

Humboldt Unitarian Universalist Fellowship



To the Beloved HUUF Community

We can summon what we need to ferry us through rough times

If you are feeling exhausted, if the weight of the world feels unbearable, if grief is pressing against your heart and fear lingers at the edge of every thought—this is for you. If you feel the fear of abandonment, disconnection from who you want to be, disconnection from those important to you and are not connected with communities - some who frighten you, some who you long to be a part of - this is for you.

I see you.

I know the sorrow in your bones, the ache of uncertainty. You are not imagining it.

Collapse is here. And it is happening on many levels.

For some, it is deeply personal—an unexpected loss, a mental health crisis, a life unraveled. You know who you are and I see and love you more than ever.

For others, it is political—the crumbling of democracy, the distortion of truth, the breakdown of institutions once thought unshakable that are being weaponized to hurt so many. Many of you are at the frontlines in disbelief that it has come to this so fast. I hear your rage, your grief and feel your frayed nervous systems in survival mode.

For many, it is ecological collapse that devastates you — you may be noticing as I am...so many species vanishing, wild places disappearing, climate systems spiraling beyond control.

How do we live inside this unraveling? How do we find the strength to go on when everything we love is at risk? What does it mean to be human when the ground beneath us is crumbling?

This is what I know to be true: Joy is not an escape from collapse. It is the antidote to it.”

— Kaama Joy

Years ago, my husband experienced an uncharacteristic bout of seasonal depression. For him, who within our marriage is the one I kindly refer to as our resident “life natural,” most likely to see the glass as perpetually half full, to find the bright side, to keep moving through storms, this was disquieting. Inclined to melancholy myself, I had to pivot into the

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Sunday, April 6, after service

Plan to attend the Annual Congregational Meeting

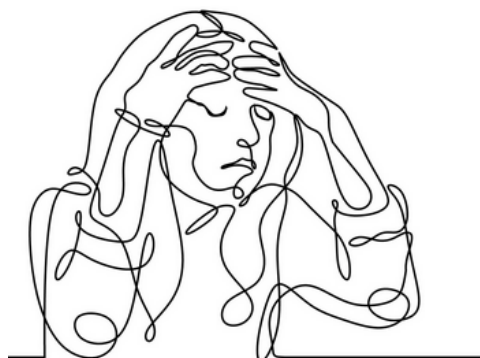
Originally planned for March 9, this meeting was postponed due to the length of that Sunday’s service. The first order of business will be the Nominating Committee’s seeking the Congregation’s consensus on a slate of candidates for the Board of Trustees.

The Congregation will also consider whether to endorse or modify the UUA’s June 2024 *Action of Immediate Witness: Solidarity with Palestinians*. The text was published in the March *HUUF Newsletter* and can be accessed through our website, huuf.org, by choosing “News and Events,” then “Previous Newsletters and Services.”

The final order of business will be deciding if we want to reaffirm our June 2017 Sanctuary Movement Pledge. HUUF joined with the UUA and pledged to resist federal efforts to target and deport undocumented immigrants and the government’s discriminatory treatment of marginalized communities. The text of HUUF’s Sanctuary Movement Pledge is also available in the March *HUUF Newsletter*. It’s part of a press release from Rev. Bryan Jessup, which includes some of HUUF’s history as a Sanctuary Congregation.

This month, the UUA joined a multifaith coalition in a lawsuit challenging the rollback of ICE’s sensitive locations policy, which protected houses of worship, schools, and hospitals from immigration enforcement actions. The suit asserts

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HUUF Poetry Corner

An Ode to Nature

Murmurations of wild birds
Create poetry in the sky
All become one
And my joyful tears cry
An ode to nature

Babies and puppies and kittens too
New life, new hopes, new dreams
I'm inspired by the continuity of life
And I scream
An ode to nature

Gardens grow providing food to eat
From tiny sprouts to full grown vines
Amazed by the transformation
I sing with astonished mind
An ode to nature

Suns dare to rise everyday
Moons wax and wane across the sky
I marvel at stars light years away
And I vow to try
An ode to nature
Doug Carroll



All-Fellowship Retreat planning meeting

Come one and all to help plan our annual All-Fellowship Retreat. We will meet after the Sunday Service on April 27, 12:30 p.m., in the Multipurpose Room. The retreat will be held August 8-10 at Mattole Camp and Conference Center near Petrolia. It's important that we start planning now so people have a chance to sign-up prior to filling up their summer with other planned events. Come to the meeting and share your ideas and enthusiasm.

