

Humboldt Unitarian Universalist Fellowship



April 2014

A Note from Bryan

One afternoon recently a woman stopped by my office just to let me know she was on the property. She was recharging her electric car at our HUUF charging station. She lives up in Big Lagoon and when she comes down this way, she stops in from time to time for a little jolt of energy. She told me she knows a lot of people in the Fellowship who are members of various organizations she belongs to. We started talking about the Fellowship as a spiritual recharging station as well as being an electrical recharging station. We talked about how people from this Fellowship pass their energy along to others in the community as well. What a nice insight. We're in the business of recharging things here at the Humboldt Unitarian Universalist Fellowship. And that business operates on a lot of different levels and it is appreciated in our wider community too. What a nice thing!

Let's keep the faith.

Bryan Jessup

Caring Circle social

Celebrate International Workers' Day with the Caring Circle at the Fellowship on Tuesday, **May 6**, 2 – 3 p.m. There will be refreshments – probably ice cream – and if the mood strikes us, we will sing old-fashioned labor union songs. If you do not drive and would like a lift, please phone the HUUF office.

Joy Thomas,
for the Caring Circle

A hammer, a nail and a checkbook?

What do they have in common? They will all be present at our Canvass Dinner on Friday, **March 28**, beginning at 6 p.m. Hosts have been calling, inviting members and friends to attend and suggesting what food items they can bring to the potluck. If you have not received a phone call, and would like to attend, please call JoAnn Thomas or Debi Cooper right away.

The evening promises to bring a lot of good fellowship and fun as we consider our commitments to HUUF, learn more about our budget for the coming year, and complete our pledge forms. You have the option of course, of taking the form home, thinking about it, and then completing it. Canvassers will be available if you prefer a home visit. Also optional is the wearing of a costume, although coveralls, hardhats, toolbelts, hammers and measuring tapes are welcome.

JoAnn Thomas

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People

Welcome to our newest members, **Kate McClain** and **Mary Krissie Branzei**.

Our thoughts go out to **Richard Stanewick** who has recently returned from St. Joseph Hospital for bladder and general infection. At last report he needed someone with him 24 hours a day. Call before visiting.

Kinara Erickson has completed radiation treatments but continues chemo every other week. She is doing therapy twice a week and hopes it will help with her paralyzed left side. The best times to contact Kinara are 9 - 11 a.m. and 1 - 6 p.m. Fiona has returned from a trip to Disneyland with her cousin and aunt. Meals are great, and please remember that she likes vegan desserts. Thanks to the many folks who have provided rides.

Elva Banducci has moved to Eureka, but she can still be reached at the number listed in the directory as it is forwarded.

Bob Wolterbeek will have his first post op appointment at Standard on April Fool's Day. He is doing well and expects to have a full recovery. Bob and Edie express their thanks for all the good wishes.

Roxanna Hand has moved to Eureka Healthcare and Rehabilitation. She will spend three months there doing the second phase of rehabilitation and will return home in July.

Joy Thomas has assumed the Caring Circle duty of sending well-wishing cards to friends and members. Let her know when you are aware of someone who can use a card. Please donate cards you cannot use to the Caring Circle collection. And thanks to **Ginger Kossow** for handling this pleasurable task for so long.

Sylvia Shaw

Thursday Reflections

Thursday Reflections happen every Thursday from 7 p.m. to 9 p.m. in the Main Hall. We practice meditation, singing, questioning and answering, listening and prayer together. Our theme for the next several sessions is "Four Practices for Spiritual Health." The group is open! Come! Call Rev. Jessup if you have questions: 822-3793.

Springtime brunch

The SAC springtime brunch will take place **April 20**, shortly after morning service. There will be a variety of scrumptious entrées blossoming with flavor. Desserts will be light and luscious.

Please allow time for getting all food onto the tables before lining up.

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

Proceeds this month will go to Planned Parenthood.

Eve Anderson

Tankersley memorial

A memorial service for Ben Tankersley will be held Saturday, **April 5**, at 1 p.m. at the Humboldt UU Fellowship. Rev. Bryan Jessup will help lead the service. Elisabeth Harrington is coordinating the music.

