

# Humboldt Unitarian Universalist Fellowship



June 2009

## A treasurer's last poem

This is my swan song...I've sung it before  
But this time I'm really out the front door.  
I've counted our money and paid every bill  
Frankly, my dears, I've had my fill.  
Most of you followed procedures in the norm  
Though some forgot a reimbursement form  
Starting July 1, pending approval,  
Dave Harris will fill the treasurer groove.  
I'll still be around to collect the Sunday basket  
Work on a committee? Please don't ask it.  
It's my turn to pass the buck  
And only show up for your pot luck  
Year after year, you've been so great  
Turning in receipts for whatever you ate.  
Please think of me when the auditor comes.  
I balanced "to the penny," roll out the drums  
New treasurer Dave Harris will do the same  
Balancing books is part of the game.  
So this isn't goodbye, we'll never part  
'Cause you and HUUF have a place in my heart.

Nancy Cook

## How to cultivate compassion: Thoughts in response to Karen's May 9 column in the *Times-Standard*

Thoughts in response to Karen's May 9 column in the *Times-Standard*

Can empathy and compassion be taught, or do they have to be "caught" via some individual or communal transference? I believe empathy can be taught, in that it can be educed by a conscious effort to behave in a way that shows interest in another person and seeks to understand.

One lesson we attempt to convey in classes for volunteer mediators is that it is often easier to change one's behavior than it is to change one's attitude. How challenging it sometimes is to find within ourselves a solid or even a tentative sense of affection or respect for the person we are encountering in some trying or awkward circumstance. When we find ourselves unable to feel that positive regard for the other, it can help to rely on those small but significant acts that we know show care and understanding: eye contact, open posture, patient pauses, questions for clarification, attention to the mood and pace of the conversation, et cetera. Quite wonderfully, implementation of these techniques will frequently develop within us genuine respect and appreciation of someone from whom we had been feeling distant or alienated. Thus, if we will it, we can take steps to develop our own feelings of empathy.

But what about changing the behavior or attitudes of someone else? We must recognize that changing others is not in our power. Still, we operate with faith that our own compassionate acts, which we require of ourselves, just may encourage kindnesses from others. May it be so.

Chip Sharpe, Trainer, Humboldt Mediation Services

## From Karen

Dear friends,

Many thanks to all of you for a wonderful send-off on May 17. As I write, our house is filled with flowers and the blessing box is overflowing in the kitchen. I am leaving with a very full heart and so many great memories of worshipping, celebrating, loving and growing together.

It has been an incredible three and a half years. Thank you all for sharing your journey with me.

With love and gratitude,

Karen Harris

## Save the date

**June 7:** Summer services begin, one service per Sunday, starting at 10 a.m.

**June 7:** Congregational meeting directly after service

Maureen Lawlor

## People

**Nancy Meadow** died on Wednesday, May 13. She will be dearly missed by many of us.

**Jamila Tharp** had a hysterectomy and is now home.

We send lots of loving thoughts for **Charlynn Johnson and Suzanne Moore**.

**Cathy Enis, Denise Foley, Lucera Love, Shirley Osgood, Addie Segura, Jan Rowen, and Christina Hutton** were recently honored at our recent new member Ingathering Ceremony.

**Jan Roberts** graduated from CR with an AS in Early Childhood Development. **Lisa Roberts'** mom and sister will visit from San Diego. Their son, Zack, will come home from his year in Chico.

Our best wishes to **Pat McCutcheon** who will have lumbar fusion back surgery.

Beloved long time HUUF members, **Jess Moon** and **Louise Becking** recently passed on. Jess died in late April at the age of 97. Louise Becking died in May. We send our condolences to their families.

Congratulations to **Laird Allen** (son of Susan and Scott) who graduated in May from Guilford College. See photo caption for details.

Congratulations also go to **Claire Appelmans** who is a Humboldt County Science Fair finalist.

**Awanna Kalal** had a wonderful ten-day trip to the UK with daughter Rebecca.

**Dave Davis** has excellent results from his surgery. We are all relieved that it is nothing serious.

Best wishes to **Mandy Bray** for a good outcome for surgery she will have on June 12.

**Mickey Strang** is on the road to recovery after her stroke. Check out her delicious-looking Ahi Citrus

Salad recipe in the May issue of *Sunset Magazine*.

**Mayer Segal** wants everyone to know that he "is alive and kicking." He appreciates all of the support from HUUF.

A book signing by **Ursula Osborne**, translator of Heinrich F. Liebrecht's memoir, will be held on Friday, July 10, 7 – 9 p.m., at Northtown Books, 957 H Street, Arcata.

