

# Humboldt Unitarian Universalist Fellowship

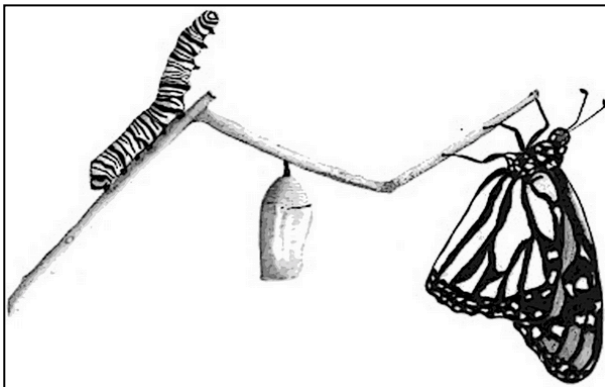


## To the Beloved HUUF Community

### **A vision of new growth amid the unraveling of the old**

In recent months, I've had a few longtime members reach out expressing their regret that they could not engage with the Fellowship as they had before. Things had come up, they said. Health issues, life constraints, grief, setbacks, loss. My response has been the same, regardless of the specifics: *"Please, dear one, connect with us where you can. And let go of anything else that's not serving you right now."* For we know a resilient ecosystem (like the one our Fellowship aspires to be) can only exist in a way that is adaptable and open to change. The health of our community is comprised of the health of the individual members who sustain it. We cannot hold ourselves (or others) to the standards we set ten or 20 years ago, nor sometimes even a few months ago. Our world is changing, unravelling. We are in the dizzying spiral of large-scale collapse, and the resources we could once count on to engage in the broader community may now be relied on simply to help us find balance within the crumbling terra firma of the world we've known.

They say that when a caterpillar enters the imaginal soup of the chrysalis, the new cells that are fighting to take form are so biologically



counter to the ones that preceded it that the old begins to attack the new: an immune system on high alert, perceiving this new lifeform as an invader rather than the next phase of growth. And yet, for this miraculous bit of everyday alchemy to occur, the old genetic

information must relinquish its grasp, bow to the unseen wisdom guiding this process and allow the new to emerge. It is uncomfortable, murky, and takes considerable time (given the short lifespan of the butterfly) to transpire.

Einstein famously said, *"We cannot solve our problems with the same thinking we used when we created them."* Yet faced with

See *"Beloved,"* page nine

## **Announcing 2025 Endowment grant awards**

The following is a list of grants that were funded this year through the small grants project of HUUF's Endowment Committee. The committee believes these grants promote our Unitarian Universalist principles including: acceptance of one another and encouragement of spiritual growth; justice, equity and compassion in human relations; and the inherent worth and dignity of every person.

Grants awarded include:

Kitchen equipment and supplies: \$1,000, submitted by Sylvia Shaw and Colleen Betts;  
Attendance for three participants online for this year's General Assembly: \$1,230, submitted by Tiffany Hess;  
OWL, value based sexuality education facilitator training online for two facilitators: \$2,000, submitted by Bek Paez;  
Office equipment/desk improvements for staff: \$800;  
Workshop and Sunday Service by Liz James, visiting UUA facilitator: \$1,000, submitted by Berti Welty;  
Parenting teens workshop with Diane Nunes-Mizer: \$1,000, submitted by Amy Day;  
Restorative practices/conscious communication workshop by Liesbet Beckett;  
Training for board and staff: \$500, submitted by Liesbet Beckett;  
Ministerial discretion – Emergency funds: \$1,000, submitted by Bek Paez;

You can help HUUF continue this program and grow our endowment funds

See *"Awards,"* page five

## **Imagination brings new life to the everyday**

My name is Tiffany, and I am HUUF's Fellowship Engagement Coordinator. I would love to let you know some of what we have to offer in the classroom for the month of May.

Our Religious Education/Spiritual Exploration teachers are diving into our heart-filled Soul Matters packet, this month exploring the theme of *Imagination*. Each week we have a new angle to explore, which we tie into the larger congregation for a deeper sense of connectedness and opportunities for intergenerational sharing.

Session One: Using imagination to have fun

Session Two: Using imagination to find hope

Session Three: Using imagination to think outside the box

Session Four: Using imagination to understand

As you can see from the session titles, our goal this month is to highlight the ways imagination enhances our lives. Not just an escape from "real life," imagination also brings new life to the everyday.

While waiting for our next service, feel free to try out this body practice.

