

# Humboldt Unitarian Universalist Fellowship



May 2012

## Wherever you go

My life has, of late, been quite a journey. In the summer and early fall my monthly schedule included a week in Klamath Falls, a weekend as an on-call chaplain and the fourth Sunday of every month as a “supply preacher” in Washington. Suzanne and I spent a few days, between destinations, in our wee apartment in Eugene. Thanks to Amtrak a portion of my travels were down right leisurely.

When I began serving half time in Humboldt County, I let go of the Washington “gigs” and triangulated my travels through Eugene to continue some of my travels as a train rider. The most positive parts of all this traveling have been the beautiful country through which we traveled and the fact that, for most of the time, Suzanne has traveled with me.

The logistical planning behind this itinerant preacher lifestyle was abruptly derailed last month when Suzanne’s sister, my beloved sister-in-law Peggy, was diagnosed with a very aggressive form of brain cancer. Suzanne rushed to Washington to be with her as I continued my travels.

Though there was little change in my schedule and my work, behind the scenes and deep within, much was changing. The unfolding news of Peggy’s illness reminded me that the realities of the process of life, including the inevitability of its end,

*continued on page 4*

## Caring circle

Helping each other – this is what the Caring Circle is all about

This Fellowship has along history of offering vital support for each other when times are hard and the going gets tough. The Caring Circle was formed to help meet such needs.

The Circle has been newly reorganized, with the aim of finding folks who are shut-ins, hospitalized, sick at home and/or otherwise in need of loving care and remembrance.

Circle members are also available to those who need a caring ear to hear and heart to listen deeply.

Here’s how it works: when you know of a HUUU member or friend in need, contact Shay in the office, who then passes the information on to the appropriate person in the caring circle, who then organizes whatever assistance we can give – visits, phone calls, meals delivered, cards, rides to doctors or hospitals.

You can help by letting us know if you are willing to:

- take an occasional meal to a shut-in.
- prepare meals for delivery,
- drive someone to the doctor or hospital or other appointments.

If you are willing, please notify Bert Taylor, bertbtaylor@gmail.com or 826-0719.

Thank you for your acts of true Fellowship.

*Bert Taylor and Dennis Reynolds*

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## People

Welcome to our newest members, **Gigi Collins and Joe Breznua.**

**Cathy Enis** had a knee replaced and is recovering at Pacific Rehabilitation Center in Eureka.

**Ruth Needham** was honored by NAMI Humboldt "for her volunteer efforts demonstrating lifelong support for recovery and the dignity of each individual."

**Barbara Barratt** hosted her long-time friend, MacArthur genius award winner Dr. Marla Spivak while the latter was in town to receive an award from HSU.

Have you ever sat in front of **Jeff Thomas** while singing on Sunday? What a magnificent voice!

The latest issue of HSU's *Toyon* includes a short story by **Steve Sottong**.

**Beverly Morgan Lewis** took her corgi, Puck, to Reno for an AKC-sponsored agility trial.

If you have news to share through the People column, please email me at [jessica@reninet.com](mailto:jessica@reninet.com).

*Karen Knapp*

## Books for a buck

Take a look at the slightly used paperbacks in the box in the foyer (or outside, weather permitting.) These are available for purchase for a \$1 donation per book. Money will go to stocking the shelves of the Loleta Food Pantry, which is experiencing a drought. If you have books you would like to donate to this worthwhile cause, please bring them. If you have enough to fill a box, please bring the box too. We will keep the project going as long as there is interest.

*JoAnn Thomas*

## Women's retreat

We are pleased to announce that registration for the 2012 Women's retreat is full.

*Berti Welty*

## Mothers' Day SAC brunch

In addition to being the month of Mother's Day, May is National Salad Month, National Egg Month and National BBQ Month. We will aim to incorporate some of these ideas into our Mother's Day brunch.

Proceeds from this brunch will go to support the Breast Health Project.