Berti Welty bertijo@humboldt1.com

Congregational Meeting, from page 1

that "faith communities must remain sanctuaries for those facing oppression, in accordance with our commitment to justice and religious freedom."

The Action of Immediate Witness expressing solidarity with Palestinians and HUUF's commitment as a Sanctuary Congregation are two urgent issues that our Fellowship will need to weigh in on. I look forward to seeing you on Sunday, April 6, after the service.

Margy Emerson, Board President

Summon what we need, from page 1

role of helper as my person navigated this unfamiliar terrain. "How do I hold space for him at this time?" came the internal question, answered by a second unspoken query, "In times of darkness, how do I care for myself?"

Krishnamurti wrote that "It is no measure of health to be well adjusted in a profoundly sick society." So, let us pause, beloved, and first, honor what we are feeling at this moment. It is right that we should grieve. It is right that we should feel unwell as the whole of creation and the larger collective is crying out for justice and repair. We are as we should be. And yet, how do we find new (and remember ancient) ways to care for ourselves and one another right now? How do we practice joy in the midst of despair? What form(s) can this antidote take?

For my husband, we sat down and drew up a list. Bite-sized, deeply accessible tools and practices he could reach for when sadness subsumed him. At the latest Humboldt Interfaith meeting, a local faith leader read from a list of her own. Hers included things like, *Make space for grief. Move your body. Spend time in Nature. Get connected to and support others. Pray. Weep. Sing.* Your list, no doubt, may include these and more. But let this be a ritual for us all. Sit down. Put pen to paper, hand to heart. And assemble a toolkit of Antidotal Joy. Then share it near and far. There are no quick or easy fixes for exiting these times. And yet, together, we can summon what we need to ferry us through.

Yours, in grace and gratitude,
Amy Day, Lay Minister

Sunday Services

Sunday, April 6, 11:00 a.m.

Radical Gratitude: Resisting Oppression, Reclaiming Joy

Service Leader Liesbet Bickett

We shall explore Radical Gratitude as a transformative spiritual practice and a powerful form of activism. By intentionally recognizing and expressing gratitude, we reclaim joy, strengthen connections, and energize our commitment to positive change. Gratitude is a courageous act of resistance, actively pushing back against systems of oppression and scarcity by affirming abundance, worthiness, and collective liberation. During our time together, we will also learn a practice designed to deepen the impact of gratitude to connect, strengthen, empower and heal.

Maggie McKnight will lead us in songs to more fully feel and embody the theme.

Sunday, April 13, 11:00 a.m.

Resilience and Empowerment in a Chaotic Climate, with Hanna Nielsen

Service Leader Josh Charles

Hanna Nielsen is completing her final semester as a Masters student in Ecopsychology. She is also trained as an Eco-chaplain and “Good Grief Network: 10 Steps to Resilience and Empowerment in a Chaotic Climate” program facilitator. Hanna will share about her training in Ecopsychology and as an Eco-Chaplain along with the benefits of the Good Grief Network program. This program helps people process and metabolize the climate crisis in community over the course of ten steps in ten weeks. Hanna just completed her fourth session facilitating this transformative program, making this her first time leading it locally.

Sunday, April 20, 11:00 a.m.

"And Still I Rise..."

Service Leader Amy Day

Inspired by the prolific words of Maya Angelou, join us on this Easter Sunday to gather in the wisdom and practices of resurrection. Black, Brown and Indigenous peoples have long had to cultivate practices of resilience and resistance during times of upheaval. But for those of us with relative privilege—white, cis-gendered, able-bodied—we are just now having to cultivate these skills in response to these times. How do we practice joy, persistence and rebirth? In times of tumult and oppression, what does it take to still rise?

Sunday, April 27, 11:00 a.m.

All Ages Music Sunday

Service Leader Amy Day

Come for a multi-generational exploration of music as a way to raise our spirits, forge community, and fortify our hearts. Bring something simple and nourishing to share in our post-service potluck, as well.

Beginning June 16

Wake up! Services to move to 10:00 a.m. start time

The Program and Worship Committee has heard from many members asking for an earlier service time, especially now that we have only a single Sunday service. So, we're going to give it a shot. Beginning June 16, we will move to a 10:00 a.m. start time for our Sunday Services, with the goal of keeping that time through the summer. At the end of the summer, we will see if we want to continue with this schedule or return to the 11:00 a.m. start time in the fall.

