

# Humboldt Unitarian Universalist Fellowship



[To the beloved community](#)

*April 2023*

## **How we build the future we want**

A while ago, inside a systems theory class offered through the UUA, we were presented with an alternative to Maslow's traditional model of human needs. While the typical depiction moves from foundational layers of safety, love, basic needs and belonging, to a pinnacle of "Self-Actualization," this model expanded upon the singular peak. In fact, it placed this mythic state on the bottom, assigning "Community Actualization" and "Cultural Perpetuity" to the top tiers of this new hierarchy.

This, we were told, was the indigenous view of the world, one which posits that *our* happiness and well being are not the be-all, end-all goal of our efforts upon this planet. Rather our tiny selves form the foundation for the continuance of life, and the culture we wish to see flourish. Our individual lives are called to act in service of the whole. We are not called simply to be good humans, but rather good *ancestors*, dropping clear, discernible bread crumbs along the paths we forge, so others may follow close behind.

I (Amy), had the wonderful fortune to have two grandparents who chose to settle nearby during my childhood. Just five miles down the road, I knew I could regularly be treated to a trip to my grandfather's vast library, or an impromptu lecture on refractive light or photosynthesis. On any given weekend I could perch on my grandmother's cranberry-colored couch, under her hand-woven afghan, watching the likes of Ginger Rogers, Danny Kaye, and Old Blue Eyes tip-tap and croon their way across the screen, and later flip through her pile of catalogs in search of more ensembles she would craft for my custom-watercolored paper dolls. Grandfather didn't need to tell me that the biggest credo etched upon his heart was that of serving others, because he took me on the Habitat for Humanity builds he did, and let me sling a hammer inexpertly beside him. Grandmother didn't need to preach to me the value of art and creativity inside a life, because she doled it out to me in gracious, technicolor waves atop her kitchen table over tiny cups of tea.

*The wisdom we receive and assimilate comes to us through the intimate vehicle of relationship*

Likewise, we find that the most enduring lessons we've received inside this life have not been funneled to us via the limited channel of the intellect. More likely the wisdom we've received and managed to assimilate has come to us through the intimate vehicle of relationship. Someone was willing to take the time and energy needed to *be* with us and model the type of

world they wished us to inhabit.

To all of you engaged in the work of legacy here at the Fellowship, we invite you to take a moment to don the hat of the ancestor. Take a look at who is seated at the table with you. To those of you who have heroically held the lion's share of labor and are looking for someone to hand that weighty crown to, a question: How are you inviting others to come alongside you and learn from your example? What bread crumbs are you leaving for others to follow? Even more important, what bread are you actually breaking in the present with those who will inherit the culture you've woven? Can you name three people, a good twenty years your junior, whom you are taking the time to get to know and mentor in their own gifts and leadership potential?

*See "Future," page 7*

## Can we learn?

by Jean Munsee

Does the Stellar Jay know he shares the  
branches  
Sparkling in the frosted pine  
With the flitting song sparrows  
And the phoebes tilting precariously  
On the edge of the birdbath  
Thirsty but scared  
The big fat robin  
Preening and fluffing on a nearby log  
And the nervous hummers  
Darting and landing and spreading their  
wings  
Tiny beings filling large spaces  
With vibrant hues and radiant energy  
All different, but the same  
Like people  
But sharing space and goods in harmony  
Moving and living in peace  
And meeting the needs of all  
Unlike people

## Playscape Work Party, Sunday April 16

Together we make the magic happen. Gather with us after the April 16 service to spruce up the playscape from 12:30 to 3:30 pm. We will be weeding, planting, and maybe installing our musical elements. Rounds from the fallen aspen tree will be dug into the ground as balancing elements. Tools provided. Bring your grubbies, gloves, and sense of camaraderie. Persons of all ages and skill sets are welcome to participate. It takes a village to build and maintain a playscape. Bring your lunch which will be augmented by some treats. Childcare will be provided.

