

Humboldt Unitarian Universalist Fellowship



May 2009

Blessing and fond farewell

On **May 17** Karen Harris will preach her last sermon as our Consulting Minister. She will speak of what these years have meant during her sermon at the 9:00 and 11:00 services.

For those of you who would like to participate, we invite you to honor and thank Karen that day in the following ways:

1. Bring a flower to deck the hall with beauty and surround Karen with love and brightness. There will be vases to put your flowers at both services.
2. Bring a blessing for Karen as she leaves to continue with her fellowshiping and ordination process. If you come to the 9:00 service you can leave them in a special box for her to read later. If you come to the 11:00 service, you can speak your blessing in a Friendship Circle after the service and/or leave yours in the box.
3. Bring finger food to share after the services and take some time to let Karen know what it has meant to you to have her with us.

Karen will still have office hour time to meet with some of you who cannot be with us May 17. Contact her at karen.harris@post.harvard.edu

Bonnie MacGregor
Co-President, Board of Trustees

Sharing ministry

Before Karen was HUUF Minister we had not had one for 11 years. We were not sure we wanted a minister but decided in 2005 to try it out. We committed funds for ten hours a week for ten months and committed ourselves to discovering what ministry meant for our HUUF.

When Karen came to us she was neither a UU nor an ordained minister, which suited us fine. During her first year Karen became interested enough in ministry and Unitarian Universalism that she began the process of becoming a UU minister. Fine with us. We liked her and wanted her to stay.

As a member, I was delighted with Karen's sermons and with the way she could energize our work. She introduced "shared ministry," and I felt us working together with an expansive spirit. Many new people came to the Fellowship, and I enjoyed being part of it all.

I became aware of the more formal nature of this relationship between Minister and Congregation when I joined the Board of Trustees. Becoming a UU minister, as in any other discipline, requires steps to take and milestones to reach. As a UU Fellowship we needed to work within structures, too. The UU Association granted some concessions so we could continue our co-ministry: Karen became an intern. This year, since Karen had reached her Intern milestones, we found a

Consultant status to keep her with us. The UUA granted another exception, but this year's was the last. Now Karen must leave to finish her fellowshiping process.

Karen is a remarkable woman: a smart, educated, compassionate, articulate, refined, spiritual seeker, practitioner and leader. She inspires, guides and challenges. We have been blessed to have her. Karen and Steve call Humboldt County home, so we hope to continue to be connected in deeply meaningful ways.

At the Congregational Meeting on Sunday, **June 7**, we will learn from the Future Forum Committee what HUUF members want in a minister and what we will be able to give financially to make that possible. Once that is clear, we will move forward. If the members want at least a half-time minister and have committed enough pledges, we will contact the UU Pacific Central District about an Interim Minister while we go through the search for our own minister. We would hope to have a Minister here sometime in 2011.

Meanwhile, we will continue to bring all we have learned about co-ministry to each other. In June, I leave the Board of Trustees in the capable hands of an extraordinary group of smart, compassionate, knowledgeable, creative and trustworthy people. So fear not. We can do it together, and we will be the wiser and stronger for the doing.

Bonnie MacGregor

People

Sandy and Willie Green miss attending the Fellowship and welcome their HUUF friends to visit. Please call first. Their son Cordy can use some hand-me-down T-shirts in men's sizes large or extra-large. Old shirts in any condition (stains don't matter) can be placed in a box in the closet area of the Fellowship.

Pat Carr made an unexpected trip to Santa Rosa for eye surgery. He is recuperating in his old stomping grounds of Sebastopol.

Mickey Strang has had a stroke and surgery and is doing well. She appreciates the cards and letters from members of the Fellowship.

Phyllis Helligas has returned from her trip to Hawaii. Wish I were there.

Lisa and Jan Roberts had a wonderful visit with their son, Garrett. He brought his fiancé, whom he plans to marry before he goes into the Marines on June 1.