Josh Charles

April 6 Annual Meeting

Slate of candidates nominated for Board membership

Your HUUF Board Nominating Committee submits the following slate of candidates for approval to the 2025-2026 Board of Trustees. The slate will be presented at the annual meeting on April 6 and the Board will be seated in July, 2025.

The Congregation is asked to approve the following slate to the Board of Trustees as a unit by consensus decision:

Jason Teraoka, current Secretary, is nominated to serve one additional year after completing a two-year term on the Board. The following is a statement by Jason:

“My wife Emily and I have been members of HUUF since 2019. In June I am ending my first term as a HUUF trustee and Board Secretary. Professionally, I am a restoration forester at Redwood National Park. I mostly enjoy raising my kids with Emily in a positive, active and inclusive environment. I have agreed to serve at least another year on the Board and I look forward to representing the members of our congregation in the best way that I can.”

Berti Welty will serve one year as Co-President. The following is a statement by Berti:

“My spouse (Jo Weisgerber) and I joined the Fellowship after retiring here in 2002. One of the requirements on where to retire was having a UU congregation of some kind. Since then I have served on most of the Fellowship’s committees, and have twice served on the Board. I am currently on the Worship Leaders and Finance committees. This is my spiritual home, where I can grow to be a better, more fulfilled person. I believe I offer a historical perspective while being open to change and innovation.”

Greg Blomstrom is nominated to serve two years as Co-President. This is his statement:

“I am a 20-year member of HUUF along with my wife Debby Harrison. I served as either a HUUF Trustee, Vice President, or Co President from 2006 until 2022. I am a semi retired forester and have been a board member and/or president of the Northcoast Environmental Center and the Northcoast Regional Land Trust. I have no religious affiliation though I often bow down to the goddess who oversees all things related to plumbing. I think I have relatively good organizing and leadership skills which I want to bring to the Board to help HUUF in any way.”

Colleen Broderick is nominated to serve a two-year term as Trustee. Her statement follows:

“I moved to Humboldt 11 years ago and immediately joined HUUF as I had attended services whenever I was visiting my son John and his family. Over the years I've served on several committees (Worship, Care, Membership, Endowment, and Fundraising). Being in the Choir has been a special joy. Most of all, the complete harmony between my Buddhist practice and Unitarian Universalist participation and UU principles, social action and friendships, has greatly enriched my life. I look forward to enhancing this experience by serving on the Board.”

Joanna Welch is nominated to serve a two-year term as Trustee. Her statement follows:

“In 2001 I worked out of Corvallis, Oregon with one other person in eastern Oregon for ten days on and six days off. It was there that I found the Corvallis UU Congregation and became a UU. After getting a divorce I moved to Eureka, bought my second house in August of 2013, and joined the Humboldt UU Fellowship. My yard was basically empty so I started planting 12 years ago to where my yard is now an edible landscape.”

Dan Shahin will serve a two-year term as Trustee. See his statement below:

“My family has been part of HUUF for nine years. I'm a software developer and activist for Palestinian rights and sustainable development on the Samoa Wind Dock Project. I've been a member of the Arcata Economic Development Committee and I wrote the ceasefire resolution recently signed by the entire Arcata city council. I was raised Catholic but consider myself to be pantheistic. If selected I will do whatever I can to help grow the Fellowship by increasing our connection to the community.”

The following three people are members of the current Board and will continue their terms. They do not need to be approved at the annual meeting:

Hart Mendenhall, current Treasurer, will serve the second year of his two-year term. Hart says of himself:

“I originally moved to Humboldt to work at College of the Redwoods. I have been a member of HUUF for the past seven years or so. In the past, I have been an RE teacher and served on the Endowment Committee. I am currently serving on the Board of Trustees as the Treasurer. I am grateful to have found a community of like-minded folks at HUUF and am humbled to be able to contribute to the community by continuing to serve as Board Treasurer.”

Josh Charles, current Trustee, will serve the second year of his two-year term.

Corazon Amada, current Trustee, will serve the second year of her two-year term. She says of herself: “I'm a lifelong activist. Years of experience in organizing direct action nonviolent civil disobedience including abroad in

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Palestine film series continues at Minor Theater

Thank you to all the Fellowship members who have attended the ongoing *Shine a Light on Palestine* film series at Arcata's Minor Theatre. As Pam Brown explained at our March 9 service, a few of us decided to show a number of films as a way to humanize Palestinians and educate us about their occupation since 1948. The American public has long been informed of the seemingly positive creation of the State of Israel, but we have had very little access to the point of view of Palestinians.