### **Shake off the storm to release heavy feelings**

Imagine you're caught in a big storm. Your body feels heavy, like raindrops are weighing you down. Now, shake your arms, legs, and whole body like raindrops splashing on the ground.

Keep shaking until the storm clears—feel the lightness return.

### **Grow like a healing tree (resilience and strength)**

Now lie down, curl up very small, and imagine you are a tiny seed in the earth. Slowly stretch up, arms reaching toward the sky. Your roots are deep, your branches are strong.

Imagine sunlight shining on you. How does it feel to grow taller and stronger?

If you took a minute to enter the storm, or to be a tiny seed becoming a tree, I honor your imagination, and all that it has carried you through.

At the closing of our time together, we blow out our chalice and send the children back to their parents with closing words. I will use a version from our Imagination packet to close:

We are Unitarian Universalists (*open wide toward each other*)

Who put love at the center of our lives (*hands on heart*)

And as we go out into the world,

Let us remember (*tap head*)

That we can use our imaginations (*wiggle fingers from side of head outward*)

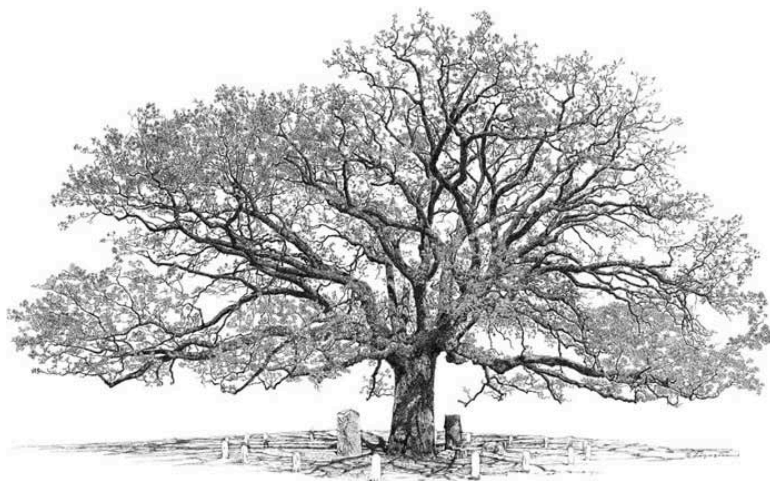
To help us understand views and feelings other than our own.

**All ages children, of all abilities, are welcomed and included here.**

Thank you for being a part of this diverse, rich, energetic and beloved community.

Yours in Fellowship,

*Tiffany Hess, Fellowship Engagement Coordinator*



## Sunday Services

**Sunday, May 4, 11:00 a.m.**

***Beltane: Josh Charles and the Redwood Coast Covenant of UU Pagans (CUUPS)***

You are welcome to join a celebration of the beauty and sensuous unfolding of Spring with the HUUF community. CUUPS is offering a Beltane ritual service this Sunday, followed by a potluck lunch—come dance the turning of the wheel, make magic in community, and bless the path forward for yourself and your work in the world. This ritual is based in eclectic and Celtic traditions, family friendly, and open to all. Blessed be!



**Sunday, May 11, 11:00 a.m.**

***In Praise of Matriarchy: Amy Day***

At times we're called to envision a world of which we have no living memory, something that exists in the realm of dream or folklore. But imagine it we must. Come as we move past the patriarchal norms of dominance, extraction, individualism, and scarcity to collectively paint a portrait of a world based upon community, regeneration, reciprocity and LOVE.

**Sunday, May 18, 11:00 a.m.**

***The Essential Power of Belonging: Liesbet Bickett and Dr. Jeanine Pfeiffer***

A true sense of belonging is essential for the well-being and flourishing of our Fellowship. In this special service, we will gather to reflect on the deep human need for belonging—how it shapes us, heals us, and calls us into community. Together, we will view the short film *The Essential Power of Belonging*, in which author and journalist Caroline Clarke explores the personal and collective importance of belonging through the lens of her own family's story and her leadership in creating spaces for women of color to thrive.

Following the film, we will break into small groups to share reflections and engage in heartfelt discussion around the barriers to belonging, and how we might build a more inclusive, welcoming culture—within ourselves, our Fellowship, and beyond.

This is the first in a two-part series of services on belonging. A follow-up “working service” will invite us to imagine and co-create practical pathways for deepening the experience of belonging at HUUF—for long-time members, new friends, and all who seek spiritual community.

All are welcome. Come as you are. Your presence matters.