Steve Sottong and Joy Thomas will take a cruise to Alaska in mid-May.

Barbara Barratt is saddened by the loss of her cat which had been her close companion since Ray's death.

Ginger and Richard Kossov are on a Southwest odyssey. They will tell us stories of their adventures on the road when they return in May.

Laird Allen is graduating from Guildford College, and **Maggie Allen** will return from her one-year exchange program in Sweden. Scott and Susan will have a busy house again this summer.

Gigi Floyd is doing really well after undergoing reconstructive surgery in February.

Karen Knapp

Budget hearing

The Finance Committee and HUUF Board, with committee input, have prepared a preliminary budget for 2009/2010. The next step in the budget process will be an open budget hearing on Sunday, **May 24**, immediately following the second service. Copies of the preliminary budget will be posted on the Board bulletin board, placed in all committee mail boxes, and made available in the foyer and office. All members and friends who have budget comments or questions are encouraged to attend the hearing. Your input is of great value as we work toward a final budget.

Nancy Cook

McCrone funds boost promising scholars

Dr. Andrew Stubblefield, on the faculty of the Forestry and Wildland Resources Department at HSU, received a 2009 Alistair McCrone Promising Faculty Scholar Award for exemplary work early in his career.

The funds acknowledge the potential of newer faculty and encourage their continued achievement.

The award to Dr. Stubblefield recognizes his trailblazing research on the links between land use, erosion and water quality. His work engages scientists, managers and policy makers at the regional, national and international levels, including his investigation of erosion in Mongolia. He also was saluted for his grantsmanship, which has reached nearly \$700,000 since Fall 2006. He has \$280,000 more pending for Tahoe Basin research.

Sue Mossman

Rummage sale contest

As reported in our April *Newsletter*, HUUF will have a major fund-raiser this year. Several weeks ago, Inge Leonardos announced that she would head up a rummage sale if people would volunteer to serve on the committee. Fourteen stalwart women stepped up to the plate. The sale will be held on Friday, **August 14**, 12:00-6:00 pm, and Saturday, **August 15**, 9:00 am - 5:00 pm, at the Fellowship. College students are returning at this time and are eager to add to their genteel apartments and dorm living.

Because our rummage sale needs a name, we are holding a naming contest. All silly, descriptive or punny names are welcome. Put your thinking caps on and send your ideas to me or put into box named "Rummage Contest" in foyer before **May 20**. The Committee will select the winner. Prize? Oh yes, a \$20 certificate for - you guessed it - rummage.

Laura Barney

Fellowship equipment

I am looking for someone to take over the job of storing and handling HUUF's equipment.

This equipment is for Fellowship members to use upon request. It consists of wheelchairs, walkers, crutches, commodes, etc. I have had this job for ten years and have enjoyed the experience. However, it is now time to allow someone else to take over the responsibility.

If you can help, please contact me.

Selma Sonntag

Circulo de Amigas

Those who heard Pat McCully speak last month about her organization, Circulo de Amigas, will remember how vital, energetic and committed she is to helping girls and young women in Nicaragua become educated, lead better lives than their mothers and contribute to a better quality of life in their country. Pat is an amazing woman who went to Nicaragua 25 years ago to find out what was happening when our news was full of reports regarding the US role in the political structure of the country. She found an oppressed, poverty-ridden population and decided to do what she could to help.

Realizing that the most effective way to improve the lot of society is to improve the lives of the women in that society, she focused on helping girls through education. She founded Circulo de Amigas, an organization dedicated to helping girls to become educated. Ninety girls have received help in the school and small library she founded and built. At least one girl has gone on to become a physician, and two others have become pharmacists. Recently a small clinic was built to serve the village. The story is a heartening one of commitment and achievement and a wonderful example of the difference one person can make.