Questions? Call or email Berti Welty (707) 382-1472 [bertijo@humboldt1.com](mailto:bertijo@humboldt1.com)

## Climate friendly HUUF building effort

Fellowship volunteers are working to expand our solar array to provide climate-friendly energy for our existing heat pump and two more. This would complete our conversion away from natural gas for space heating. If you have questions or are interested in getting involved in HUUF's Climate Action Committee, contact Sue Mossman. To assist in the rebate application, contractor/equipment selection, construction/conversion project, or other maintenance, contact Scott Allen. To donate to our climate friendly energy adaptation contact our treasurer, Cassie Brilbeck.

Together we can make a brighter, cooler future!

*Scott Allen*

## Climate Action of the Month: Stop Financing Dirty Banks

Where you're keeping your money and which bank is administering your credit card are among the biggest environmental choices you can make. Aligning your money with your values can have "a bigger impact on your carbon footprint than pretty much everything else you do," according to Third Act, a nonprofit educational, organizing, and advocacy organization.

You can go to their website (ThirdAct.org) to discover if your bank is financing fossil fuel projects with your money and find out where and how to move your assets if you need to.

I banked at Washington Mutual until it got absorbed by Chase Bank in the aftermath of the 2008 crash. Three years later I had the sense to get my money out of a big bank and into Coast Central Credit Union. Now I want to know more about CCCU's environmental and community investment policies and have sent them some questions.

I like to have a credit card for emergencies, but only use my current card when they tell me it will be canceled if there's no activity on it. Still, that card is with Chase Bank and as soon as I get approved for a Green America Visa, I'll cancel Chase and let them know why. The interest rate is slightly lower on Green America, and the APR is 0% for the first year. I ran into a snag trying to apply online (do those things ever go smoothly?) and expect to get that resolved quickly. Green America is only one of seven credit cards recommended on Third Act's website.

Be sure to sign Third Act's Banking on Our Future Pledge: "If Bank of America, Chase, Citibank, and/or Wells Fargo are still using our money to fund the exploration, expansion, and development of climate-destroying fossil fuel projects beyond March 1, 2023, the undersigned customers pledge to close our accounts and cut up our credit cards. If non-accountholders don't bank with these four banks now, the undersigned potential customers pledge we won't do so in the future. We are collectively pledging to move our accounts out of your banks, if we are customers, and to do business with more environmentally and socially conscious banks and financial service providers, including checking, savings, and/or credit cards."

*Margy Emerson*



## Sunday Services

**Sunday, April 2 – 11:00 a.m.**

### **Resistance – Berti Welty**

Resistance has many definitions, one of which is “any force that tends to oppose or retard motion.” Berti Welty will lead this discussion-centered service which will focus on resistance of a personal nature. Questions to be discussed will address the ways in which resistance inhibits a person from reaching their full potential.

**Sunday, April 9 – 11:00 a.m.**

### **The Path is Made by Walking – Dave Holper**

The Camino de Santiago de Compostela in Spain is an increasingly popular site for seekers of all creeds, nationalities, and backgrounds to embark upon a pilgrimage. Join us as Dave Holper, inaugural Poet Laureate for the city of Eureka, shares the story of his own month-long journey upon this well-worn path. Hear tales from his adventures (and misadventures) as well as wisdom gained from this seemingly simple act of walking.

**Sunday, April 16 – 11:00 a.m.**

### **Enhancing Faith in a Creator by Exploring the Universe of Galaxies, Planets, and Everything Between – Dr. Jon Pedicino**

Jon Pedicino, who has served as professor of astronomy at College of the Redwoods for 22 years, also serves as deacon at St. Mary’s Catholic Church in Arcata. He will offer us his perspectives and enthusiasm in a presentation continuing HUUF’s occasional series in which pastors from other faith traditions share the unique richness of spiritual life that they experience in their own paths.

**Sunday, April 23 – 11:00 a.m.**

### **Stone Soup Sunday**

The hands are said to be an extension of the heart. Join us on this Social Action Sunday as we put our fingers to work in service of our hearts’ values. In partnership with Arcata House, we will prepare meals for those experiencing homelessness in our region. Participants will also be invited to share their personal stories of activism, advocacy, and care as we continue to offer up this work of service as our prayer. **The Zoom Portion of this service will be a Poem Potluck hosted by the Friday Poets.** Please bring a favorite poem by you or someone else to share!

