

# Humboldt Unitarian Universalist Fellowship



To the Beloved HUUF Community

## Where do we place our attention?

Within the yogic canon exists the notion of *Drishti*—defined as where we choose to place our “view” or “gaze.” We often call upon this term when we move into a balancing pose, i.e. at a time when we put the body into an intentionally unstable position in order to relearn the art of building stability. We stand on one leg, arms flung into the air. We capture our toes in between our fingers and practice extending ourselves outward into the void. We practice losing our habituated footing, so that we may work towards developing new mechanisms, new ways of anchoring, supporting and grounding ourselves when our familiar forms have fallen away.

This month, we are invited to work with the sacred practice of Attention. In a time of such tremendous shifting and upheaval, where do we anchor our gaze? Where do we concentrate our energies and expend our precious life force? Do we spend another hour or so doomscrolling, or do we make the conscious decision to make contact with the physical world? Do we level our steely gaze solely and determinedly upon those perpetrating harm, or do we widen our lens and do as Mister Rogers bid us and “look for the helpers” who are doing what they can to usher us into our shared dream of a more beautiful world?

In her poem [Gratitude](#), Mary Oliver asks, then answers, eight questions of attention:

*What did you notice?*

*What did you hear?*

*When did you admire?*

*What astonished you?*

*What would you like to see again?*

*What was most tender?*

*What was most wonderful?*

*What did you think was happening?*

This is not an invitation, beloved, to turn away from the pain of the world. To flex our privilege and “protect our peace” by abandoning those in harm’s way. But rather, to be mindful of where we choose to affix our gaze. As the ground beneath us shifts, where can we place our attention so that we find our grounding, reclaim our center, and anchor ourselves to the helping, healing work that is uniquely ours to offer? As you move with this holy provocation, I’m so eager to hear what you see, what you uncover. As you do the work of rooting yourself (and others) atop this crumbling ground, I look forward to watching how we rise.

Yours in grace and gratitude,

*Amy Day, Lay Minister, HUUF*



Wednesdays at 7:00 p.m.

## HUUF Choir returns!

We are delighted to invite our community into the revitalization of the HUUF Choir with our new Choir Director, Kay Raplenovich. Kay brings decades of experience as a professional soloist, choral conductor, and educator, with performances and teaching spanning the U.S. and Europe, including orchestral, operatic, and community choral work. Her background includes leading community and women’s choruses, training singers of all ages in healthy vocal technique and creating music that is both excellent and deeply human.

We are excited to grow a choir that welcomes returning and new singers alike—no audition required, just curiosity and commitment. If you’re interested in singing or learning more, please reach out to Kay directly at [kaysraplenovich@gmail.com](mailto:kaysraplenovich@gmail.com), and join us as we build something beautiful together.



Mondays from March 2--March 30, 5:30 pm

### **Transpose: A Community Singing series for 2S/ LGBTQ+ folk**

Led by Maggie McKnight, this is a five-week drop-in series that will meet every Monday in March at the HUUF Sanctuary from 5:30-7:00 p.m. There is no charge; donations are welcome but not required).

Community singing provides a vital sense of belonging, well being, and release, in a world that many of us find increasingly hard to face. This series is geared toward queer, trans, and gender-nonconforming people who may face additional stress as we navigate the world. We gather for the joy and nourishment of creating music with our collective voices, focusing on participating rather than performing. Come to one session or all five and join us as we raise our voices together in a circle of belonging.

No musical experience is necessary; all songs are taught orally, so reading music is not required.

Tuesdays, February 3--April 7 | 6:30 p.m.

### **Lenten Bible Study**

Bellamy Devine is facilitating a Bible study group encompassing the season of Lent. This is an inclusive, interfaith study group that will focus on canonical, apocryphal, and gnostic texts during the ten weeks we'll be meeting. Feel free to come to every meeting or drop in as you like. Readings will be done during the meeting, so there is no homework. All are welcome, come as you are.

- Week 6 Mar 10: Gospel of Thomas 1-6 , 20-22
- Week 7 Mar 17: Gospel of Mark 11-15
- Week 8 Mar 24: Gospel of Judas
- Week 9 Mar 31: Gospel of Mary
- Week 10 Apr 7: Lessons of Lent (A more casual meeting celebrating the time of study and reflecting on the season of lent)

Please email [bellamy@huuf.org](mailto:bellamy@huuf.org) for more information or if you would like to be added to the volunteer list. Bellamy can also send you weekly email reminders about the meetings.