Because our focus is on supporting breast health this month, and women's health in general, you will not find fried starchy foods at this brunch, nor a preponderance of red meat (if any). We will not offer artificial sweeteners, large quantities of grapefruit, or products containing soy.

We will mainly be serving foods that promote women's health, such as a variety of vegetables high in phytonutrients. Green tea, always highly recommended, will be available on the beverage cart. Desserts featuring organic apples, and possibly items containing pomegranate, will be offered.

If one Googles "best foods for breast health," one will find a list of foods to be avoided most of the time, as well as a list of foods health experts recommend incorporating into ones diet, and why.

All foods served at this brunch are guaranteed to be absolutely scrumptious, as well as healthful.

Suggested donation is \$5 for adults and \$1 for children.

*Eve Anderson*

## Help wanted

For the last ten years, members and friends of HUUF have conscientiously provided people at the Arcata Night Shelter with an evening meal on Tuesdays. I've been told that we have been the longest-running, most reliable donors in the program. During the ten years, many changes have occurred at HUUF. People have become sick. Some have died, and others have moved out of the area. The list of donors has dwindled. In order to continue to meet our commitment to this worthwhile endeavor, new people must become engaged. We need families and/or individuals to volunteer to prepare and deliver a meal for 20 people once every four-six months, and we need a new meal scheduler. Scheduling the meals is an easy task which requires only about an hour a month once you have an adequate list of donors to call on. Please let a person on the Social Action Committee know that you are interested in helping. Members of the committee are Jack Munsee, Ursula Osborne, Marianne Pennekamp, Brad Meiners, Dave Goggin, Eve Anderson, Ruth Needham, John McAlinn and me.

*Jean Munsee*



## Beads, pebbles, hymns and such

Hmmm... Where have the Beads gotten to? And why does it take so much time to get to the main speaker these days? Too many hymns? Too many pebbles? Program & Worship has been getting some feedback lately that there's too much clutter in the first part of the service, and we've been debating what to do about that. One idea is that maybe, by their absence, the Beads are trying to tell us something. We thought it might be a good idea to retire them for the time being. We're also considering going back to the hour and a quarter format (as opposed to an hour and a half), and having no more than two hymns in a service, sometimes only one.

Of course, we're coming into summer, when our service format will change to one hour anyway, and during that time we'll make some decisions about what things will be like when we start our regular services again in the fall. In the meantime, think about which parts of the service mean the most to you, how they could be run more smoothly, and give us your input. You can contact a Program & Worship co-chair directly, or fill out a comment card and leave it in the basket on Sunday.

Respectfully,

Program & Worship  
*Katherine Almy*, co-chair,  
839-3406

[kathrich@arcatanet.com](mailto:kathrich@arcatanet.com)  
*Steve Sottong*, co-chair,  
444-1361  
[stephen.sottong@inbox.com](mailto:stephen.sottong@inbox.com)

## Cinco de Mayo taco fiesta

This is a reminder regarding the Cinco de Mayo Taco Fiesta, sponsored by the Buddhist Peace Fellowship, Saturday, **May 5**, at the Bayside Grange.

This fundraiser is a benefit for the reconstruction of the St. Vincent de Paul building, which was damaged when the roof collapsed. We'll make our own tacos 5:30 p.m. to 7:30 p.m. We'll enjoy sociability and listen to Latino music.

Let's support these peace- and community-minded organizations by eating supper on Cinco de Mayo at the Bayside Grange, 2297 Jacoby Creek Road, near the Bayside Post Office.