**Sunday, April 30 – 11:00 a.m.**

### **Beltane Celebration! – Priestess Yemaya Kimmel**

Come for this lively and spirited all-ages exploration of the pagan holiday of Beltane. Priestess Yemaya Kimmel will be our guide as we gather outside for music, ritual and wisdom-sharing. There will also be crafts and activities that honor this ancient Earth-based observance. There will be multiple opportunities to move our bodies, lift our voices, and collectively welcome the blooming, fecund energies of the season.

## Children and Families Religious Education

**Sundays at 11:00 a.m.** - Our wonderful RE staff continue to provide meaningful engagement in the form of games, crafts, songs, sharing time, stories and outdoor play to our youth, grades Pre-K-5, during Sunday services. Nursery Care is also available for our babies and toddlers. Please see this month’s service descriptions for more details.

This month, we’ll be exploring the topic of “Resistance” as part of our ongoing learning through the Soul Matters curriculum.

**April 2** - Amy Day will offer a creative and reflective space for our middle school aged youth inside the Teen Room.

**April 9, 12:30 p.m. to 2:30 p.m. - Easter Sunday All Congregation Potluck!**

Join us for this festive, all ages gathering directly after the Sunday service! Sign up to bring an appetizer, side, drink, dessert, or help with setup or cleanup. Please bring your lovely potluck dish labeled so folks with food allergies will know what’s safe for them to eat (i.e. vegan, nuts, gluten-free, etc.).

**Sign up here:** <https://mealtrain.com/16e8r6>

*See “Children and families,” page 4*

## Children and families, from page 3

**April 16** - Amy Day will offer a creative and reflective space for our middle school aged youth inside the Teen Room.

### **Monday evening, April 17, time TBA- Parenting in the Digital Age**

After having some good conversations with y'all over the past few weeks, this subject has come forth a bit: How do we navigate this digital age we're parenting in? How do we set reasonable and loving limits on technology use, especially when it seems the larger culture encourages us not to do so? What are all these devices doing to our quality of attention, our ability to connect, make meaning, and do deep work? These are big questions. And in our experience wisdom can often be found by being part of a larger circle of like-minded peers and friends.

We'd like to invite you to participate in a "[Tech-Wise Family](#)" Discussion group with us, set to meet monthly on Monday evenings, beginning April 17. For more information, or if you'd like to sign up to join us, email Amy at [comm@huuf.org](mailto:comm@huuf.org)

### **Fellowship Engagement**

#### **Show YoUU Care with a Card:**

Card writers gather each Wednesday from 12:00 to 1:00 p.m. All needed materials will be provided. Contact [Amy Day](#) for more information or just show up! Share in the ministry of card writing by sending a note to a Fellowship friend or member. Send encouragement, love and support to those who may still feel isolated.

#### **PB & Jams**

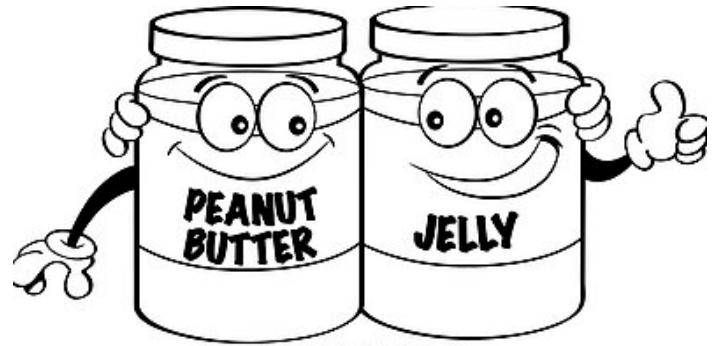
#### **April 21, 6:30-8:00 pm**

We continue our ongoing partnership with the Church of the Joyful Healer in McKinleyville. Each Saturday, they offer a warm meal, bag lunch, hot coffee, and a place to get warm for the folks experiencing homelessness. Join us as we make 25 pb&j's for the third Saturday of each month. We'll set up for karaoke in the Sanctuary, and sandwich-making in the kitchen. Would love to have you there!