Women's retreat

Registration forms are now available in the foyer and on the HUUF web site for our women's one-day retreat here at the Fellowship on Saturday, **April 12**. This is a great opportunity to get to know other women in the Fellowship on an informal basis. Whether you have just started coming to the Fellowship or been a member for years, here is a chance to deepen those friendships. Our theme this year is Visioning. What things would you like to see in your future and what steps are necessary to reach those elusive visions? Request for childcare [held offsite, but close at Redwood Roots Farm] must be received by **March 30**. All other registrations need to be submitted by April 6.

Berti Welty
476-0654

Open drop-in women's group

All women are invited to participate in our women's support group. Our normal format is a short attendee check-in, followed by a discussion. Confidentiality is expected. The topic varies depending on who volunteered to facilitate the meeting. The monthly meeting is held on the third Tuesday. Some of the women also gather on the first Tuesday of each month. Meetings are at 7 p.m. in the main hall at the Fellowship. April's meetings:

·April 1: topic to be determined by those in attendance.

·April 15: Berti Welty will facilitate. Topic is "Bucket List"

Berti Welty

Board update

Current and incoming Board members gathered for our March meeting. JoAnna Welch started her term early as our new treasurer, and the Board is grateful for her spirit of engagement.

Following a study session on the budget for the following fiscal year, and review of the budget at our meeting with incoming Board members, the Board approved the proposed ‘bare-bones’ and ‘dream’ budgets for next year. The extent to which we can realize the ‘dream’ budget will depend on the outcome from the annual canvass. A big thanks to Dave Harris for his work on the budget and the continued leadership he provides in our fiscal work for the Fellowship.

We continued our discussion with Bryan on governance and ministry, and had the opportunity to work with real-life examples within the context of our meeting. We reviewed the Values, Mission and Ends statements that we have been reflecting upon for some time, and propose that they now be considered by the Ministerial Relations Committee and the congregation.

New Board members, and current Board members who will also serve next year—will attend the District Assembly in April. Bryan, Jillian and Shay will also attend. Our Fellowship will have a presence at this regional gathering.

Future Board meetings will be limited to two hours, with agendas planned to complete our business within that time frame. We expect this change will allow for more productive and satisfying meetings.