Sponsors are always needed to provide the students with books, school clothes and transportation. The education is free, but supplies are beyond the families' abilities to provide. Older girls may have to live in dorms, and there are costs associated with that. HUUF supports one girl through the bi-weekly sale of Equal Exchange coffee, cocoa, and chocolates. The cost to sponsor one girl in school is \$44 a month with an additional contribution of \$50 at Christmas. Any one or any group of people interested in sponsoring a student individually or making a donation of any amount to the organization can get the necessary information from Marianne Pennekamp or Mary Lou Jensen or send donations directly to Circulo de Amigas, PO Box 13204, Tempe, AZ 85284-0054

Jean Munsee and Marianne Pennekamp



Shirley Osgood helps Anna Mae Botley with her pledge. Photo by Joy Thomas

Keyla's address

Keyla has been sponsored by HUUF's Social Action Committee (SAC) for several years. Pat McCully of Circulo de Amigas encouraged us to keep sending pictures and letters in either Spanish or English to Keyla. [See related article to the left.] We raise money that is sent for her education and the health clinic in Jinotega through sale of organic, fairly traded "Equal Exchange" coffee. It is shade-grown by sustainable practices on small farms. We also sell cocoa and chocolate in the foyer on Sunday mornings. They are provided to us by the UU Service Committee. With every sip of coffee and every piece of chocolate, we are all part of this interrelated sponsorship.

Keyla Sarai Sobalvarro, #27
Circulo de Amigas, Barrio Linda
Vista Sur, Casa #32, Jinotega,
Nicaragua. Postage is 94 cents.

Ursula Osborne

Pledge tip of the month

"Let's replace the dreary, lock-step annual budget with a thoughtfully prepared list of what our congregation could do and even what we should do. The issue is not whether HUUF will survive, but whether it will flourish." Have you made your pledge yet? Paraphrased from Ashley Hale.

Nancy Cook

UUSC news

The Unitarian Universalist Service Committee puts our shared principles into practice, protecting and promoting human rights in the United States and around the world. UUSC volunteers and members Jim and Dot Caldiero say, "We contribute to other organizations that do great work. But only one international human-rights organization has UU in its name – UUSC. When we became members of UUSC, not only did we advance the cause of justice, but we did so in the context of our religious values and strengthened our UU voice as we advocate and act for human rights. So, if you're a UU like us, why aren't you a member of UUSC? Please join us."

The uncertain economy has made raising support for UUSC's important work more challenging. There is so much yet to be done for human rights, throughout the world and right here in the United States. As your UUSC local representative, I urge you to renew your membership today or give a gift of membership to a friend or loved one online at www.uusc.org.

UUSC is an affiliate member of the UUA. As an independent membership-based organization, it receives no funding from the UUA.

General Assembly volunteers needed

If you plan to attend General Assembly in Salt Lake City in June, UUSC needs your help. Volunteers are needed to distribute flyers, staff UUSC's exhibit booth, and help with other tasks. This is a great opportunity for you to meet UUSC staff and help other UUs learn more about our work. If you are interested in volunteering, please contact Cristin Martineau at cmartineau@uusc.org.

Freedom summer: a civil rights journey

Please join us for the Sixth Annual Freedom Summer – Civil Rights Journey, to be held July 11–18. Participants will travel by bus from Atlanta, GA, to Birmingham, Selma, and Montgomery, AL, tracing the historic steps of the U.S. civil rights movement. For more information, please contact Anna Bartlett at 617-301-4367 or abartlett@uusc.org.

Chip Sharpe

Congregational Bulletin

The April 2009 *Congregational Bulletin* is now online at www.uua.org/congregationalmonthly.

Make sure to read the Commission on Appraisal's update on the revision of Article II of the bylaws—our UU Purposes and Principles.

Lifespan Faith Development is looking for writers for Tapestry of Faith curriculum for Adults and Fieldtest congregations to try out Riddle and Mystery: UU Responses to Big Questions, the new program for sixth graders.

The Washington Office for Advocacy has tips on getting involved with Environmental Justice, the April Action of the month and plan ahead for May with their flyer on Immigration Justice.