Many of you attended the Fall 2024 showings: *Where Olive Trees Weep*, *Roadmap to Apartheid*, and *1948 Creation and Catastrophe*. I had little prior understanding of the history of Israeli occupation since 1948 nor the apartheid regime and oppression of Palestinians for the last 77 years. Interviews with visiting film producers that follow the screenings raised my personal level of awareness greatly for the Palestinian peoples' plight, both past and present.

I'm delighted that we are continuing the film series this spring. I encourage all Fellowship members to join me. The films are either free or on a sliding scale. Tickets for the following films are available online:

3/26: *Boycott*: May help those of us who want to know how we can do something to support the people of Palestine. It alerts us to the anti-BDS (boycott, divest, sanction) movement.

4/2: *Ground Zero*: Reviewed as amazingly creative, this is a collection of short animated and experimental films by a variety of Palestinian directors that spotlight the current Gaza.

4/9 and 4/16: *No Other Land*: Luckily for Humboldt movie goers, we get two showings of the 2025 Academy award winner for best documentary feature film.

4/23: *Lyd*: Just being released in this country, this film received excellent reviews in Melbourne. The Minor will be one of the first American theaters to secure its showing.

I hope to see you all at the upcoming series of Palestinian films through the month of April, every Wednesday at 7:00 p.m. at the Minor Theatre.

Kate McClain

HUUF Board welcomes Amy Day, Bek Paez, and Tiffany Hess into new positions

The HUUF Board meeting on March 12 was attended by Margy Emerson, Montana Caouette, Hart Mendenhal, Josh Charles, Jason Teraoka, Corazon Amada, Amy Day, Sylvia Shaw, and Berti Welty.

After meeting with an accountant, Berti updated the Board of Trustees (BOT) regarding the potential of auditing HUUF's budget. The type of audit that HUUF needs will likely cost between \$2,000 to \$3,000. The current checks and balances that HUUF uses have worked well over the years, but it would be a good idea to review the procedures.

The BOT discussed the service held on March 9, at which HUUF hosted Gihane Hyden of Humboldt for Palestine. Board members who attended the service viewed the event as positive.

Since the Sunday service was longer than expected, the Congregational Meeting scheduled for that day was cancelled. The BOT agreed to reschedule the meeting for April 6. Please refer to Margy Emerson's article about the details of the upcoming Congregational Meeting and Sylvia Shaw's article on the updates from the Nominating Committee.

The BOT spent most of the meeting reviewing and editing the new contracts for Amy Day (Lay Minister), Bek Paez (Congregational Administrator), and Tiffany Hess (Fellowship Engagement Coordinator). The BOT came to a consensus on the edits and dealt with other administrative issues. The Board is very excited about the outcome of these contracts and position descriptions, but we are mostly excited about the wonderful people who have been hired to fill them. Please help us welcome Amy, Bek, and Tiffany into their new positions.

Our next Board meeting is scheduled to be held in the HUUF Sanctuary on Tuesday, April 8, at 7:00 p.m. The first 30 minutes of every Board meeting is reserved for HUUF members to address the Board and Amy Day.

Jason Teraoka, HUUF Board Secretary.

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Palestine in the West Bank. Also years of facilitation of meetings and training in nonviolent communication. In my work life I am an office manager, with skills in tech, websites, social media, software and more. My offering to the Board besides my skills and experience is a commitment to authenticity, transparency, equity, justice, saying hard things in a good way, and talking with people directly when there is conflict.

Submitted by Laurel Busse, Laura Phelin-Shahin, Berti Welty, Tom Lewis, Sylvia Shaw

Climate Action Campaign

Check out Arcata Repair Cafe, Hanna Nielsen, and other climate actions

In the spirit of reduce, repair, reuse, the Climate Action Campaign is collaborating with Dr. Wendy Ring and the City of Arcata's Recreation Department to start the Arcata Repair Cafe. Repair cafes are part of a global movement to connect people who have small repair projects with expert repair volunteers and the tools and materials needed for a do-it-yourself repair. Items that people can bring for a repair include: clothes, furniture, small electrical appliances, bicycles, ceramics, and toys. For more about repair cafes, see <https://www.repaircafe.org/en/>.

The Arcata Repair Cafe will begin on Sunday, April 6, 10:00 a.m. to 2:00 p.m., at the Arcata Community Center, and will continue on the second Sunday of every month thereafter.