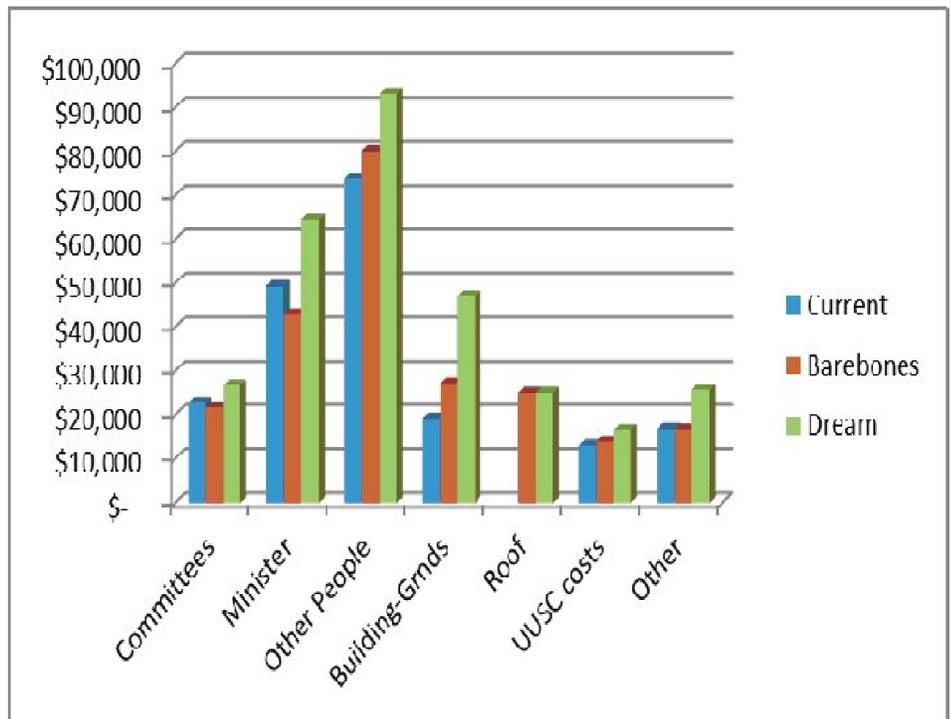
Wendy Rowan, Board Secretary

Barebones or dream budget— we decide

Mary Gleason in her 2011 analysis of our congregation urged us to be more transformational than transactional, but as transformational as I want to be I still can’t get past the fact that our annual HUUF budgeting process and the budget itself are soooooo transactional. But wait – the Board’s/ congregation’s proposed 2014-2015 dream budget (see chart below) is transformational in the sense that we dream of a three-quarter-time minister (who talks twice per month) AND a full time administrator the goal being to lighten the workload on committees and HUUF volunteers who have been struggling to find and keep chairs and members. Putting more money into HUUF to increase staff time, might help free up HUUF volunteer time so that we don’t have stay late to lock the door and clean up after an event and instead maybe have the energy to attend or organize an Adult RE event for example.

Our dream budget would replace the playground and do major upkeep/ maintenance work around the peace pole – both of these are transformational projects – projects where we’re putting money into our values such as a peaceful world and our children. On the transactional side, our proposed 2014-2015 barebones budget would fund a half-time minister and three-quarter-time administrator, both of whom work many more unpaid hours because of their commitment to HUUF. Our barebones budget would fund the replacement of the sanctuary roof; you can’t get more transactional than that. So, let’s all make this a transformational fund drive so that we can reach our dream for HUUF to be a thoughtful diverse community that supports people in their efforts to embody beauty, truth and love in their own lives and to promote peace, justice and harmony on earth.

Greg Blomstrom



Art exhibit

The photographs currently on exhibit at HUUF are those of José Quezada. Many members enjoyed participating in a Sunday service of music with José in February.

Cheryl Rau

José Quezada artist statement

I have lived in Humboldt for 42 years. Now retired, I have been a freelance photojournalist for the *Times-Standard* and the *Tri-City Weekly* for the last five years.

My photography is a simple aspiration to capture “sacred moments” of the Humboldt environment and its people. I am self-taught in photography, but the opportunity to shoot thousands of photographs of a beautiful place with beautiful people doing beautiful things has been the best photography teacher for me.

Dawn and early evening are favorite times for capturing images, as well as following the bay and ocean tides and their accompanying light for framing subjects. Fog is a frequent element in our lives here in Humboldt, and a frequent element in much of my work. I have a passion for learning and documenting the flora and fauna of our region in unique moments using untraditional perspectives. I will be learning how to photograph for the rest of my life.

Before photography entered my life, I helped start the first Head Start school in Humboldt County, worked five years as a resource and referral director for childcare, and worked over 25 years managing economic and workforce development contracts and staff for the County of Humboldt. Today my life is spent in classes singing and dancing with babies and their parents and lugging three cameras around for photojournalism and for my art. I consider myself to be one of the luckiest guys on Earth.

Communications committee

“Listen, are you breathing just a little, and calling it a life?” Mary Oliver

“Include inspirational quotations” was one idea offered in the recent congregational newsletter survey. Tallied results will be discussed at the Communication Committee’s meeting in early April. We hope to incorporate the good suggestions that came forward for an even stronger newsletter.

A colored ad featuring the intergenerational Seder and Easter service, including a chalice image, will appear in the *Times-Standard* on April 16 and 19.

In hopes of sparking interest in the Fellowship among HSU students, Lisa LaBolle of the Communications Committee has designed a colorful laminated bookmark. It asks “Are a UU?” and offers seven reasons, based on our principles, that the answer might be “yes.” For example, “You might be a UU if you believe in justice, equality, and compassion.” The back of the bookmark offers contact information about the Fellowship. Lisa will offer the bookmarks (along with granola bars) at a table during HSU’s March Open House and at Freshman Orientation in August.

Check us out on Facebook at Humboldt UU Fellowship. Jovanah Martinez-Hoboo posts national UU news in the morning, and Shay posts a local event in the afternoon. Video testimonials are planned for the future.

The website calendar will now be updated after the last Sunday service of the month in order to be accessible to those seeking that information.

The Communications Committee worked to publicize Rev. Jeremy Taylor’s visit and will continue to be available to help promote external (public) HUUF-sponsored events.

The intergenerational workshop on social media is being planned as an enjoyable summer activity.