#### **Saturday Concert with Bob & Maggie**

#### **April 29, 2:00-5:00 p.m.**

In the event of late March rain, we're offering a make-up date for this celebratory, outdoor event. Join us for a joyous offering from Bob Billstrom, Maggie Moore, and their band "Folks Our Age" playing classic covers and originals. Pack a picnic and your dancing shoes as we rekindle this fun, all ages tradition.



## Member news

This past month we opened the Membership Book and added our newest member, Alexandra (Alex) Wineland! Alex has been in the local community for many years, a steady heart and mind in the public health and women's support sectors of Humboldt. She's studied eastern religions in the past, and continues to appreciate those practices. The Membership Committee is lucky to have her join our ranks as we begin building deeper ties to one another and learning strengths and passions. Be sure to introduce yourself next time you see her greeting on Sunday mornings.

Meanwhile, our best wishes go to longtime member Helen Vatcher who has moved to Frye's Care Home, 2240 Fern St., Eureka. Frye's phone is (707) 442-2712; Helen is not sure what her personal new phone number will be but believes calls to Frye's are okay for now. (This information comes courtesy of Sue Mossman).

*Rebeka Paez*



## [Climate Action Campaign](#)

### **HUUF members join rally at Arcata banks**

I am dismayed by President Biden's recent decision to approve ConocoPhillips' Willow Project in Alaska. It will exacerbate U.S. dependence on fossil fuels and the catastrophic climate impacts already jeopardizing the health of our ecosystems and communities. To de-escalate the climate crisis, we must do what science demands: end the expansion of the fossil fuel industry.

Our seventh UU principle calls us to recognize, respect, and protect the interconnected web of life. It's our moral obligation to protect Earth's life support systems and the health of our children and descendants. We have a moral and sacred obligation to act for justice and equity for vulnerable communities impacted by pollution and our escalating climate crisis. Our monthly Climate Action Campaign (CAC) meetings begin with a pledge to act on behalf of Earth and our climate.

By the time you read this, CAC and other HUUF members will have joined thousands of climate activists nationally on 3.21.23 for rallies at the four biggest U.S. banks (Bank of America, Chase, Citi, and Wells Fargo). Using signs, songs, and symbolic credit card cutting, and led by the organization ThirdAct, we have asked these banks to phase out fossil fuel investments or we will close our accounts.

More information about this national campaign and what we all can do is in the Climate Action of the Month column in this newsletter. Some of us have already submitted letters to the editor and an opinion piece to local newspapers. I want to thank Chris Chapin and Kate McClain for providing rides to the Wells Fargo Bank in Arcata on March 21. Thanks to everyone who showed up to write letters, carry signs and sing at the rally. Laurel Busse and Pat Carr, you rock!

The timing of the 3.21.23 Day of Action came just before these banks hold their annual shareholder meetings in April and May. At these meetings shareholders will vote on four climate-related resolutions on climate justice and Indigenous rights. Some of the biggest shareholders are the state treasurers and CFOs of state and municipal funds, including pension funds. We can write to our state and county treasurers (Fiona Ma and Amy Christensen, respectively), and CFOs of local cities (Eureka - Lane Miller; Arcata - Tabitha Miller; Fortuna - Aaron Feimlee). Ask them to support these resolutions. See the state, county, and city websites for their addresses.

Next month is Earth Month. Watch for climate-related Earth Week activities. This is our UU faith in action. *Sue Lee Mossman*

### **Meditation Retreat at HUUF**

All are welcome to join the Ancient Forest Sangha on Saturday, April 22 from 10:00 a.m. to 4:00 p.m. for our spring Day of Mindfulness, a day of mindful meditation, relaxation, and deep listening led by Dharma Teacher Alexa Singer-Telles. Our theme for the day is Contemplations on Nature: Loving Mother Earth. Suggested donation for the event is \$30; attendees are asked to bring a vegetarian sack lunch.

The Ancient Forest Sangha is a mindfulness meditation group in the Plum Village tradition of Vietnamese Zen teacher Thich Nhat Hanh. We meet from 7:00 p.m. to 8:15 p.m. on the second, third, and fourth Thursdays of the month in the main sanctuary at HUUF.