If you're interested in racial equity, read the flyer about the online training Transforming Our Whiteness being offered in May by Allies for Racial Equity through the Church of the Larger Fellowship.

Sabe Graham

UUA, Office of Information and Public Witness

UUA pastoral letter

Rev. William G. Sinkford, UUA President, has issued a pastoral letter to mark the spring religious holidays in which he addresses the complicated times in which we live, marked by both fear and hope.

He writes, "...We are living in a Kairos moment. Kairos is the term used by the ancient Greeks [for] ... a critical moment, an opportunity for change, ... an opening in the ordinary stream of events when anything becomes possible. In this Kairos moment, we know that the old ways will not carry us into the future. We know that the politics of divisiveness, the politics of horse trading, the politics of name calling – in other words, politics as usual — can't save us in these unusual times."

Sinkford says that "as religious people, our job -- our calling -- is to challenge the possible, to hold up a vision of the Beloved Community, to help stretch the public imagination of what can be. By envisioning new possibilities and urging our leaders to reach further and dare more, religious people can spur history. If we do our job, then when the line of compromise is drawn, . . . it will fall closer to the ideal.... The beloved community requires hard work, patience, and making room at our table for everyone. Can we do it? In the words of our hard-working sisters and brothers, 'Si, se puede!' 'Yes, we can!'"

To read the complete pastoral letter, visit <http://www.uua.org/news/newssubmissions/131154.shtml> . The letter is available in two video formats: WindowsMedia (http://media.uua.org:8080/asxgen/misc2009/0903_Sinkford_Pastoral.wmv) and QuickTime (http://media.uua.org:8080/html/misc2009/0903_Sinkford_Pastoral.mov).

Ed Uyeki

Iowa decision

The following statement was issued April 3 by UUA President Rev. William Sinkford.

"I rejoice at the Supreme Court's unanimous decision to affirm the rights of same-sex couples to marry. This ruling, based on the equal protection guarantee in the Iowa constitution, recognizes the necessity for equal treatment under the law of all citizens. This decision will strengthen committed same-sex couples and their families in Iowa and bring us one step closer to full legal equality for all Americans.....

"I want to thank the courageous Iowa justices and to applaud the many Unitarian Universalists who have worked tirelessly for marriage equality. Plaintiffs Sean Fritz and Tim McQuillan were married in the First Unitarian Church of Des Moines by Rev. Mark Stringer. I am proud that a Unitarian Universalist congregation honored the commitment of these two exceptional young men and supported them in their marriage and in their struggle for legal recognition.

"Today we celebrate, but we know that the struggle for marriage equality is far from over. Until all of our nation's marriage statutes are free of discrimination, the Unitarian Universalist Association will stand on the side of love and advocate for full legal rights for committed same-sex couples."

This statement is found on the UUA website at <http://www.uua.org/news/newssubmissions/132001.shtml>.

Ed Uyeki

Religious Education



May 3: Curriculum Sunday

Preschool: We will have our class goodbye party looking back on the ideas we explored this year.

K-2nd: We will finish up our study of Superheroes that express our UU Principles.

3rd – 5th: We will learn about Japanese Children's Day, make a special craft from Japan and have a Japanese snack.

Intermediate: We will wrap up our year by looking back at what we did and what we would like to do next. We will plan our part of the Milestone Program. What is your idea?

May 10: Family Tea Party. We will gather together in the CARE building to celebrate those who care for us -- our family. Tea, lemonade and treats for all.

May 17: We will gather with our teachers and choir director to practice for our Milestone Ceremony.

May 24: Friendship Day. Free play with friends. Bring your favorite game or yard toys.

May 31: We will have our Milestone Ceremony Service in the main hall. Dress up and come early at 10:30 to help with decorating and a quick practice with your class.

Many thanks to the families which deliver food to the Night Shelter. You are teaching our children that they can put our UU beliefs into action.