Speaking of fun, remember the Women’s Retreat on Saturday, **April 12**, at the Fellowship.

Here’s to living more deeply than just breathing a little in April and beyond.

Pat McCutcheon, for the Communications Committee

Aging with grace

Aging in Good Company, AKA Aging with Grace, is the name of a Fellowship elder support group that is in the exploratory stage. Thanks to Hillary Clinton, we talk of the concept that it takes a village to raise a child. At HUUF we believe that it takes a warm caring community to enhance all stages of life.

A small number of elders have met twice and developed a preliminary vision for the group to deal with: education and information about senior issues; solutions to practical problems that seniors face; emotional support; social support and to celebrate being elders.

We are only beginning and welcome your participation, input and offerings of experience. The goal is to create a group that will meet our heartfelt needs.

The Fellowship is a busy place this spring; and Aging in Good Company regular meetings have yet to find a place on the calendar, but meetings will be during the daytime and likely after the Sunday service. If you are curious to see if this could be a group for you, please contact Nancy Engel, 839-5789, akindsoul@ymail.com, or Sylvia Shaw, 599-1563.

Deadline info

Deadline for the May issue of the newsletter is Tuesday, **April 20**, 5:00 p.m.

Please email your committee reports and articles to me at joythomas3828@gmail.com. Neither PDF files nor late submissions are accepted.

Please send crisp, clear graphics as a separate file, not embedded in your article.

Joy Thomas, editor

Religious Education



April 6

Preschool: How do we practice peacefulness? We will do both energizing and calm yoga poses together as we learn how to grow peace in our hearts.

K-2: From our Free to Believe Curriculum we will focus on our fourth and fifth UU principles. We will look into the life of Thomas Jefferson who loved to learn and had a library of 6,000 books. We postponed this month's curriculum from last month until Judy was back. Alana did other projects around our UU principles last month.

3-5: Our class will be looking back on this year in RE and begin planning our Milestone presentation.

Intermediate: We will learn about other local religious groups and what they practice for their spiritual beliefs.

April 13

Preschool: How do we practice mindfulness?

We will play group games that explore our inner awareness and lessen our individual distractions. It's a lofty goal for all, but we will have fun trying!

K-2: We will continue with our study of our fourth and fifth Principles and learn about Susan B Anthony. Who was she?

3-5: We will continue to plan and work on our Milestone ceremony presentation. Come to get a good part, we know you like to perform.

Intermediate: We will visit another church this Sunday. Dress nicely. We will have lunch afterwards together and discuss our experiences. Sandy will work with families to make sure everyone has a ride.

April 20: Easter Sunday

Egg hunt and Earth Day activities: Older kids will hide for the younger ones. Dress for wet grass and bring a basket if you like.

April 27: Friendship Sunday: All ages together to make crafts and play games.

Planting seeds

I would like all members to think about how they can support our Religious Education program in growing our UUs of tomorrow. You may think you have no experience teaching or that it is too daunting. Here's the secret...be yourself. Some of you know that I was raised as a Unitarian. I didn't realize until years later that some of my most profound learning about what it means to be a UU came from an offhand comment from an adult in our congregation and has effected many of my life choices.

We will support you in what activities to do, what curriculum you will share and what the age group you work with will be like. All you need to bring is you. I believe teaching is like planting seeds. Think about how you can effect our next generation of UUs, is that not social action? If every member volunteered for only one Sunday in RE for the entire year, think how much energy, ideas, diversity of thought and love we would be showing our most important assets of our congregation, our children. Come tend our garden.

Jillian Mooney

Classified ads

Local, adult woman hopes to find a bedroom/bath rental, private house/cottage in downtown Arcata/Sunny Brae. No car, walk to bus. Minor kitchen use. References. Rent open. Reply, please: wall4@sonic.net

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The Poet's Path with Pat McCutcheon, an OLLI class on Thursdays, April 3-24, from 2:00-4:00 at the Humboldt Bay Aquatic Center. A nurturing environment will support you as we respond to each other's work, emphasizing clarity and economy through revision to express the truth we most want to say. For more information, call 826.5880

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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.