On the first Thursdays we enjoy the teachings of Alexa from the comfort of our homes, via Zoom. Potlucks are often held on the occasional fifth Thursday. To find out more about weekly gatherings or to register for the Day of Mindfulness please visit our website: [ancientforestsangha.org](http://ancientforestsangha.org). Or call me at (707) 825-7446.

*Valerie Gizinski*



## Notes from the garden **Gardening between the raindrops**

Though this has been a challenging period for gardening - and gardeners - with seemingly endless rain, we've been able to find little windows in between to keep our beds as weed-free and protected from deer as we can. At our March work party, Karen Underwood, Lynne Abels, Margy Emerson, Bert Taylor, Pat Carr and I beat back the grasses around our memorial beds and re-staked the leaning crabapple in one of them; rebuilt the fencing around the ninebark at the far end of the big meadow; once again sprayed our rotten-egg deer repellent on a variety of shrubs that often get munched; and weeded, weeded, weeded.



After the work was done, Lynne and I were happy to find the bog lupine I'd planted two years ago in the wetland behind our alder grove, peeking through a thick layer of competing grasses. We'll clear around it next month and give it space to unfurl its cobalt blue spikes. But the ground has been so sippy, we had to postpone digging and planting. We'll give it another try on Saturday, **April 8, from 10:00 a.m. to 1:00 p.m.**, at our next grounds work party. We'll plant and transplant, as well as hob-nob. Please join us if you are able.

*Valerie Gizinski*

## **Summer retreat planning on April 30**

It's back! We will again have our annual All Fellowship Retreat at the Mattole Camp and Retreat Center, August 18-20. So let's start planning. All are invited to attend our first planning session following the April 30 service. What will our theme be this year? Who will serve as camp chair? How would you like to be involved? Can you plan the menus? Lead hikes? Organize evening activities? Come join in the planning.

This intergenerational retreat is fun for all ages. You'll have a chance to get to know others as we spend a weekend together doing crafts, swimming in the river, singing around a campfire, doing skits, and just having fun. Cabins with indoor plumbing are available as well as space to pitch a tent if you'd rather. The lodge, where we will have our meals, has bunk beds and is handicapped accessible. You can even bring your RV if you'd prefer. Check out the camp's website at [mattolecamp.com](http://mattolecamp.com).

Questions: Berti Welty (707) 382-1472. [bertijo@humboldt1.com](mailto:bertijo@humboldt1.com).

*Berti Welty*

## **Seeking community support**

HUUF has received outreach from an elderly Eureka resident who is experiencing health issues and recently lost use of her stove. She is looking for a "care package" of sorts that may contain the following:

- comfortable clothing or loungewear, women's size xl
- home-baked bread and goods
- womens' gospel music on CD or cassette

If you would like to contribute please contact HUUF Membership Director, Rebekah Paez at [connect@huuf.org](mailto:connect@huuf.org)

Grateful for this community,  
*Rebekah Paez*

## HUUF Board summary for March

The March 14 meeting started with reviewing staff and financial reports presented by Bridgette Garuti, Director of Congregational Operations. Bridgette's analysis of annual pledges was helpful, though somewhat discouraging. We discussed the Fellowship collaborating with other services to provide shelter for folks displaced by earthquakes and flooding. There was discussion about Teen Challenge, members of whose Eureka facility helped build the playscape. A recent article in the *New Yorker* magazine portrayed the national organization as having values in conflict with those of Unitarian Universalism. Though more help is needed to complete the playscape, different services will be used in the future. Bridgette's report, her job description, and contract for her employment were approved by consensus.

Next was Amy Day's report, job description, and contract as Director of Spiritual Life. We approved Amy's contract by consensus, as well as the Membership Director's. How to incorporate a reading of all or part of the newly accepted covenant at Board meetings was discussed. We recognized Margy Emerson for her help in adapting Bryan Jessup's contract for use in developing the contracts for Amy and Bridgette.

The Board discussed sending delegates to the General Assembly to be held this June in Pittsburg, PA, and possibly offering several scholarships. Montana has applied for endowment funds to cover the cost for these. The value of virtual attendance for Amy and others was acknowledged.