Jillian Mooney

HUUF dog policy

After consideration by the Board of Trustees, consensus was to reaffirm the policy of no dogs on HUUF grounds. The policy will be posted and distributed again and a "No Dogs Please" sign has been posted at the entrance to the parking lot.

This policy is intended to help ensure the health, safety and well being of all people attending HUUF programs. We love our dogs; but dogs at the Fellowship have created concerns including children and adults afraid of dogs, dog-to-dog encounters, dog owners not cleaning up after their dogs and an attack on a fellowship member that resulted in stitches. An unfortunate series of events in November, 2008, and on-going concerns expressed by HUUF members has led the Board to decide to implement a new policy.

Members observing non-conformance with this policy should report it to a Board member or the person managing the event, who will locate the dog owner and explain our policy and the reasons behind it.

Roxanna Hand

Fit tip of the month: 12 ways to cut health care costs (Part one)

We polled the *Harvard Health Letter* editorial board to get some ideas about what people might do as individuals about health care spending. Here are a dozen suggestions from *Harvard HealthBeat Newsletter* for making yours a bit smaller:

1. Develop a good relationship with a primary care physician. A primary care doctor who knows you, your medical history, and your circumstances is most likely to make decisions and give advice that will keep you healthy. He or she can take care of you in context.

2. Don't use the emergency department unless absolutely necessary. Call your doctor or the office's answering service to get some advice over the phone — or, better yet, in person. Emergency care is fantastically expensive partly because the doctors and nurses often need to order a lot of tests so they can make diagnostic and treatment decisions quickly.

3. Get — and stick — with the program. Taking prescribed medications, getting regular check-ups and adhering to lifestyle changes can keep chronic diseases under control at relatively modest cost.

4. Don't go directly to a specialist without checking with your primary care doctor, even if your insurance allows it. Whenever possible, let your primary care physician coordinate your care. If he or she doesn't know what's going on, it can lead to wasteful—and possibly harmful—testing and treatments.

5. Ignore drug ads. There are plenty of slick direct-to-consumer come-ons being broadcast and published. New drugs may have real advantages over older ones, but the virtues of the old standbys often get overlooked. Older drugs are frequently just as effective (if not more so) and safer — and almost certainly cheaper.

6. Go generic. Generic drugs cost less than their brand-name equivalents. Most insurers have higher co-pays for brand-name drugs, so using generic medications can mean a cost savings both for you and for the health care system. But check with your doctor and your pharmacist about what's available as a generic.

Tips 7 – 12 will be published next month.

Scott Allen

Something new in this *World*

Would you enjoy a lively, open discussion, ranging from evolution to individual expression; from the proposed up-dated UU Principles to our own unique HUUF programs; from racism to multi-cultural inclusion; from local history to childhood experiences, and much more?

If so, join our enthusiastic group in exploring the articles in each *UU World* magazine on third Wednesdays from 2 to 4 pm, at the Fellowship. Bring your ideas and opinions and they will be heard. Also bring the latest edition of the *UU World* with whatever fascinating topics it presents. See you **May 20**.

Mary Murphy Freedlund

Green tip

Below are some ideas from *ING Direct* newsletter to make your world green and get some financial help along the way.

Give a gift to an environmental group and save tax dollars by deducting donations to IRS-approved charities when you itemize.

Energy-efficient windows, doors, roofs, insulation, heating and air conditioners and non-solar water heaters are eligible for tax credits on improvements made during 2009, up to \$500 total.

If you install a solar water heater in 2009, your tax credit is 30% of the cost up to \$2,000. If you install a photovoltaic system using solar panels to convert sunlight into electricity in 2009, the tax credit is 30% of the cost. Earn a tax credit of 30% of the cost for small wind energy systems, up to \$500 per half kW of capacity, with a cap of \$4,000.