Council of Chairs to solicit counsel

There will be a Council of Chairs meeting on **April 16** at 5:30 p.m. at the Fellowship. Members of the Board and all committee chairs are invited. We'd love to have the committee chairs from the following committees attend along with anyone else from the Fellowship: Aesthetics, Building Use, Communications, Denominational Affairs, Endowment, Environmental Action, Finance, Fund Raising, Halloween, Hospitality, Information Technology, Library, Membership, Memorial Garden, Music, Newsletter, Nominating, Pastoral Care, Personnel, Planned Giving, Program and Worship, Religious Education – Adults, Religious Education – Children, Social Action, Stewardship, Volunteers.

Our biggest discussion topic will be to hear from Bryan and the Board on a new proposed governance structure the Board is considering which is designed to make decision making more efficient. The goal is to take much of the routine decision making (e.g. what copier to buy) out of the Board's hands and place it in two subcommittees of the board: Operations, which would be comprised of one Co-president and HUUF's administrator; and Ministerial, which would be comprised of a Co-President and the HUUF minister. We'll also discuss the 2013-2014 budget and our fund raising goal. The meeting must end by 7 p.m. as the choir will begin practice then.

Greg Blomstrom, Vice President

We are evolving

As our Fellowship grows, day to day management of all the details becomes more than a volunteer Board can handle in a monthly meeting. In her June, 2011, evaluation of the Fellowship, UUA consultant Mary Gleason suggested one of the big areas for Fellowship development lay in changing from a "family style" operation to a "mission and ministry" based approach. Sunday, **April 13**, after service the Board and Minister will offer a presentation about their collaborative efforts toward this transition.

*Bryan Jessup
822-3793*

Update on OWL

Last fall several of us tried to get the Our Whole Lives (OWL) program up and running. The *Our Whole Lives* lifespan series was developed by the UUA and the United Church Board for Homeland Ministry, United Church of Christ. Unlike many other sexuality curricula, this program is comprehensive and progressive. In an inclusive and developmentally appropriate manner, it addresses sensitive topics that are typically excluded. The goal of *OWL* is to create a positive and comprehensive lifespan educational program that helps participants gain the knowledge, values and skills to lead sexually healthy, responsible lives.

Unfortunately, we were unable to enroll enough young people to begin this spring, but are hopeful that we'll be able to get the program going in fall 2014. We hope to combine time and resources with several other local religious and community organizations. Over the next two months, I will talk with local ministers and community leaders in an attempt to convene a sort of OWL council that will support the program long into the future. The hope is that this council will then spend the summer educating adolescents and their parents about OWL and recruiting them into the Fall program.

This is still an exciting opportunity for HUUF and though we lost a little momentum over the winter, we're gearing back up to make a big push toward next fall. If you are interested in helping or know of youth who would like to participate, please contact me in the office.

Shay MacKay

Family seder

Sign up for the family seder which will be held on Friday, **April 18**, starting at 6 p.m. at the Fellowship. (email momof2turtles@gmail.com or minister@huuf.org).

From the Jewish tradition, the seder is a special dinner that commemorates the escape of the Hebrew people from slavery in Egypt. Bring a potluck dish to share: Please no pork or shellfish or bread or anything with yeast. Mark your dish either dairy or meat or fish, or vegetable accordingly. Some ideas for food include potato dishes, vegetables, brisket, chicken, green salads. Dessert ideas include macaroons, fruit or fruit salad.

Seder is a Jewish word for dinner party. No, really it is a dinner party with ritual. We have come to associate the word seder with the holiday Passover. And the seder for Passover is filled with much tradition and ritual. There is a specific order to the story that is told through prayer that is read from a Haggadah. And as with many Jewish celebrations food and wine is a big part of the event. There is matzoh, parsley, chicken soup with matzoh balls and more. Some believe that the last supper was a Passover Seder.

*Bryan Jessup and
Jana Kirk-Levine*

Full house

After being gone for a few weeks, I arrived at church to hear Rev. Bryan talk about how “We are all in this together.” And boy are we! It’s crowded, hot and stuffy. I almost had to sit on someone’s lap.

We have something meaningful to share with each other and the community. People want what we have and are showing up to learn about us and participate. Right now it’s a little uncomfortable. In the fall, we will go to two services. This will enable more people to hear about our unique faith and experience our human, loving community (all while meeting the fire code).