*Karen Knapp*

## Pledge tip of the month

Brush, floss, rinse and pledge.

*Nancy Cook*

## Fellowship medical equipment

Selma Sonntag has stored the various crutches, walkers, toilet raisers, etc., for ten years. She needs to pass this on to another member by June. I can take it on eventually but do not have access to my garage for probably two years.

Can someone do a short term storage until I can do it ?

We need to do an exact inventory of what we have. If you have any equipment please call to let me know what you have. If someone will store the apparatus, I am willing to manage the flow of equipment.

Call me if you have temporary need for any of this equipment. You do not need to buy such equipment.

*Jan Rowen*



On May 9, Laird Allen graduated from Guilford College in Greensboro, North Carolina, with a BS in Criminal Justice, a BA in Political Science and a minor in Communications. Scott, Susan and Maggie Allen, Celest Armenta and Chip Sharpe attended the ceremony. Chip is a Greensboro native whose father was a Guilford graduate.

## Plant a row for the hungry

Food for People, the Food Bank for Humboldt County, invites local gardeners to Plant a Row for the Hungry. Plant a Row for the Hungry is a national food recovery program founded in 1995. Gardeners are asked to plant an extra row and donate any excess produce to Food for People. These fruits and vegetables will be given to area residents in need. Fresh produce is a vital part of any healthy diet, and too often it's a sacrifice people make when money is tight. By giving away surplus from their gardens each harvest, local residents can ensure their neighbors have access to fresh vegetables.

Those with fruit trees can donate blemished fruit that is otherwise edible. Gardeners with large donations, an orchard of apples for example, may call Katie Harbaugh at 445-3166, extension 312, or Michael Canning at 445-3166, extension 314, for help with harvesting. Those with smaller donations are asked to leave produce at Food for People or at the closest food pantry.

Once harvested, donations can be dropped off at 307 W. 14<sup>th</sup> St., Eureka, from 9:00 a.m. to 4:00 p.m. Monday through Friday. More information on the Plant a Row program can be found at <http://www.gardenwriters.org>. More information on Food Bank programs and local area pantries can be found at <http://www.foodforpeople.org> or call Food for People at 445-3166.

*Michael Canning*  
Food For People, Inc.

## Green tip of the month: Get educated about climate change solutions

After a two-year study, the Union of Concerned Scientists ([www.ucsusa.org](http://www.ucsusa.org)) has produced a report stating that "With the right policies in place, the United States could dramatically cut the heat-trapping emissions that cause global warming and, at the same time, lower energy costs in every region of the country.... We can protect the environment and Americans' pocketbooks by adopting the right policies," said UCS President Kevin Knobloch. "Our analysis shows we have the technology and the know-how to do this. What we now need is the political will."

*Climate 2030: A National Blueprint for a Clean Energy Economy*, which used a modified version of the Department of Energy's National Energy Modeling System, concluded that the United States could meet an emissions-reduction cap of 26 percent below 2005 levels by 2020, and 56 percent below 2005 levels by 2030. The average U.S. household would realize net savings of \$300 in 2020 and \$900 in 2030, while businesses collectively would see net savings of \$35 billion in 2020 and nearly \$130 billion in 2030. Collectively, households and businesses would see net savings of \$255 billion in 2030.

UCS found that implementing a cap on emissions with a suite of energy and transportation policies would trigger investments in efficiency improvements, renewable energy technologies, clean vehicles, better transportation choices, and low-carbon technologies and fuels. Household and business savings on transportation fuel costs and on electricity, natural gas and heating oil bills would more than offset those investments and any rise in energy prices.

Read the full article at: [http://www.ucsusa.org/news/press\\_release/us-can-curb-global-warming-0242.html](http://www.ucsusa.org/news/press_release/us-can-curb-global-warming-0242.html).

*Scott Allen*

## Art in the sanctuary

As curator of the art exhibitions in the sanctuary, I want to remind everyone that artwork on exhibit should not be moved or handled without talking to me. I have volunteered to make myself available to oversee the handling of artwork if it needs to be moved for any reason. Please contact me by phone or e-mail if you need to have a piece moved. Creating a piece of art is a personal thing, and the artists assume that their work will be handled with care. Please respect and honor the gift that our artists bring to us by sharing their artwork.