**Sunday, May 25, 11:00 a.m.**

***Memento Vivere: Amy Day***

In contrast to "memento mori", which implores us to consider our own mortality, today we gather to remember the call to life, even in the face of devastating loss. Join us for rituals and songs of joy, resilience, and deep affirmation.

## Upcoming trainings

### **Learn essential skills to express your caring**

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 to offer gentle listening, emotional support, and loving presence to members of our community when they most need to be heard, emotionally held, and comforted.

To nurture and equip this team, we 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 or not. 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*

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

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

*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.

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>



*Scan me*



### Summer schedule

### **Important reminder! Starting June 16, services will begin at 10:00 a.m.**

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 on 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*

### **Membership Class concludes on May 18**

Join Amy Day for the fourth and final session of our four-part HUUF Membership series on Sunday, May 18 at 12:30 p.m. Grab a snack and a warm hello at Coffee Hour, then head over to the Multi-Purpose Room and join the conversation. This is a great opportunity for members, both new, considering, or longstanding, to gain an understanding of our unique faith tradition, and weave themselves more deeply into the life and future of this community. Drop Amy a line at [minister@huuf.org](mailto:minister@huuf.org) if you’d like to know more or sign up to participate.

Youth Summer Camp at HUUF with Bellamy Devine

**"Weaving The Web" – A Textile Experience**

These day camps will give youth the opportunity to have hands-on experience with local fiber and ancient textile traditions. Each project will encourage them to form a personal relationship to the living world around them, including the plants we dye with and the sheep we spin wool from. It's a chance for us all to find out a little more about where we live, and become part of it as we all share this common ground.

Cost of camp is \$200 for the week, with sibling discounts and some partial scholarships available. For more information, or to register your child, please visit the website at: [HUUF.org](http://HUUF.org)

**Week 1: July 7-11, 9:00 a.m.-3:00 p.m., ages 6-10**

Day 1: Embroidery	Day 2: Scrap Dolls	Day 3: Spinning	Day 4: Dyeing	Day 5: Weaving
An intro to embroidery, getting acquainted with needle and thread, and practicing all kinds of stitches on pre-made cloth books.	Using wooden beads, pipe cleaners, and scrap fabric, we'll make dolls like I used to when I was a kid, practicing making 3-D forms from cloth.	Possible field trip day to a local farm to meet and learn about sheep and wool. Back at the fellowship, we'll learn to spin our own wool.	Using the skeins of wool made the previous day, along with supplemental wool, we'll use natural dyes to create all kinds of fun colors.	Using cardboard, we'll craft our very own looms and use our yarn that we dyed yesterday to create a tapestry!

**Week 2: July 21-25, 9:00 a.m.-3:00 p.m., ages 11-15**

Day 1: Scrap Bag	Day 2: Foraging (need 3 helpers)	Day 3: Dyeing	Day 4: Batik/ Overdyeing	Day 5: One-yard projects
Using fabric scraps, we'll sew a bag for foraging the next day. Both handsewing and machine sewing options may be available.	We'll be outdoors all day in search of local dye materials! Once finished, we'll process all the berries, bark, and plant stuff for the next day.	Dye pots will be set up outside, all fabric/clothes to be dyed will be prepared and simmered.	We'll continue the dyeing process, adding wax on our textiles to achieve a pattern, then dye again! Or simply see how the colors change when they are placed atop each other.	Using our beautiful dyed pieces, I'll teach several options for one-yard follow-along sewing projects.

***Awards, from page one***

by including HUUF in your legacy plans and goals. For more information, contact Cynthia Chason at (707) 601-6136 or [cynthiachason@gmail.com](mailto:cynthiachason@gmail.com).

*Cynthi Chason, Endowment Committee*

# Healthcare Questionnaire

The Social Issues Committee of HUUF has re-formed, and one of the first issues we want to work on is healthcare, as access to healthcare is a large issue for Americans.

The purpose of this form is to find out the needs and interests of our community in regards to healthcare, both locally and nationally. We also want to know about possible allies that we can work with.

Thank you for taking the time to fill out this questionnaire.