Until then, we can practice being in this together by

·Leaving aisle seats/first row of back section for folks with canes, mobility issues or disabilities.

·Opening up a window or two for fresh air.

·Helping unfold a new chair in the back when we run out of chairs.

·Sharing hymnals

·Enjoying the energy of the community

See you on Sunday.

Kim Moor

Two services?

Yes! This Fall, starting sometime in early September, we hope to move back to two services. In a survey done in January, Fellowship members indicated a strong preference for the 9 a.m. and 11 a.m. schedule from previous years. Religious Education and Choir will most likely be part of the program at the 11 a.m. service only. Program and Worship, Choir and Religious Education will work together to iron out the details.

Bryan Jessup

Halloween Festival planning time

What’s the Halloween Festival, you ask? It’s only the most fantastic HUUF event of the year. It was started over 15 years ago by our own Jillian Mooney, who wanted to have a way to include the teens in a project. Now it has grown to be a much-anticipated community event with over 450 visitors and more than 70 volunteers. The festival consists of a tour of several skits, each with a magical quality, hand-made gifts, and a positive message, ending with the warmth of a bon-fire, cupcakes and hot cider.

We invite you to be a part of this wonderful event. There are so many ways to help out, from planning and skit writing to acting and cupcake making, from set-up to clean-up, and lots, lots more.

At this point we are especially looking for skit ideas, script writers, and actors. Or perhaps you would rather help out with the kitchen/food part, make a craft, or be a Guiding Light, or help with set-up?

How do I sign up, you ask? Whatever it is that piques your interest, even if you’re not sure yet what you would like to do, talk to Sandy Lynn, Judy Rishel, Berti Welti or Katherine Almy.

You can also contact Sandy Lynn at sandy5527@sbcglobal.net or 499-1131 (talk/text).

Please join us this year; I guarantee that it will be a most fun and fulfilling adventure (just ask Bryan).

Sandy Lynn

UU District Assembly

Most of your next year’s Board of Trustees, your Administrator, Minister and Director of Religious Education will be going to Sacramento to this, our annual gathering of the tribes, bringing together over 400 Unitarian Universalists from all over the Pacific Central District **April 25-27**. For details visit <http://www.pcd-uaa.org/events/DA-2014/index.htm>

- 20 Stimulating and Thought Provoking Workshops • details: <http://www.pcd-uaa.org/events/DA-2014/workshopsweb2.htm>
- PCD Annual Meeting •
- 5 levels of Child & Youth Programming •
- PCD Bookstore •

Board members will also participate in a special Friday workshop: “The Antidote to Burnout,” an examination of what we can do to make congregational leadership activity nourishing rather than draining.

We would welcome other members of the Fellowship to join us at the assembly and the workshop. We can share rides and caucus periodically. Call me at 826-1227 or call the office for more information.

Richard Kossow



Humboldt Unitarian Universalist Fellowship

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www.huuf.org

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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

District UUA Director

For our First Friday Potluck at 6 p.m. on **April 4**, Joshua Searle White, Ph.D., will be with us and talk with us about our District, our faith and how our Fellowship can continue to deepen and grow. Josh is a master storyteller with deep experience helping individuals and congregations work with their own narratives to create greater health and vitality. Our potlucks create health and vitality, too. Come. Bring food. Eat. Share. Potluck at 6 p.m. Program at 7 p.m. Assistance with set-up at 5:30 and clean-up afterwards would be appreciated. Childcare provided.

Bryan Jessup

Life Lines: Holding On (and Letting Go)

In this eloquent, personal, hopeful book, writer and UU minister Forrest Church explores the lifelines that can sustain us in times of trouble: deeper connections to neighbor and stranger, a better understanding of human limits, and a larger view of our place in the universe.

Shay MacKay will lead a series of intimate small group discussions exploring Rev. Church's book. We will also be looking at what it means to wake up to the fact that everyone suffers grief and adversity. Together, we will begin to discover the many ways in which awareness can draw us deeper into the connections that make life worth living.

Group meetings will take place on Saturdays from 10:00 a.m. to 12:00 p.m. on the following dates:

May 3, 17, 31

June 14 and 21

July 12 and 19

Please contact Shay if you would like to be a part of these discussions.

Email: office@huuf.org