*Katherine Almy*

## Father's day brunch

The Social Action Brunch will be held **June 21** after the 10:00 a.m. single service. It will benefit Food for People. This is the day we celebrate fathers. Bring your Dad and enjoy our yummy food and a special dessert. Brunch is \$5.00 for adults and \$1.00 for children unless you contribute a dish then it is free. We welcome all cooks or givers to help us. Call me to sign up.

*Denise Foley*

## Candidate statement

At the March Congregational meeting, Dave Harris was introduced as the “apprentice treasurer.” Since April 1, Dave has performed 99% of the duties of treasurer. Originally, it was planned to ask congregational approval of Dave’s appointment as treasurer and board member in October. However, now that a **June 7** congregational meeting has been scheduled, it seems prudent to seek congregational approval of Dave in June. Dave submitted the following paragraph as a description of his background and involvement with HUUF. On a personal level, I recommend Dave’s approval to you; he will be a valuable member of the board and an excellent treasurer.

*Nancy Cook*

David and Ilene Harris joined the congregation in 2002. David taught computer information systems classes at College of the Redwoods for 30 years before retiring in May 2008. He graduated from UCLA in 1967 (Economics) and CSU Long Beach in 1969 (MBA-Finance). He looks forward to serving the Fellowship as Treasurer.

## Fit tip of the month: 12 ways you can cut health care costs (from *Harvard HealthBeat Newsletter*)

### Part two (continued from last month)

7. Fight inertia. If you’re taking a medication, discuss with your physician how long you’ve been taking it and whether it’s working. If it isn’t, it may be time to reassess.

8. Screen the screening tests. Screening tests can save lives by catching a disease at an early, more treatable stage. But a screening test can also cause a lot of mischief: false alarms, a false sense of security if a disease is missed, and unnecessary testing and treatment. Talk to your doctor about which screening tests are necessary.

9. Question expensive tests. Don’t push to get new, expensive tests just because you think new is better. If your doctor orders an expensive test like an MRI or CT scan, ask why it’s necessary and how it will make a difference. It’s the expensive inputs into our health care — all the drugs, tests, high-tech treatments, highly compensated specialists — that drive up the collective medical bill.

10. Wait and it may go away. Often it’s critically important to get medical care straightaway. Prompt treatment of a heart attack or stroke can save your life or prevent devastating disability. But people frequently get tests and treatments for aches, pains and other discomforts that might have gone away on their own because the illness-producing stress of work or school lets up, for example, or the immune system fights off the infection. If you feel sick, by all means get evaluated, but if your doctor suggests the test of time, take the test.

11. Discuss end-of-life issues with your family and physicians. Roughly a fifth of the money that Americans spend on health care goes for care in the last year of life. Talking about your preferences may help—a 2008 study found that cancer patients who had discussed end-of-life care with their physicians received hospice care sooner and had lower rates of ventilation, resuscitation, and admission to an intensive care unit.

12. Stay healthy. Quit smoking, eat right, exercise, and get enough sleep. You’ll reduce your risk for conditions that require medical care.

For more about staying healthy and aging well, order Special Health Report, *Living Better, Living Longer*, at [www.health.harvard.edu/LBLL](http://www.health.harvard.edu/LBLL).

*Scott Allen*

## New in the library

Recently added to the HUUF library are the following:

*Beacon Press and the Pentagon Papers* by Allison Trzop;

*Not Buying It; My Year Without Shopping* by Judith Levine;

*Woe to the Women; the Bible Tells Me So* by Annie Gaylor, a gift from Phyllis Helligas;

*Wisdom of Faith*, a set of five videos by Bill Moyers, a gift from Gordon Leppig and Juli Neander.

The library continues to suffer from a deficit of volunteers to keep it open. During summer, the library will be open for half an hour after the 10 a.m. service only on the third, fourth and fifth Sundays of the month. Please contact me if you would like to help improve this situation.

*Joy Thomas*

## UUA and young people

The Unitarian Universalist Association announces release of two highly-anticipated reports which address the future of Unitarian Universalist ministries to young people. The Youth Ministry Working Group Report and the Mosaic Project Report provide concrete steps that Unitarian Universalists must take to build multigenerational, multicultural faith communities that nourish and serve members of all ages and identities in the new millennium.

The Youth Ministry Working Group's report offers a comprehensive set of recommendations for youth ministry at all levels of our Association. The goal is to create a youth ministry that is spiritually deepening, faith developing, inclusive and anti-oppressive, a ministry providing many pathways for youth involvement in congregational life.