To support the project, CAC will collect donations of tools and materials. A wish list of items needed can be found on the HUUF website at <https://huuf.org/wp-content/uploads/2025/03/Repair-Cafe.docx.pdf>. A collection box will be located in the foyer beginning April 1 and donations can be dropped off Tuesday-Thursday, 10:00 a.m. to 3:00 p.m., and on Sundays from 10:00 a.m. to 2:00 p.m.

Update on books for local elementary schools

Thanks go to CAC and 350 Humboldt's Outreach and Action Committee members who contacted 26 local elementary schools to offer climate and environmentally related books for their libraries free of charge. Thus far we have had enthusiastic positive responses from over half of the schools. Next steps will be grant writing and fundraising to purchase the books. A list of the book titles is posted on the HUUF bulletin board in the foyer.

Earth Day related events

For our April 13 Earth Day month Sunday Service, HUUF will hear from Hanna Nielsen. Hanna specializes in working with groups who are coping with the impacts of climate change and the archaic policies of the current administration.

Please contact me if you would like to join CAC members for Earth Day tabling on the Plaza at the Arcata Plaza Farmers Market on Saturday, April 19.

Ask state legislators to support the Polluters Pay Climate Superfund Act of 2025

Given the current federal administration, we are unlikely to see any forward movement at the national level to reduce fossil fuel use and climate damages. Efforts on these fronts are best done at the state level. Currently, a state bill that is part of a national "Make Polluters Pay" effort to require large fossil fuel companies to pay based on their share of global greenhouse gas emissions from 2000 to 2022. The collected funds would support climate mitigation and adaptation efforts, including infrastructure upgrades and disaster assistance. Last fall, New York state passed a climate superfund bill that requires major polluters to contribute \$75 billion toward climate damages. It can happen in California, too.

For contact information for our state legislators, go to californiapolicycenter.org. Sample script: *Hello my name is ___ and I am from _____. I am asking Senator McGuire/Assemblyman Rogers to support the Climate Superfund Act of 2025, (SB 684/AB 1243). This bill will make fossil fuel polluters pay their fair share for climate damages they have caused Californians. We shouldn't pay to clean up the mess these polluters made. Please help pass this important bill to protect communities and invest in California's future. Thank you.*

I close with words from Jane Goodall. "Together, we can do so much...we have barely begun to discover what humans are truly capable of when we become engaged, when we work together, and when we take constructive action to build a world that is worthy of the dreams of our children."

Sue Lee Mossman, CAC Co-chair

Mourning the loss of Helen Vatcher

We send our deepest condolences to the family and friends of Helen Stockwell Vatcher. Helen was a longtime, beloved member of the Fellowship. She loved the trees of this area and found spiritual strength and inspiration in them. The diptych of the redwoods that hangs in our Sanctuary was painted by Helen and donated to the Fellowship.

A celebration of Helen's life will be held on Saturday, May 10, from 1:00 to 3:00 p.m. at the Fellowship with a potluck finger food reception to follow. If you have a painting(s) by Helen, her family requests that you bring them to share at the service. Helen's obituary in the Times-Standard newspaper is linked to here:

<https://www.northcoastjournal.com/blogs/Obituaries/>

Sue Lee Mossman

Listening from the heart

Building a network of peer support in trying times

At the Fellowship, we deeply value compassionate connection, recognizing that in challenging times our greatest strength lies in how we care for each other. With this intention, we are forming a Pastoral Care Team—a dedicated group offering gentle listening, emotional support, and loving presence to members of our community when they most need to be heard, held, and comforted.

To nurture and equip this team, we will offer a series of enriching classes, exploring essential skills for compassionate caregiving. (See the schedule below.)

Understanding that compassionate care is not limited to formal roles, we warmly invite all HUUF members and friends to join us in any or all of these classes, regardless of whether you plan to join the Pastoral Care Team. In times like these, cultivating our ability to support and uplift each other is an empowering and essential act. Together, we build the resilience and connection needed to navigate the days and years ahead, nurturing a community grounded in care, compassion, and mutual support.