*Ursula Osborne*



## Caring for the Minister within the HUUF community

We have welcomed Dennis Reynolds, our consulting minister, to our HUUF community. A valuable impact of his presence is the increase in our caring capacity as a community. At this time, it is important for the HUUF community to be aware that Dennis and his family need our caring and support. Suzanne, Dennis's wife, will remain in Poulsbo, Washington, for an extended time to care for her sister, Peggy, who is struggling with a serious illness. Dennis is currently balancing his engagement in the life of the Fellowship with the need to be a support and resource for his family. Most of us have times in our lives when a family crisis challenges us in ways we don't anticipate. At such times, human beings need to feel caring and support from those with the hearts and capacity to provide it. The Board encourages all of us to extend kindness and good thoughts to Dennis, for his family at this time and his current struggle.

*Wendy Rowan*

## Budget hearing set

The budget process continues with a budget hearing set for **May 20** immediately after the service in the RE room, end of the hallway, main building, south side. The tentative budget will be posted on the Board bulletin board as of May 7.

This is not a congregational meeting and no action, other than listening to your input, will be taken at the hearing. This is an opportunity for you to contribute your thoughts to the process. If you like the tentative budget on the Board bulleting board, you needn't attend, although all are welcome.

*Nancy Cook*

## Wherever, cont. from

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travel with us.

The physician, teacher, and Zen practitioner, Jon Kabat-Zinn wrote a book whose title echoes my current reality. It is *Wherever You Go There You Are*. Though the origin of the phrase “wherever you go there you are” precedes Kabat Zinn’s writing, the sentiment is timely for my current situation and for the reality of what occurs all the time. As we travel our often carefully planned life journey, the potentialities and the reality of both joy and tragedy travel with us; “stuff happens.” When we hang on too tightly to expectations about how it is “supposed to go” we are less able to respond and be present to what unfolds.

Resources to help us through come from all around. The support Peggy and those who love her have received from family, dear friends and this Fellowship has been wonderful. Many have brought flowers, meals and direct care and, perhaps most important, ears to hear and hearts to care.

We also have inner resources upon which we can draw. Kabat-Zinn’s subtitle is *Mindfulness Meditation in Everyday Life*. Practices that keep us focused on the present, whether it be Suzanne’s sitting meditation or my daily runs or one’s art work, gardening, beekeeping, knitting, journaling, hiking or making music offer both distraction and focus. As we remember the importance of letting go of plans, deliberate practices that make that more possible are priceless.

May all of us continue the delicate practices of letting go of expectations in order to be open to the love and care that comes from many directions.

Dennis Reynolds

## Childrens’ spring art show

The children in the HUUF Religious Education program worked with their choices of materials (such as colored paper, pencils, watercolors, yarn, feathers, wooden pieces, oil pastels and cloth) to create drawings, paintings, self portraits and collages which now hang in the main hall for the enjoyment of all. During the process of creating the self portraits we looked in mirrors and I worked in colored pencils doing my self-portrait along with the kids. We talked about topics as diverse as rutabagas and queens; some used sign language; we looked at the different colors of hair even on one head. The work was the result of intense observation. I felt we branched out beyond some of our self imposed limitations and tried new approaches with success. Thanks to Cheryl Rau for all her devotion and work in continuing to bring this always colorful, uninhibited and uplifting show to our membership. In order to enjoy this exhibit as much as I do, you might see if the works speak feelings and tell you their names. You might examine the art for clues to how it was created. If you spend time with each piece you just might enjoy the show as much as I. That’s what Cheryl and I did in organizing the framing, hanging and describing the art for everyone’s enjoyment and what the kids did to create it.

Irith Shalmony



## Board update

At the April 10 meeting the Board worked out the final details to record Sunday services to make them available to the congregation. So if you miss a service that you really want to hear, contact Shay in the office for a recording.

Scott Allen provided a presentation on his work with an engineer to consider developing plans for expanding the foyer. The concept will be discussed at the Board Retreat in June. Thank you, Scott, for the thoughtful deliberations.

Committee reports are a significant part of every Board meeting. We are very grateful for all the activity occurring within Fellowship Subcommittees.

The recent canvass dinner was a huge success. Forty-one pledge units increased their pledge or were new pledges. The Board is actively engaged with canvassing those unable to attend the dinner. Special recognition goes to JoAnn Thomas for all her efforts in planning this imaginative event.

