are part of an amazing mystery of life that surrounds us with beauty. We can remember this mystery is within us, as well. We give it many names. Some of us call it Wisdom. Some of us call it Clear Thought. Some of us call it Love. But whatever name we use, we know it gives us strength to weather the storm.

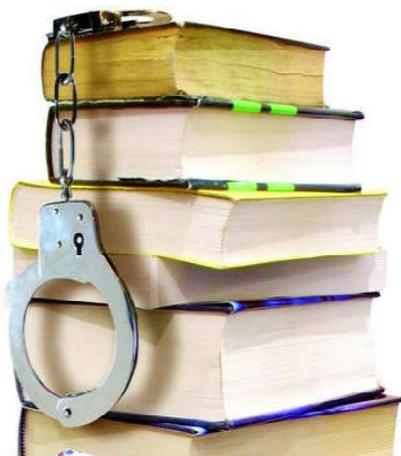
During this month of March in our Fellowship, may each of us continue to grow in our ability to access our own inner calm. And throughout the congregational meetings, construction projects, pledge drives, feeding programs, religious education efforts, social gatherings, work parties and more, may peace be strong within and among us.

Rev. Bryan Jessup

Books for inmates

We continue to collect paperback books for inmates of the County jail. Please bring the books to HUUF and place them in the cube-shaped basket near the entrance.

Ursula Osborne



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People

Please welcome new member **Karlyn Rocheleau**, who is a member of the HUUF choir.

Anna Mae Botley is recovering from hip replacement surgery and is enjoying the company of her son and visitors.

Congratulations to **Fiona Siebert**, a confident Annie in last month's production by the same name.

Our thoughts are with **Chris Chapin** who lost his mother, Elizabeth Chapin, last month. Chris says she became an atheist, but made sure her children could choose for themselves.

Congratulations to multi-talented **Berti Welty** on an impressive art showing at HUUF.

Katherine Almy is glad to have husband **Richard Taylor** recovering at home after a stint in the hospital fighting a scary infection.

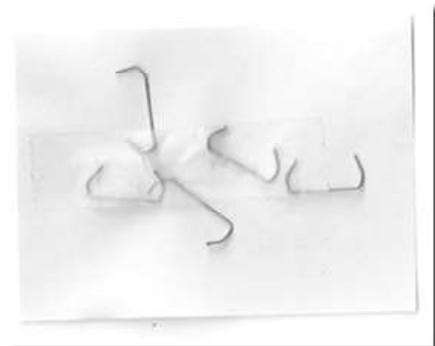
Edie Jessup is home from a day procedure that she and Bryan hoped would resolve her dizzy spells. The doctor reported that he did not find the condition he expected, so no resolution was reached.

Send your good wishes to **Judy Rishel** as she heads for a second knee surgery in early March.

Sylvia Shaw

Piano safety

On January 23 I tuned the Baldwin grand piano in the meeting room. Inside I found about a dozen staples in the tuning pin area and on the strings (see the image for samples). Please be aware that if small metallic objects like staples or paper clips are dropped into the inside of the piano they can create mechanical problems with the action or undesirable noises with the strings and soundboard. When the cover is off the piano and the lid is open, please be extra vigilant to avoid activities which may cause debris or liquids to end up inside.



Carman Gentile

Board minutes

The February 9 Board meeting received updates on job descriptions for Board positions that are being written for the Nominating Committee. Three positions on next year's Board of Trustees are being recruited: co-president, secretary and trustee. The Congregational Annual Meeting between services on March 6 will present the new slate for election.

The donor-funded foyer expansion project contractor was announced as Mathew Poston. He will lift the deck to allow for archaeological artifact research prior to construction. A final Memorandum of Understanding and construction schedule are still in flux. An ADA improvement elsewhere on the property is a requirement for the construction. The Board agreed this cost is appropriately borne by the congregation and is seeking the approximate \$5,000 through fundraising.

Resurfacing of our driveway and parking lot as well as the potential redesign of our entrance onto Jacoby Creek Road were discussed, as an extension of a discussion at the previous Operations Teams meeting. Permeable surfaces will be researched, as well as our code limitations.

Some scholarship funds to attend the April 22-24 UU Pacific Central District Conference in Fremont will be available to interested attendees.

The HUUF Administrator was acknowledged for her performance and granted a pay raise to \$17.62/hour retroactive to July, 2015 with two Board members standing back from the decision.

Sylvia Shaw

Religious Education

March 6: Exploration Sunday

Pre-school: Being peaceful. We will read the story, “The Listening Walk” by Paul Showers. We will learn a mindful exercise and an accompanying craft that utilizes our deep breaths.