The Mosaic report is the outcome of a two-year assessment of the ministry needs of UU youth and young adults of color. The report by UUA staff member Laura Spencer seeks to determine the ministry needs of African, Caribbean, Native American Indian, Asian and Pacific Islander, Latina/Latino and Hispanic, Middle Eastern/Arab, multiracial, multiethnic and trans-racial Unitarian Universalist youth and young adults.

More information about both reports is available on the UUA website and on Facebook. For a copy of the Youth Ministry Working Group Report and related resources, visit [www.uua.org/youthministry](http://www.uua.org/youthministry) or see the "Unitarian Universalist Youth Ministry" Facebook page. For a copy of the Mosaic Project Report and background about the project, go to <http://www.uua.org/mosaic> or visit "Mosaic Project - Unitarian Universalist Association" on Facebook.

*Ed Uyeki*

## Religious Education



**May 31** Milestone Ceremony: Come at 10:30 to practice your song and/or skit for our celebration at 11 a.m.

**June 7** Sundae Sunday: Ice cream for breakfast! Yes, it's our last day of RE; and our tradition is to have an ice cream party to celebrate summer. This starts the 10 a.m. service time, so we will have granola and bananas with our traditional sundaes. This is also a time when children review what they liked or didn't like this year and give ideas that they want for next year's RE program. Come eat ice cream and give your opinion.

**June 13** Saturday Program Review: Come play with friends while parents give their feedback.

Thanks for another wonderful year in RE to all the folks who made it happen. We can't do it without you. Snack providers, classroom helpers, night shelter deliverers, sewers, teen drivers. Plus our hard working teachers, Teen Facilitator, Child Care coordinator, child care providers, Snack Coordinator, Family Ministry Night hosts and of course our RE committee.

If you can contribute, we are looking for a teacher for next year to co-teach our 3<sup>rd</sup> – 5<sup>th</sup> grade class. You would teach only one Sunday a month, and the curriculum is already planned. You would get the support from the teacher who has been doing it for years. Please see me or Cathy Morin if interested.

We also need more people on the RE committee to continue to support and guide this growing, vibrant program. Come be a part of growing our future UUs.

*Jillian Mooney*

## HUUF children's RE futures workshop

The annual review of HUUF's children's Religious Education program is scheduled for Saturday, **June 13**, from 9:45 a.m. to 3:00 p.m. This review is conducted in a workshop format and is designed to evaluate the past year's progress and design next year's effort. One highlight from the past year was providing the Teen Group with several travel opportunities to UU events outside of Humboldt County. Next year's program will need to address a much larger Teen Group as well as a revamped approach to the greater HUUF Program and Worship effort. Additional challenges include hiring a new Childcare Coordinator, revitalizing the RE Committee and moving forward without the assistance of a minister. The workshop will include a working potluck lunch, so please bring something to share. This should be a very interesting workshop where you can provide input into the future of the HUUF children's RE Program.

*Mark Smelser,*  
RE Committee Chair



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Office Hours:  
Tuesday, Wednesday,  
Thursday, Friday  
9:00 a.m. - 12:30 p.m.

**Board of Directors:**

Co-President	Maureen Lawlor
Co-President	Bonnie MacGregor
Vice President	June Davis
Treasurer	Nancy Cook
Secretary	Roxana Hand
Trustees	Jeff Knapp Greg Blomstrom

Newsletter Editor	Joy Thomas
Calendar	Amanda Jones

## Third Wednesday group

At HUUF a meeting is held regularly on the third Wednesday of every month, from 2 to 4 p.m. for lively discussions. Primarily articles that have recently appeared in the UU World magazine are discussed. Other UU topics may also come up from time to time. Richard Kossow started the group and is usually present. It is listed in the calendar as “UU World Discussion Forum.” Participants do not need to commit to regular attendance. The most recent issue of *UU World* was mailed from the east coast on May 15. What will we find in it? Active members receive it quarterly by mail. Inactive members and non-members can subscribe for \$14 for one year, \$27 for two years, \$39 for three. Please join us next time on **June 17**.

*Ursula Osborne*

## Deadline for next newsletter: Saturday, June 20

The next issue will cover events for both July and August. The newsletter is not published in August. E-mail articles to Joy Thomas at [jthomas3@csulb.edu](mailto:jthomas3@csulb.edu). Send calendar and Sunday service info to Amanda Jones at [anewilljones@yahoo.com](mailto:anewilljones@yahoo.com).

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