The Board discussed budget assumptions for fiscal year 2012—2013. We will work on the budget at the Board Retreat.

Chip and Kim introduced the idea of developing a protocol in which we as a Fellowship can address how we get along with one another, and what we do when we have conflicts among ourselves. Dennis recommends a ‘Covenant of Right Relationship’ and we will explore this idea.

We hope members of the Fellowship feel the Board functions ‘in service’ to the Fellowship and that our actions strive to support and nurture this community that we all care so much about.

Wendy Rowan, Secretary,  
Board of Trustees

## Council of Chairs to offer counsel

The Board will solicit committee counsel at a Council of Chairs meeting May 2, from 5:30-7:00 p.m. at HUUF.

I'd love for chairs from the following committees to 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. We'll discuss the 2012-2013 budget, discuss committee goals and ponder the calendar for the year while using our long tradition of open and thoughtful discussion. The meeting must end by 7 p.m. as the choir begins practice then, although their singing might inspire us into even more thoughtful discussion.

*Greg Blomstrom  
Vice President*

## *Religious Education*



### May 6

Curriculum Sunday. We will go to our individual classes to practice for our Milestone Ceremony.

### May 13

Friendship Sunday. We will play with friends and read books together.

### May 20

Milestone Ceremony & Sundae Sunday. Come at 10 am for a final run-through with your class. Ice cream sundae making to follow

### May 27

Friendship Sunday. We will create art and play together all ages.

Children have been exploring different ways to worship together in RE every month. We have tried spiritual dance, singing and with the help of talented folks in our congregation, art and drumming.

Many thanks to Yemaya and Mike Kimmel, who led our recent drum circle during Religious Education's All Worship Sunday. We used our new instruments bought with the donation of \$200 from Garden of the Heart, the Sufi group, who dance in the sanctuary on Sunday evenings. We learned about different kinds of drums and two beautiful songs that we sang together while we drummed. Expect more drums from the back; maybe we can talk them into leading a whole congregation event.

Our children in RE created the art you have been enjoying in the sanctuary. Thank you to the artists, Cheryl Rau and Irith Shalmony who shared their creativity and expertise. This has become a favorite of our kids and what a wonderful opportunity for them to have this experience. If you have a talent that you would like to share with our children, please see Jillian.

### Calling all frozen RE casseroles

Thank you to all who stored RE casseroles the children made, oh, so many months ago. We have fed folks at the emergency night shelter for four Tuesdays with the help of volunteer families. If you have been storing one for us, we now have room in the freezer at Fellowship. Please bring them back because I can't remember all the kind souls who took one home for us. Thank you.

*Jillian Mooney*



## Religious Education retreat time

We are calling out to all RE parents, RE teachers and HUUF members to join us at the Religious Education Retreat. Come to this important event to transform our program and keep it vital. What does your family want/get from their religious education experience? What ideas, feedback and enthusiasm can you share? Your input on this day is needed as we discuss and make decisions about the RE schedule, the "Our Whole Lives" sex ed curriculum, other UU curriculum, activities and events for the coming year. Jillian will share what she learned at the District Assembly.

Please save the date on your calendar: Saturday, **June 23**. We will meet in the Care Building.

Arrive at 9:30 a.m. for bagels, coffee and fellowship. Retreat will be from 10:00 am to 2:00 pm. Please bring your own lunch.

Childcare will be provided. We would like to know how many children to expect. If you will bring your children, please email me at [erica.alston@gmail.com](mailto:erica.alston@gmail.com).

See you there for a transformative morning.

*Erica Alston*

## Deadline changing

In May the newsletter deadline will change to a specific time of day on the twentieth of each month. That time is 5:00 p.m.

Please send your articles to [joythomas3828@gmail.com](mailto:joythomas3828@gmail.com). Print and .pdf items are not accepted. If you need a copy of the newsletter guidelines, contact me.