Kdg-2: Guest Artist, Cheryl Rau, will lead us in creating art together for our annual art show.

3-5: Previously scheduled. This week we’ll talk about power by adding a hammer to our toolbox. What is power and how can it be used for good or evil? Those are powerful words in themselves. How can we feel powerful in our world without hurting others?

March 13: Friendship Sunday

We will gather all ages together to play games inside and out (weather permitting), create art and read.

March 20: Exploration Sunday

Preschool: We will continue talking about being peaceful with the story, “The Listening Walk” by Paul Showers. We will learn a mindful exercise and an accompanying craft that utilizes our deep breaths. Spending two Sundays a month on our topics helps us to delve deeper in the meanings we discuss.

Kdg-2: We will decorate eggs for our annual Easter egg hunt next week. We will talk about the work that it takes to get these amazing creations of nature to us to have a fun hunt.

3-5: Canteen (Spirit of Life). In last month’s newsletter one of our members, Pat McCutcheon, wrote that she comes on Sundays because, “my spirit’s parched.” We will talk about “filling our spirit.” What does this mean to each of us and how can we do this for ourselves? When we are filled up in spirit, we can help others in filling theirs.

Teen Group

March 6: Both Intermediates and Teens will meet together at 11 with a guest speaker for the week.

March 13: All of RE will be collectively meeting; there is no youth group today.

March 20: Intermediates will meet at 11 and Teens will meet from 12:30-1:30. Both groups will discuss issues surrounding the 7th UU principle: respect for the interdependent web of all existence of which we are a part, and related environmental issues. We will talk about climate change, Earth Day, and what we can do to care for our planet Earth.

March 27: Easter. There will be an egg hunt for the RE collective.



An open plea to our congregation: Our Religious Education Cooperative needs your support. We have grown in children and families, as well as programs that we offer to families of our congregation and our community. Many of our parents are supporting our congregation in these and in other parts of our congregational life. We have families on the Board, Caring Committee, Program and Worship, as well as liaisons to Social Action, with RE providing food every month to Night Shelter delivery. We need more volunteers to keep our cooperative vital. There are many ways you can contribute. You don’t need to think of yourself as a teacher. We need you to share who you are. Come play with play dough and talk to children about yourself. Walk with a group around our grounds and look at nature with binoculars. Cook with us for the Night shelter, decorate eggs with us for our Easter egg hunt. We have sign ups in the foyer and RE committee members and Jillian to talk with you about how you can participate. If you feel like you want to share something you love, that’s fabulous. Drumming? Art? Music? If everyone in our congregation volunteered **once**, how lucky would our children be to have that wealth of experience and diversity of ideas.

Social Action Committee news

The Social Action Committee (SAC) wishes to thank HUUF members who supported the Declaration for a Shelter Crisis by attending the Eureka City Council meetings last month. With the Declaration passed, the City of Eureka is now working with the Board of Supervisors to address the problem of homelessness in Humboldt County. SAC continues in its cooperation with Friends of the Palco Marsh and others to provide both food and clothing to campers living behind the Eureka Mall. We meet every Friday morning in the HUUF kitchen to make sandwiches and sort donated clothing. Several of us are at the marsh at 11:15 to deliver the food and clothes. SAC thanks Richard and Ginger Kossow, Gigi Collins, Tamara and Carlos McFarland, Chip Sharpe, Ruth Broderick, Kate McClain, Bev Allen, John Schaefer, Sonya, Jenny Hanson, Joanne McGarry, Sylvia Shaw, Veronica Galiani and Marianne Pennekamp for their involvement with this ongoing project. Special thanks to the HUUF choir for singing at the marsh on Christmas morning. We are also grateful to our members who have contributed clothing, food and money. We're all making a positive difference in the lives of those who live in the wet and cold.

Chris Chapin



District Assembly 2016

The theme of this year's District Assembly is "Congregational Excellence: Doing Together What We Cannot Do Alone." It will take place April 22-24 at the Doubletree Hotel by Hilton Newark-Fremont in Newark, CA.

Two years ago I had the good fortune of going to District Assembly. Lilith was with me. It was an early start to my tenure as Co-President. The adventure began with Joanna Welch driving and Sylvia Shaw as her co-pilot. In this company we were off for a grand adventure.

Our congregation was well represented that year. Jillian Mooney, Shay McKay, Richard and Ginger Kossow, Bryan and Eddie Jessup were there. The one thing missing was our banner. From the moment we arrived for the Friday leadership workshops to the closing service on Sunday, it was fill-you-up time. We participated in workshops that called to our spirits, and all of us brought something home.