### **Introduction to Zen Buddhism for youth and young adults**

This is a two-part introductory course in Soto Zen led by Gene Bush of Arcata Zen Group. Learn the foundations of zazen (sitting meditation) and explore how Buddhist practice connects to everyday life and justice. Space is limited and registration is required, but transportation assistance may be available. [Read More and Register Online](#) on the HUUF website: <https://huuf.org/events/introduction-to-zen-buddhism-course-for-youth-and-young-adults/>

## Sunday Services

**Sunday, March 1, 11:00 a.m.**

***One Day At A Time*, with Rebekah Paez and Rev. Cindy Woods**

What we choose to notice can save lives. Together we explore attention as a sacred act of care, holding the realities of addiction alongside the possibility of recovery. Through reflection, shared story, and practical naloxone (Narcan) training, we practice compassion in action. This service invites us to reduce stigma, deepen understanding, and meet ourselves and one another with presence, clarity, and the courage that makes hope possible—one day at a time.

**Sunday, March 8, 11:00 a.m.**

***"What Did You Notice?"* with Amy Day**

In her poem *Gratitude*, Mary Oliver asks herself and then answers eight questions of Attention: What did you notice? What did you hear? When did you admire? What astonished you? What would you like to see again? What was most tender? What was most wonderful? What did you think was happening?

What we pay attention to shapes who we become. In this service, we explore the spiritual practice of presence: bringing our full selves into this moment, discerning where we give our energy, and choosing to nurture what leads toward connection, justice, and life. Join us for this sacred exploration and dedication.

**Sunday, March 15, 11:00 a.m.**

***Paying Attention*, with Berti Welty and Scott "Q" Marcus**

In what appears to be a dark world that is constantly competing for our focus, paying attention has become both more difficult and more essential. In this reflective, inspirational, and gently provocative talk, Scott "Q" Marcus explores attention as a spiritual, moral, and civic practice, in a talk that can be playfully summed up as a "cross between spirituality 101, group therapy, and a southern revival." Rather than fueling overwhelm, this inspirational and insightful talk invites steadiness, clarity, and purposeful engagement in a world that often feels fragmented and overwhelming.

Scott "Q" Marcus, RScP, is a professional speaker, trainer, motivator, and writer. Since 2004, he has written almost 700 columns for several Northern California papers (including the *Times-Standard*). He is also a licensed practitioner in the non-denominational, new-thought philosophy of "Science of Mind" and deeply involved in the Eureka Center for Spiritual Living. Through talks, workshops, and writing, he encourages people to live with greater clarity, compassion, and conscious intention in changing times.

**Sunday, March 22, 11:00 a.m.**

***Ostara*, with Priestess Devora and the Redwood Coast Covenant of Unitarian Universalist Pagans**

Come celebrate Ostara, or Spring Equinox, with us. We celebrate the reunion of Demeter with her daughter Persephone and the beginning of Spring. We will dance and sing. It will be led by Priestess Devora and several members of the Grove of Hekate and other beloved community members. Bring cut flowers and fragrant herbs.

**Sunday, March 29, 11:00 a.m.**

***HUUF: What I Like and What I'd Like to See*, with Berti Welty**

Selected members of the Fellowship will share their personal experiences. This service precedes our March Congregational Meeting. Bring finger food to share before the meeting.

## Climate Action Campaign

### **HUUF climate champions are off to a good start this year**

Thanks to everyone who visited our climate action table on January's fourth Sunday action day when we took pen to paper and wrote 39 postcards to legislators about the climate. In six years of Climate Action Sundays, this is by far the most messages HUUF has written and mailed. Please look for us every fourth Sunday of the month when we act on our UU values at the monthly Social and Climate Action Sunday.

For our 2026 Climate Books to Local Elementary Schools project, we are raising funds to provide a set of climate related books to the 10 local elementary schools who have expressed interest in receiving them. These schools are in addition to those that received books last year. We are hoping to raise at least \$830, though we hope for more so we can reach school districts further afield, such as Hydesville, Orick, and the Klamath Trinity School District.

Besides grant applications to Humboldt Sponsors and to the local Quaker group, we are seeking donations for this from HUUF members and friends. Please send checks to HUUF and in the memo line, indicate "Book Project." Thus far, we gratefully acknowledge the local Quakers who have notified us of a \$500 grant.

### **Sample message to EPA concerning repeal of the endangerment finding**

The Trump Administration recently [announced the repeal](#) of the Endangerment Finding, a federal determination based on decades of scientific research concluding that greenhouse gases endanger human health. By revoking this finding, the administration eliminated federal tailpipe emission standards for cars and trucks. Climate and environmental groups are suing to overturn this decision and we can register our objection to this policy rollback. Bury the EPA under a mountain of public comment; the agency may not care, but judges are going to read our comments and public outcry could be a factor in their decision. Here is a sample postcard message you can personalize and mail to:

Environmental Protection Agency  
Office of the Administrator, 1101A  
1200 Pennsylvania Avenue, N.W.  
Washington, DC 20460

Dear Administrator Zeldin,

The Endangerment Finding must stand. The EPA must continue to regulate and oversee greenhouse gas emissions to ensure a healthy and livable planet for current and future generations

I urge you to return to the life-saving work of counting and controlling the health costs of ozone and fine particulate matter pollutants. Our public health depends on it.