## 1. Do you have health insurance?

Yes

No

## 2. If yes, what kind of insurance do you have?

Medicare/Medicaid/MediCal

Covered California

Private Insurance

N/A

Prefer not to say

## 3. Do you have a place to go to receive healthcare?

Yes

No

Prefer not to say

## 4. Do you have a general practitioner?

Yes

No

Prefer not to say

## 5. Do you support Healthcare for All?

Yes

No

See "Questionnaire," next page

## Questionnaire, from page six

6. Do you support gender affirming healthcare, or healthcare for trans people?

Yes

No

7. Do you support reproductive healthcare for all?

Yes

No

8. What issues regarding healthcare worries you the most locally?

9. What issues regarding healthcare worries you the most nationally?

10. Are you or a loved one physically disabled?

Yes

No

Prefer not to say

11. Are you or a loved one mentally disabled?

Yes

No

Prefer not to say

12. Do you know any local advocacy/activist groups that focus on working on healthcare issues, reproductive health issues, or disability issues?

## Climate Action Campaign

### **Lots of climate action this Spring**

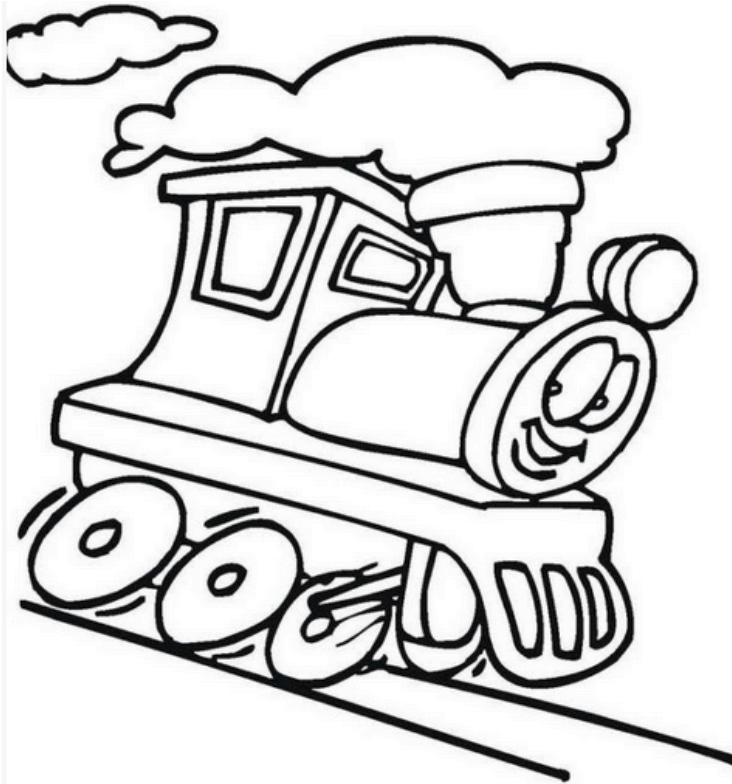
At the beginning of April, Earth Day Month, the Climate Action Campaign felt like the little red engine who said, “I think I can, I think I can.....”

For our elementary school book project, CAC members contacted two more schools, bringing the total to 26 local elementary schools that we, working jointly with 350 Humboldt, contacted to offer age-appropriate books on climate and the environment. CAC and 350 Humboldt have submitted a grant

request to a local donor and we will submit additional grant applications to cover the cost of the books.

The first Humboldt Repair Cafe had a very successful opening on April 6 with 150 people attending to get household items repaired, rather than be thrown away. The next Repair Café is scheduled for Sunday, May 11, 10:00 a.m. to 2:00 p.m. at the Arcata Community Center. CAC helped collect some tools and materials for the Café. Because donations from April 6 were sufficient for the purchase of new tools and materials, CAC is no longer collecting tools.

Local solar contractor Roger reports that as of April 4, HUUF’s newly added solar panels are up and running, and he found a free gently used inverter for our system. This inverter is intended for temporary use and will operate until HUUF invests in batteries, at which time a new inverter will need to be installed. In the meantime, we will be



monitoring HUUF’s energy use.

Hanna Nielsen’s April 13 Sunday service “Resilience and Empowerment in a Chaotic Climate,” was timely and deeply appreciated. Thanks to CAC members Pat Carr and Ann Kilby for arranging Hanna’s presentation, and to Worship Leader Josh Charles for his superb facilitation of the morning program.

More thanks to CAC members Ann Kilby, Connor Rad, and Sylvia Shaw for Earth Day tabling at the April 19 Arcata Farmers Market, helping children make their own climate-themed cloth napkins

Several HUUF and CAC members also turned out to carry the CAC and Black Lives Matter banners at the rallies at the Humboldt County Courthouse on April 5 and April 19. (See the photograph on the last page of this issue.)

For our third Sunday Climate Action of the Month tabling, we thank Pat Carr who organized phone calls and postcards to ask the support of State Senator Mike McGuire and Assemblyman Chris Rogers for the Polluters Pay Climate Superfund Act of 2025.