Saturday, April 5, 12:30-2:30 – Session I: “*What is Empathy?*” with Liesbet Bickett

Saturday, May 3, 12:30-2:30 – Session II: *Practicum time* with Amy Day

Saturday, June 7, 12:30-2:30 – Session III: “*Active Listening*” with Laura Phelan-Shahin

Saturday, July 12, 12:30-2:30 – Session IV: “*How to Resource Ourselves*” with Amy

Saturday, August 9, 12:30-2:30 – Session V: “*Non-Violent Communication*” with Liesbet

Saturday, September 6, 12:30-2:30 – Session VI: “*Polyvagal Theory*” with Laura

Saturday, October 4, 12:30-2:30 – Session VII: “*Trauma-Informed Care*” with Laura

Saturday, November 8, 12:30-2:30 – Session VIII: “*High-Need Assessment and Serving Marginalized Populations*” with Laura

Your guides on this journey: Liesbet Bickett, Laura Phelan-Shahin, and Amy Day.

Each 90-minute session will have an opening time for a simple, communal meal of soup and bread. Come early to feast and share.

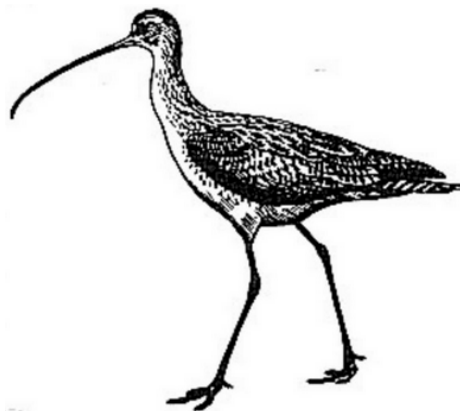
There is a \$15-\$20 suggested donation per session. Or sign up for the whole series for \$110. However, no one will be turned away for lack of funds.

Pre-registration is required. <https://forms.gle/uk1vGHC3kPn45Gvm6>

Amy Day

New member class continues on Sunday, April 13, after service

Join Amy Day for the third part of our four-part HUUF Membership series on Sunday April 13 at 12:30 p.m. Grab a snack and a warm hello inside the newly-revamped Coffee Hour, then head over to the multi-purpose room and join the conversation. We’ll continue our exploration of our individual spiritual journeys and how this corresponds with the type of work and beloved community we wish to cultivate at the Fellowship. This is a great opportunity for members, both new, considering, or longstanding to come renew their understanding of our unique faith tradition, and weave themselves more deeply into the life and future of this community. Drop Amy a line at comm@huuf.org if you’d like to know more or to sign up to participate.





Humboldt Unitarian Universalist Fellowship

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Administrator: Bek Paez, email: office@huuf.org

Engagement Coordinator, Tiffany Hess, on campus
Tuesday through Thursday, 9:00 a.m.-2:00 p.m., email:
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Secretary: Jason Teraoka

Trustees: Corazon Amada, Josh Charles

Classified advertisement

It's never too early to book a house/petsitter. Call or text Montana Caouette at (928) 607-1931 for dates and rates.

May Newsletter deadline is April 20

Send articles/letters/classified ads and other submissions to newsletter@huuf.org by 5:00 p.m. that day.

Mahjong, anyone?

We play most Wednesday afternoons at Berti Welty's home. If you don't already play, want to learn how? A new learner's group, no cost, will begin on Wednesday, April 2 for those who need a refresher or have never played. Experienced players are welcome on an ongoing basis. We play by the National Mahjong rules (with the card). To join our friendly group, contact Berti Welty at bertijo@humboldt1.com

Letters to the Editor

March 9 Palestine service

The March 9 Sunday Service on Palestine was one of the most uplifting HUUF services I've attended in many years. UUA's statement supporting a free Palestine, the personal sharings, the music, Gigi Hyden's presentation were all inspiring to me. Thank you, Fellowship Program Committee, for your relevant and meaningful service. For some time now I've been deeply immersed in my concern for the Palestinian genocide and the attempt to erase a people and her culture. I look forward to our Congregational Meeting this April when we will have the opportunity to focus on our values of justice and freedom regarding Palestinian Liberation. In gratitude,

Kate McClain

And Mandy's "Pleas and thank you's!"

I had rotator cuff surgery on February 27. I am unable to drive until the end of April. I need rides to physical therapy appointments on Mondays and Fridays at 1:45, as well as ongoing immunotherapy appointments Friday afternoons following physical therapy, scheduled to allow drive between the two locations in Myrtle town.

I choose to reframe this awkward time of need as an opportunity to get to know people better. If you are able to help me with any of this, please text or leave a voicemail. I am listed in the HUUF Directory. My favorite prayer is "Please and Thank you!" Thanks to all of you who've helped me get this far.

With love and gratitude,

Mandy Bray

HUUF Newsletter, April 2025