If your interest is piqued, talk to me. Check out the PCD web site for more information: pcduua.org/events/district-assembly.

Partial scholarships are available. Please contact me at jana.momof2turtles@gmail.com or 923-2165. I hope to attend again this year with my kids in tow. Let's dust off our banner and represent HUUF together.

Jana Kirk-Levine

Get your 80's dance shoes on

Do you miss the materialistic, consumerism excesses of the 1980's? Do you yearn for the Reagan/Bush era or the birth of the term "Yuppies"? Perhaps you wish again for big, poofy hair that required tons of environmentally harmful aerosol hairspray? I don't miss any of that either, but I do miss grooving to the tunes of the 80's. If you do too, or if you just want to eat, dance and socialize, mark your calendars for the Intercongregational 80's Dance Party on Saturday, **March 12**, at 6 p.m. Please bring a potluck dish to share and beverages. We will eat first and get down to the music afterwards. For more information, contact Debi Cooper at debicooper42@gmail.com, Raquel Lee at raquelita@suddenlink.net or me at abronkall@yahoo.com.

Allison Bronkall

HUUF epic movie nights - popcorn included

March 13 - *Out of Africa*, starring Robert Redford and Meryl Streep and directed by Sydney Pollack. Rated PG, 2 hours 41 minutes. Movie begins at **6:30**. In twentieth-century colonial Kenya, a Danish baroness and plantation owner has a passionate love affair with a free-spirited big-game hunter.

March 27 - *Gandhi*, starring Ben Kingsley and directed by Richard Attenborough. Rated PG, 3 hours 11 minutes. Movie begins at **6:00**. Gandhi's character as a man of nonviolence is fully explained. Through his patience, he was able to drive the British out of the subcontinent, and the stubborn nature of Jinnah and his commitment towards Pakistan is portrayed. Thanks to Steve Elliot for this one.

Debi Cooper



Newsletter timeline

I received a submission last month mid-morning of the day after the deadline. Let me describe my work schedule so you'll understand why I can't accept articles after the deadline.

Five days before the deadline, I send an email reminder to frequent submitters. A few days before the deadline I begin answering email to confirm I received them and start editing the submissions. For articles that have a general placement in the newsletter (e.g. the minister's note) I place early articles in their final positions. On the deadline day I start placing the articles already submitted and editing the late arrivals. Within two to four hours of the deadline, I've finished placement, added graphics, printed a proof copy and reread everything to check for errors. Then it's sent to my proof-reader (and the month error in February was mine, not hers). As soon as her corrections are incorporated, it's sent to the printer, generally by early to mid-morning of the day after the deadline but sometimes by the evening of the deadline date. At that point, the newsletter is irretrievable. The ladies at Central Office often have the newsletter in the post office by late afternoon. They mail it. So, no, I can't take late submissions or add inserts.

Steve Sottong



Mobile friendly

The Communications Committee is working on web pages that are friendly for mobile devices like phones. This is necessary because Google has said it will not index pages that are not mobile friendly. The home page should now work on your phone. More to come.

Stephen Sottong

Deadline info

Deadline for the **April** issue of the newsletter is Sunday, **March 20**, 5:00 p.m. Send your committee reports and articles to newsletter@huuf.org. Acceptable file formats are .doc, .docx, .rtf and text **only**. Late submissions will not 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.

Foyer construction project

Construction to enlarge the foyer is set to begin on **February 23**. The project, funded by a very generous donation from Debi Cooper, will enlarge the existing area to approximately the first step of the deck outside. Construction entails tearing up a small section of deck, digging a footing under the watchful oversight of our archaeological consultant and tribal monitors, building a stem wall and then constructing the new outer wall. The current inner walls of the foyer will remain standing until the new extension is completely weather tight, and then be removed.

An unexpected permit requirement means HUUF has to spend 20% above the original construction cost to improve disabled access. The current plan is to construct another paved single-vehicle parking space in the parking area immediately outside of the teen room and build a sidewalk to connect the new parking spot to the existing sidewalk in front of the CARE building. Because this was not part of Debi's very generous donation, HUUF is asking members and the community for earmarked donations ("foyer project" in memo line) to help cover the approximate \$5,000 cost, which is an improvement to the grounds and buildings. Already, two HUUF members have stepped forward with generous donations.

Questions about the project can be directed to Scott Allen at raindog@suddenlink.net or to me, your co-president, at gregb@bbwassociates.com.

Greg Blomstrom

Stewardship annual campaign

For two years the Stewardship Education Committee (SEC) has studied the topics of gratitude and generosity, and held a successful pledge drive in 2015. We have decided that it is time to conduct our annual campaign as one-on-one visits with our members. We do not plan to do this every year, but it has been many years since we last did it. Conversations with our members gives us the opportunity to hear and share ideas, concerns, and hopes for the future of our Fellowship. Personal contact strengthens our bonds of friendship and sense of beloved community.