Earn a \$2,500 to \$7,000 tax credit as of January 1, 2009, for plug-in hybrid vehicles. There are other tax credits for other hybrid vehicles, depending on model and manufacturer. E-file your taxes to save paper. For details go to: www.energystar.gov/index.cfm?c=products.pr_tax_credits

Scott Allen

Garden party

Kudos to the hardworking souls who came out April 11 to work on the CARE building greeting garden. We weeded and planted about 35 more plants while chatting and getting to know each other better.

Worker bees were Tony Martin, Cathy Enis, Thea Gast, Chip Sharpe, Archie and Sue Mossman, Red Boveland and Ann King. Thanks for all your great help.

Berti Welty

We Are the Ones We've Been Waiting For

We have been telling the people that this is the Eleventh Hour.
Now we must go back and tell the people that this is the Hour.
And there are things to be considered.

Where are you living?
What are you doing?
What are your relationships?
Are you in the right relation?
Where is your water?
Know your garden.

It is time to speak your truth.
Create your community.
Be good to each other.
And do not look outside yourself for the leader.
This could be a good time!

There is a river flowing now very fast.
It is so great and swift that there are those who will be afraid.
They will try to hold onto the shore.
They will feel they are being torn apart and they will suffer greatly.

Know the river has its destination.
The elders say we must let go of the shore, and push off and into the river.
Keep our eyes open, and our head above the water.
See who is in there with you and celebrate.

At this time in history, we are to take nothing personally.
Least of all ourselves.
For the moment that we do.
Our spiritual growth and journey come to a halt.

The time of the lone wolf is over.
Gather yourselves!
Banish the word struggle from your attitude and your vocabulary.
All that you do now must be done in a sacred manner
And in celebration.
We are the ones we've been waiting for.

The Elders, Hopi Nation, Oraibi, Arizona
contributed by Bonnie MacGregor

Welcoming ceremony

On **May 17** during the 11:00 service, we will formally welcome our new members with the annual Ingathering Ceremony in which each new member will be handed a candle to light and place in the sand. The candles symbolize the unique light which they each contribute to our Fellowship.

Awanna Kalal

Classified ad

There is still time for families with adolescents to participate in the Diverse Families Project and earn a \$20 gift card!

This important research project is being conducted by a research team from Claremont Graduate University. Participants receive a \$20 gift card for completing a 20 minute, confidential, online survey about themselves and their families. The results of this research will be used to gain a better understanding of the dynamics of family relationships. There are only three criteria for participation:

1. There must be at least two adults and one adolescent child (age 12-17) in each family.
2. Adults must be in a monogamous relationship, living together for at least the past 3 years.
3. Adolescents must live with participating adults at least half-time (i.e., an average of 4 days per week). The adolescent does not have to be biologically related to either adult.

If you are interested in participating or know someone who may be interested, you can visit www.cgu.edu/diversefamilies, email diverse.families@cgu.edu or call (909) 607-9002.

Thank you!

Classified ads are 10 cents a word. Please email your ad to Joy Thomas and send your check, made out to HUUF, to the fellowship.



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Deadline for next newsletter: Wednesday, May 20

E-mail articles to Joy Thomas at
jthomas3@csulb.edu. Send calendar
and Sunday service info to Amanda
Jones at anewilljones@yahoo.com.

Not to Hate

My translation from German to English of Heinrich F. Liebrecht's memoir is now available from Xlibris Publishing Company. Online booksellers will have the book a little later. The English title is *Not To Hate But To Love That Is What I Am Here For, My Path Through The Hell Of The Third Reich*. The short title on the rib is *Not To Hate But To Love*. You may see a large poster in the Fellowship's hallway on the Teen bulletin board, courtesy of our Teen Group.

The book was originally published in 1990 in Germany as a pocket book. Currently only one German copy is available online for \$90.

If someone who reads the book would like to write a review and send it to me, this will be much appreciated.

Many people from the Fellowship and the wider community assisted me in the translation process. I will have a book-signing at Northtown Books in late May or June. Watch for details.

Ursula Osborne