Name and address

### **Other local climate efforts**

The Repair Café returns on Sunday, March 15, 10:00 a.m. to 2:00 p.m., at Eureka's Adorni Center, to troubleshoot and repair computers and household items *for free* to keep them working longer instead of replacing them.

### **Widening of Hwy. 101 at Richardson Grove State Park**

On Tuesday, March 6, at 2:00 p.m., the Humboldt County Superior Court (Courtroom 4) will hear CalTrans' request to widen Hwy. 101 through Richardson Grove State Park. Come show your support for the magnificent trees and endangered species of Richardson Grove State Park.

CalTrans argues that it has done what an appeals court required and that the trial court should accept their analysis as valid. Local environmental groups like EPIC and allies have sued CalTrans five times over the last ten years

**See "Climate," next page**



Sunday, March 8, 4:30—7:00 p.m.

## **Come celebrate International Women's Day at the Creamery**

March 8 will be the 16th annual celebration of International Women's Day for the North Coast, organized by our local branch of the Women's International League for Peace and Freedom. It has always been a free event for the community.

This year we will be graced by Pat McCutcheon reading poetry, the High School dancers from Centro del Pueblo, Leslie Quinn leading songs for peace, freedom, and justice performed by the inimitable Raging Grannies, information tabling by women's support groups, finger snacks, and more.

It is a fun gathering of women and girls (men and boys are welcome, too) and we hope you will come if you are able.

Join us at the Redwood Raks room at the Creamery Center, 824 L St, Arcata, 8th and L streets, entry at the back of the courtyard adjacent to L St parking and The Pub.

*Carilyn Goldammer*

## **Mah Jongg, anyone?**

Berti Welty will start a new beginners Mah Jongg class in March. National Mah Jongg rules will apply (with the card). The plan is to meet every Wednesday afternoon from 1:00–4:00 p.m. at Berti's home. Beginning players will play with each other until skill level allows play with the more advanced players. Please contact Berti if you are interested. We hope to start on March 4. All you need is a willingness to learn. Call Berti Welty, (707) 382-1472, or email [bertijo@humboldt1.com](mailto:bertijo@humboldt1.com).



## **Climate, from page 4**

and have won state and federal injunctions based on the fact that widening the road will damage the shallow root systems of these magnificent old growth coastal redwoods. But CalTrans persists, and we can persist too. Show up 15 minutes ahead of time so you can get through Courthouse security in time.

### **Discounted EV charging for income-qualified customers**

RCEA is partnering with GRID Alternatives to launch a new pilot program that makes public EV charging more affordable for low income people in Humboldt County.

Eligible residential RCEA customers can receive a 40% discount on charging at RCEA-owned REVNet chargers for up to six months. The discount is designed to offer savings comparable to CARE or FERA benefits for home electricity—now available for public EV charging.

The program is open to residential RCEA customers who are enrolled in CARE, FERA, or another qualified public assistance program who own an EV. Participation is limited, with space for approximately 50 drivers, and discounts are available on a first-come, first-served basis. Charging is accessed using the ChargePoint app or a free ChargePoint card, and the discount can be used at all RCEA REVNet Level 2 chargers across the county.

If you think you may qualify or want to learn more, visit <https://redwoodenergy.org/discount-ev-charging-program/> or contact RCEA at [ev@redwoodenergy.org](mailto:ev@redwoodenergy.org) to learn more.

Thanks for all you do for our climate. It is one way we act on our UU values, our UU faith; it's one way we can do shared ministry, and a way we share ministry along with the many other vital ways different folks share ministry.

*Sue Lee Mossman, Co-chair*



## Humboldt Unitarian Universalist Fellowship

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## Letter to the Editor

Dear HUUF Community,

I want to let you know about the website *Resist and Unsubscribe*, <https://www.resistandunsubscribe.com/>. It identifies how our buying power can say no to illegal and terrifying ICE actions. It lists many businesses, such as Amazon, Netflix, Paramount+, ATT, Comcast, Dell, Apple, Uber, META (Facebook) and FedEx to boycott. While it may be hard to think about giving these up, there are alternatives.

*Reduce your use of Amazon* by buying local or direct from the product's company. Watch local TV—KEET, the BBC. Use our local library and other streaming apps, and *unsubscribe from Netflix/Paramount+*. Support the U.S. Post Office, not *FedEx*. Boycott Uber and use public transit, taxis or Lyft when you travel. *Trade META and Facebook* for one of the many more secure online platforms available. Use and support Wikipedia *instead of AI options*. *Delete Apple and Google subscriptions* as you can and choose a better browser such as Ecosia.

It's often the little things we do collectively that make a bigger difference than we realize. Let's continue attending nonviolent protests, working to get out the vote, writing letters, calling elected officials, and supporting organizations that defend civil liberties, justice, and decency. We use cash locally to eliminate credit card fees for our local businesses. Additionally, let's refuse to fund companies providing data, infrastructure, and logistical support for the Trump Administration's ICE program. We can do it! Si se puede!

Thank you for all that each of you are doing.

*Julie Neander*

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