Volunteers have agreed to serve as Stewardship Visitors. Please welcome those visits as an opportunity to share your thoughts and feelings about the Fellowship as you consider your pledge for the 2016-2017 year. Deepak Chopra says, "Giving connects two people, the giver and the receiver, and this connection gives birth to a new sense of belonging." The visits will take place during the month of March. We will be holding training sessions for the Stewardship Visitors on March 4, 5, and 6 and contact calls will begin immediately after.

With all of us working together, we hope to have an annual stewardship campaign that helps everyone feel they have participated to the fullest extent possible, and be pleased with the results.

Barbara Barratt

Folie Douce fundraiser

Here's a wonderful way to have a scrumptious night on the town while raising money for the Fellowship. Chris Hollen, owner of Folie Douce restaurant in Arcata, is hosting a fundraiser on Monday, **March 7**, with all profits from that special night going to the Fellowship. All we have to do is recruit people who like to eat fine food.

The \$50 prix-fixe full dinner offers some of the finest organic food on the west coast and includes appetizer, salad, main entrée (either omnivore or vegetarian) and dessert. Beverages and gratuity are not included. Seatings will be from 5 to 8:30 p.m.

We are making arrangements for childcare at the Fellowship in the early evening so participating parents can attend without the additional cost of childcare. NOTE: Parents will need to call Jennifer, childcare coordinator, at 668-1848 to reserve childcare. Fellowship members willing to assist with childcare should also contact Jennifer. Assistants can still come to dinner at a later seating.

There is also a contest to see who can recruit the most people to come to dinner. Just send me an email with the names of the people you either recruited or brought to dinner. The winner will have the choice of any of my unframed woodblock prints. We need to have between 45 and 90 people at the dinner. This is a great chance to take that special someone out, or maybe treat a friend or two.

Folie Douce is located at 551 G Street, Arcata, between Stars and Japhy's. For reservations, call 822-1042.

Berti Welty

Member bio

Unitarian Universalism has been the major force forming my world view, values and practice since I first discovered it in 1958 while in law school, to such an extent that I left law practice in 1967 to be on the UUA staff as executive director of LRY (Liberal Religious Youth), the former high school youth organization.

Before coming here, Ginger and I lived at Rainbow Enterprises, a commune in Mendocino County. We had a storefront law office in Boonville and I was elected judge there in 1977. That made me eligible to be assigned as a judge wherever needed in California. That has been my career, which I pursue minimally to this day.

We moved to this county about 30 years ago. We began building our home in Kneeland and joined this Fellowship in the little house on Old Arcata Road. My work entailed traveling most of the time for 15 more years, but I was able to attend to some Fellowship work by phone and email while on the road. For the last 10 or 15 years we have been at home more often. We moved to Arcata 5 years ago, and are fortunate that our two sons, our daughter and four of our eleven grandchildren all live in or near Arcata.

My most important relationships, that continue to this day, were formed in connection with LRY and the UUA. I am happy to help embody the teachings of Unitarian Universalism along with you of this Fellowship, here in our chosen home.

Richard Kossow



New member bio

Born in Iowa of Norwegian roots, I told my father at 4 years of age I'd grow up to marry a woman. "Okay," he responded. I did. My spouse, Michelle, and I have 3 children: Abigail, Chris and Alexander.

I had three brothers, one of whom is now my sister. My family moved often for my father's work. I lived in Tehran, Iran 1977-1979 during the Iranian revolution.

In first grade, I circulated a petition for girls to join the wrestling team. I wrestled through sixth grade. I was an Iowa presidential democratic caucus delegate for George McGovern.

I have a bachelor's degree in Business Administration and a master's degree in Urban and Regional Policy Planning from The University of Iowa. Hired as a Texas state policy planner in 1990, I co-authored a public school finance model that met the equity charge of the Texas Supreme Court. Being an activist with a practice in the healing arts, I felt I was on track for UU ministry and obtained an MDiv degree from The Starr King School for The Ministry in 2014.

I am a Sufi Muslim UU, a certified Peace of Mind Parent Coach, and an Imam for Muslims for Progressive Values, offering pastoral care and consulting services.

Jamila Tharp





Humboldt Unitarian Universalist Fellowship

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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 March 29. 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.

Ingathering Ceremony

Our annual Ingathering Ceremony will be held on **April 3** during the 11:00 service. This is a special time when we formally welcome all of our members who have joined during the previous year.

Awanna Kalal