The next newsletter deadline will be Sunday, **May 20, 5:00 p.m.**

*Joy Thomas, editor*

## Pledge drive dinner and update

What a Wonder(ful) time we had at the March 31 Pledge Drive dinner whose theme was Wonder. Many people I talked to thought the evening was a rousing success. Not only was it a great success socially but, it was a great success from a pledge drive standpoint (more below). Many people came in costumes; Dell Arte presented a skit and interacted all evening with us; there was great potluck food and wonderful decorations. Thank you in particular to JoAnn Thomas for the inspiration for the dinner and all of the hard work putting the event together. Thank you too, to Lana Beck, JoAnn and Carl's daughter, who made the vast majority of the decorations. Finally, thank you to all of the volunteers who put up tables, decorated, made food, hosted tables, strung lights, cleared tables, put away tables and chairs, did dishes and in particular did a boat load of silverware.

From a pledge standpoint, the event was a huge success. I know several people who came to the dinner with their pledge amounts already filled out and while at the event increased their pledge – thank you. The Pledge dinner was the kick off to our Pledge Drive goal to raise \$137,000 for the coming fiscal year (2012-2013). As of April 10, sixty of us had sent in their pledge forms, pledging \$86,876, and of those sixty, 41 were either new pledgers or had increased their pledge to the tune of \$21,218. That is truly amazing. But we can't rest on our laurels, 57 of us haven't pledged yet; and we really need you to do so soon, so that we can fund all of the things that we wondered about.

*Greg Blomstrom  
Vice President*

## Classified ads

### HELP AVAILABLE

Call Kai Neander 707-267-5423

[kneander1@gmail.com](mailto:kneander1@gmail.com)

Computer and electronics assistance

Yard work and other manual labor jobs.

June 2012

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### PRIUS for SALE:

2007 Toyota Prius. 4-door.

Silver hatchback, fold down rear seats,

Under 55,000 miles

Stereo/CD/back-up camera, roof rack

Auto, CVT, FWD, traction control, 4-wheel ABS, Air, power, cruise.

Using cruise control mileage in city 41-43 mpg, hwy @ 55 mph = 46-51 mpg

Brand new battery recently installed (\$385)

Tires in great shape. Clean, \$17,250.

Suzanne Moore, 476-8082

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Classified ads are 10 cents a word. Send text of your ad to [joythomas3828@gmail.com](mailto:joythomas3828@gmail.com) and your check to the HUUF office.



*Tweedledum and Tweedledee (a.k.a. Susan and Scott Allen) relax at the Pledge Dinner*

## Can we talk?

I often find ideas discussed at Fellowship making their way into my work as a couple's therapist. After Mary Gleason consulted with us last year, I found myself talking with couples about moving from being transactional to transformational. Transactional: "If I pick my socks off the floor three times a week, will you make dinner three times a week?" Transformational: "I want to feel seen by you. I want you to hold me in your mind even when I'm not in your presence and act accordingly. I want to be cared for."

As we discussed our covenants and our mission, I found myself talking to couples about their vows. What did they say? Would they change them if they were getting married again today? Did they feel they were living by them? If not, did they feel they were living with integrity? I've also found myself talking with couples about "right relations," considering whether they are treating each other with the respect, integrity and curiosity to which they aspire.

I think couples therapy can also inform our lives and interactions at Fellowship. Many come to Fellowship to be and grow in relation with others, themselves and that which is greater than themselves. Being in relationship provides growth opportunities both at the personal and the organizational level.

When couples come into my office, often one is leaning out of the relationship. This can often be expressed as "If I don't get x or if you keep doing y, I will leave." It is not safe or possible to do the work of relationship under threat. People will not take the emotional risks of revealing themselves or attempting to change if they fear a misstep will result in abandonment.