See “Climate Action” on page nine

## About HUUF people...

A celebration of life for longtime HUUF member Helen Vatcher will be held on Saturday, May 10, 1:00 to 3:00 p.m. at the Fellowship. A potluck finger food reception will follow. If you have works of art by Helen, her family asks that you bring them to share at the service.

You may want to read Helen's obituary at: <https://www.northcoastjournal.com/blogs/Obituaries/>

One of our HUUF RE alumna has just passed her bar exams. Congratulations to Navarra Carr! Navarra's parents are Valerie Gizinski and Pat Carr who started Navarra in our RE preschool program when she was two years old. Navarra was an integral part of the RE program for many years, first as a student, then a teacher, teen group facilitator, and she also provided childcare on Sunday mornings and at special HUUF events. Navarra is currently serving her second term on the Port Angeles, Washington city council. We are very proud of Navarra.

*Sue Mossman*

## Climate Action, from page eight

Finally, on the 55<sup>th</sup> anniversary of Earth Day, April 22, CAC co-sponsored the Earth Day rally on the Plaza in Arcata. Speakers included Matt Simmons, climate activist attorney for EPIC, County Supervisor Natalie Arroyo, Deborah Dukes from 350 Humboldt, longtime environmental activist Larry Glass, and HUUF lay minister, Amy Day. Thanks to the Raging Grannies, including CAC members Ann Kilby, Colleen Broderick, Ellen Ryan, and Laurel Busse, for performing at the rally.

"I think I can, I think I can," said the little red engine, and sure enough, our little CAC could. The Rev. Wayne Arneson once said, "The way is hard, the path is not clear, and the stakes are very high. But take courage. For deep down, there is another truth: you are not alone." I am grateful **we** are not alone. Thanks to all of you who are with us so that we **could**, and thanks to everyone for your support so that we **can** continue to work together for Earth and her climate.

*Sue Lee Mossman, Co-Chair*

## Beloved, from page one

uncertainty, the human animal clings to what it knows: our intellect, our egoic striving, the things that worked for us a generation or more ago. Surely we just need to dust off the old toolkit and keep going, double down on the solutions we've employed before, and before we know it, we'll be back to the mythic shores of an idyllic "normal." Right?

This period in time, often described as "unprecedented," asks us to pause and sit for a while in an uncomfortable stew. We are being asked to change our frequency, our patterning. We are called on to envision the birth of a different world, even as we find ourselves inside the violent death knell of the one we are in. We are in the proverbial belly of the whale, the chrysalis. And there is no rushing our way through it. Rather, we can summon for ourselves, and one another, new ways of being inside it. We can create a sacred space, akin to the one Victor Frankl wrote of when he said "*between stimulus and response, there is a space.*" May we claim this holy threshold for the metamorphic power it holds, and find new vistas of freedom, growth, and strength for what lies ahead.

Yours in grace and gratitude,

*Amy Day, Lay Minister, HUUF*



## Humboldt Unitarian Universalist Fellowship

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(707) 822-3793 <https://huuf.org>, email: [office@huuf.org](mailto:office@huuf.org)

**Lay Minister:** Amy Day, on campus Tuesday and  
Thursday, email: [comm@huuf.org](mailto:comm@huuf.org)

**Administrator:** Bek Paez, email: [office@huuf.org](mailto:office@huuf.org)

**Engagement Coordinator,** Tiffany Hess, on campus  
Tuesday through Thursday, 9:00 a.m.-2:00 p.m., email:  
[connect@huuf.org](mailto:connect@huuf.org)

**Sunday Service Pianist:** Annette Gurnee Hull

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### Letter to the editor

#### Update from Mandy

Thanks to all of you who've carried me through the first couple months of recovery from rotator cuff surgery. I'm making progress, slowly. With extreme limitations on my right arm, I'm still in need of rides to physical therapy twice weekly. Please email me at [therealmandybray@gmail.com](mailto:therealmandybray@gmail.com) or find my phone number in the HUUF directory.

With your continued patience and compassion, I'm sure we'll schlepp me through this surreal healing journey.

Pleeez and thank you!

*Mandy Bray*

#### ***The photograph to the left...***

... shows Tom Lewis and John McAllin holding the Black Lives Matter banner at the Saturday, April 19 rally for democracy at Eureka's County Courthouse. Holding this banner, HUUF members have rallied at the intersection of V and Fifth streets in Eureka on Saturday mornings for the past five years.