A congregational meeting has been set for April 2, and we finalized the agenda. It will include an update on new roles and contracts, a report on the future of ministry over the long term, a budget update by David Harris, information about the General Assembly and scholarships, and the slate of new Board members.

We again discussed masking for Sunday services. Voluntary masking was considered, as was the possibility of purchasing a filtration system for our sanctuary. There was no consensus to change our current policy of asking adults to wear masks, while children are encouraged, but not required, to do so.

The next Board meeting will be on Zoom from 7:00 to 9:00 p.m. the second Tuesday of April, and the first 30 minutes are reserved for public input. The Zoom link will be posted in the *HUUF Weekly*.

*Sandy Lynn, Pat McCutcheon, and Montana Caouette*

## Mindful Moment with Jessal

Hello HUUF Community! I'd like to share a little mindful connection exercise we can all use anytime we need to feel a little more grounded, centered, and calm:

“The Big Squeeze” (Progressive Muscle Relaxation)

Notice the difference between feeling muscles when “tense” versus “relaxed.”

Sit or lay down in a comfortable position.

1. Begin by squeezing toes/foot muscles, hold for 2-3 breaths, then release.
2. Next, squeeze/contract calf and lower leg muscles, hold, then release.
3. Continue through entire body, including face muscles (make a funny “sour” face squeeze!)
4. Take a moment to pause in stillness, with deep belly breathing, for final relaxation moment.

*Jessalyn DeLucchi, Assistant Director of Religious Education*

## Future, from page 1

If you've managed to answer the calling of your heart and life, actualized some portion of the purpose you were sent to this Earth to fulfill, how are you calling to those behind you on the path? When our limited bodies and minds can no longer perform the tasks we've assigned them, can we trust the stories we've shared and the skills we've imparted to carry on in our stead, through the holy vessels of the young? Now is the time, as Adam Grant wrote, to move beyond the roles of mere “dutiful descendants” to the work of being “good ancestors.” If we are lucky, we will leave behind us tomes of great meaning and depth. But the stories will likely not be etched upon a dusty manuscript or manual to direct the steps of those who come next, but rather inked upon the hearts of those whose lives we've managed to touch.

May we be guided to the campfires, kitchen tables, picnic blankets, song circles and spaces in between where this holy work is done.

Yours in grace and gratitude, your shared ministry team,  
*Amy Day and Bridgette Garuti*



# Humboldt Unitarian Universalist Fellowship

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email: [office@huuf.org](mailto:office@huuf.org)

**Director of Spiritual Life:** Amy Day  
on campus Tues. and Thurs. email: [comm@huuf.org](mailto:comm@huuf.org)

**Technical Administrator:** Cassie Brillbeck  
email: [it@huuf.org](mailto:it@huuf.org)

**Membership Director:** Rebekah Paez, on campus  
Tues. 10:00 a.m. - 4:00 p.m., Monday/Friday by appt.  
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**Board of Trustees:**

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Michael 'Montana' Caouette,  
Ann Kilby, Pat McCutcheon

## Letter to the Editor

Dear Editor,

I think it is historically newsworthy to note that the venerable Vose and Sons upright piano has left its place in the Multipurpose Room to resettle in a new home of one of our members.

Those of us who were around before 1993 would remember that instrument was THE piano at the old Fellowship building on Old Arcata Road when it moved with us to the new building thirty years ago. At that time its status was replaced by a Bluthner grand piano donated by the late Woody Marshall and the Vose was relegated to the back room.

I would appreciate details about the sequence of events that led to the departure of that familiar old upright.

*Carman Gentile*

## Classified ads:

**Seeking a new forever home:**

Bosco, a healthy 15 years young cat needs outdoor space to play. He loves being a lap cat, as well! You can view his winsome face currently on display at the rear of the sanctuary. Please call Mandy Bray for more information: 707-499-5673 or email at [therealmandybray@gmail.com](mailto:therealmandybray@gmail.com)

**For sale:**

Watercolor, "Contemplating Clearcuts," featured as part of the current HUUF Art Show, is available for purchase. 75% of the proceeds will go to the Fellowship. Contact Mandy (see above contact information) to make an offer.