Likewise, when people assert at

Fellowship that if they don't get enough of something or get too much of something then they will leave, they rupture the "container" of the Congregational relationship. The attachment between members begins to loosen. People begin to identify to whom they might not be able to say what they really think, want or feel.

With couples, I ask them if they are willing to take divorce, separation, leaving out of the picture for a specific period of time during which they commit to working on salvaging the relationship. I work with them to increase their curiosity, empathy, and to verify their assumptions about their partner's motivations. This creates a safe place to do the work for relationship.

Our covenant states, "We commit ourselves to be present for support and assistance...." In Fellowship, we can renew our commitment. We can be more curious about each other. We can check out our beliefs/assumptions about others' motivations. Their answers might surprise us. The couples I work with are often surprised in a positive way. Instead of threatening to leave, we could say, "I have a problem with x. This is why. What are your thoughts? Can you help me with that?"

Conflict is part of every relationship. So are mistakes. It is the way we react, respond and move to repair these conflicts and mistakes that builds and deepens relationships or denigrates and destroys them. Therefore, I often talk to my couples about fair fighting. Fair fighting means no name-calling and no character assassination. Julia Butterfly Hill, the forest activist and treesitter, stressed in her autobiography how important it was to her always to be respectful when she spoke to the head of Pacific Lumber Company. When respect leaves, contempt

moves in. John Gottman, researcher, says contempt is one of the four horsemen of the apocalypse of a relationship.

We listen to both the positive and negative things each other has to say. People's feelings are transitory. As part of processing an upsetting event, their feelings may be negative and intense. While a person might want to rehearse with a trusted confidant what they might say to the one they are in conflict with, ultimately they need to take their concerns directly to the involved party who can do something about it. At some point, the confidant needs to help redirect the aggrieved to a productive process.

When one of us doesn't move through negative feelings or make a repair move, we need to ask, "Are you being gentle in your disagreements?" "Is this how you would like to be spoken to or about if someone had a disagreement with you?"

We are beginning to talk about having a structured, safe way for us to process our disagreements or concerns with each other. I hope we can talk about this after service, in circle suppers, at craft group at choir and around town when we see each other.

*Kim Moor*





# Humboldt Unitarian Universalist Fellowship

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e-mail: [office@huuf.org](mailto:office@huuf.org).

Administrator Shay MacKay

Office Hours:

Monday - Friday

9:00 a.m. - 1:00 p.m.

## Board of Directors:

Co-Presidents Dave Harris

JoAnn Thomas

Vice-President Greg Blomstrom

Secretary Wendy Rowan

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Kim Moor

Treasurer Chip Sharpe

Newsletter Editor Joy Thomas

Calendar Editor Shay MacKay

## General Assembly 2012

**June 20-24,** Phoenix, Arizona

General Assembly 2012 will be a gathering with multiple ways of engaging in justice work for people of all ages. Joining with the people of Arizona, we will worship, witness, learn and work together. We will leave General Assembly grounded in our faith, energized for justice and with resources to bring this work home to our congregations. Start preparing now.

- ◆ Check out immigration resources on UUA.org for resources and stories of engaged congregations.
- ◆ Follow the weekly posts at the UUA immigration justice blog, Cooking Together.
- ◆ Read *The Death of Josseline* by Margaret Regan and use the discussion guide for reflection.
- ◆ Join community partners and interfaith groups committed to immigration justice.
- ◆ Organize a congregational conversation about the Doctrine of Discovery using the discussion guide.
- ◆ Make sure your congregation's delegation includes people from traditionally marginalized groups; raise money to help with delegate expenses.

Bringing a youth?

- ◆ Read and share Top Ten Ways to Help Youth Prepare for Justice GA.
- ◆ Read *Acts of Faith* by Eboo Patel and use the discussion guide for reflection.
- ◆ Visit the GA 2012 Page for Youth and Young Adults.

This is an historic moment. Be part of the story.

*Ed Uyeki*