

Humboldt Unitarian Universalist Fellowship



June 2014

A Note from Bryan

On May 16, I was honored to be one of the local, interfaith religious leaders to welcome the Maitreya Loving-Kindness Tour of Buddhist Relics to Arcata. The whole process was very thought-provoking. The display of Tibetan art, dance, music and spiritual sensibility warmed my heart. I felt the sincerity and profound intention to communicate goodwill across all our differences.

I also felt the great need for loving-kindness in my own heart and everywhere. Venerable Khenpo Ugyen Wangchuk, the young Buddhist teacher who is accompanying the relics, is from Bhutan where, for the last thirty years, the Tibetan Buddhist majority has oppressed and persecuted the Nepalese Hindu minority, taking away the land they have lived on for over 150 years, taking away their citizenship, throwing protestors in prison and in some cases, killing them. Loving-kindness is greatly needed in the seats of power in the very place the Loving-kindness Tour began.

But that is no surprise. Loving-kindness is needed in the seats of power in our county, state and nation as well. And it's needed in each of our hearts where conflict still rages and pits our isolated egos against our own simple humanity and against other people's simple

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Hiatus for high notes

As summer approaches, the choir will take a break for a couple of months. We will resume regular Wednesday evening rehearsals in August and begin singing for Sunday services in September. Watch for updates in next month's newsletter about rehearsals and a summertime mini musical retreat. Newcomers are warmly encouraged to attend.

As we wind up another year together sharing music, your humble choir director would like to extend a heartfelt "Thank you!" to everyone who has given of their time and talent to keep the choir going. To those who sing, play piano, cook dinners, help with childcare or give rides so that others can sing, "Thank you!"

Thank you, HUUF family, for letting choir happen, and for letting me lead it. It is a pleasure and honor, and I look forward to many more years of musical journeys together.

mUUsically yours,

Elisabeth Harrington



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People

Congratulations to **Debi Cooper** who is now a certified level 1 reiki practitioner and is offering free sessions at your convenience. A reiki session is a giving/receiving of the universal healing energy through your chakras. Sessions can go from 10 - 30 minutes, can be seated or reclining and at any quiet location. Just call 248-227-2124 or inquire in person at fellowship.

Congratulations and best wishes to graduates **Sylvie Leppig** from Arcata High, **Navarra Carr** from Sacramento State University and **Jamila Tharp** from Starr King School for the Ministry.

Honors to **Marianne Pennekamp** who has reached her 90th birthday via a life of harrowing and amazing experiences, giving and sharing.

Our hearts and thoughts go out to **Edie Watson** and family as she is comfortably declining in health.

Kinara Erickson wants more visitors. Call 825-1214 first and bring some vegan goodies if you can.

Joy Thomas has more-or-less recovered from the latest round of chemo and is now having radiation.

Thank you to all who shared at the Caring Circle Labor Day Party. The decor set the stage, the guests brought passionate stories about making a difference, and Bryan brought a historic labor and resistance song collection complete with Pete Seeger to help us sing. Next time you see Kinara ask about her grandmother in the labor movement.

Sylvia Shaw



Art at HUUF

Fancy, decorative, elaborate, embellished, embroidered, ornate, intricate: A fiber arts show.

This month various members of the fellowship share their creative use of fabric and thread.

Continuing our series of shows drawn from the talented members of HUUF, the next show will have a theme of the "Ah Ha" Moment. So if you have created art that felt like or represents a spiritual, creative or personal high, think about entering the show which will hang from **July 15 - August 3**.

Cheryl Rau

Well done, Oregon!

The minister of the Welcoming Congregation of the Humboldt Unitarian Universalist Fellowship congratulates our brother and sister congregations in Oregon for the success of all their hard work to make Oregon another state that honors same sex marriage. Together, we're standing on the side of love.

Rev. Bryan Jessup

Halloween festival

If you'd like to be involved with this special event on **October 18**, talk to Sandy Lynn, Judy Rishel, Berti Welti or Katherine Almy and let us know that you would like to join in. You can also contact me at sandy5527@sbcglobal.net or 499-1131 (talk/text).

Sandy Lynn

Congregational meeting

On May 18, a lively discussion of the Recommended Budget for 2013-2014 enlightened all to the tremendous amount of work that has gotten the congregation to the point of having the option to adopt an increased budget. At the same time we were made aware of the need to know and understand more of the history of the equity funds and committee functions and process. Consensus was reached to adopt the budget with a change to the Potential Equity Fund Use section removing the Memorial Garden fund.

Sylvia Shaw

Creative writing anthology

It's time to polish up those poems or short stories you've been saving and time to explore on the page those ideas that have been percolating. This fall equinox will see publication and distribution of HUUF's *Creative Writing Anthology*. Poetry and short fiction pieces (2,000 word maximum) are sought for a submission deadline of **September 1**. We are also seeking submissions of a couple of line drawings from children or adults for selection for the cover. For both drawings and written work, priority will be given to early entries. The anthologies will be available, next to a donation box, on Sunday, September 21. Submissions can be emailed to mcauselhorst@gmail.com. Please write "HUUF Anthology" in the subject line. Drawings can be sent to Pat McCutcheon at 1630 Buttermilk Lane, Arcata, 95521.

Communications Committee

Next year's budget

Ursula Osborne has been urging us for years to adopt our fellowship's budget before the July 1 beginning of the fiscal year. She is very happy because we did just that at a special meeting of the congregation on May 18, all thanks to the expedited budget building process pursued by the Finance Committee and Board of Trustees and the attention to detail displayed by a quorum of our members at the congregational meeting.

And what a glorious budget it is, celebrating the outstanding generosity displayed in our financial commitment effort (a.k.a. pledge drive) just completed - \$160,000, a significant increase over past years. The three most significant expenditures in this budget are 1) raising our minister's salary calculation from one-half time to sixty percent, 2) re-roofing our main building and 3) re-finishing our hardwood floors.

Our budget is like the initial route marked on the map before the journey begins. It is a well-reasoned scenario of the way we are to conduct ourselves financially over the next year. And it is flexible, allowing for creative modification to meet actual experience as the year flows on. Please notice the \$13,544 listed as "Unfunded" in the income table. This may commonly be called a deficit, but it can also be seen as an opportunity for congregational imagination and creativity. The budget builders believe it will be funded as the year progresses by:

- pledges from new members
- special funding appeals such as a buy-a-square subscription to fund the re-roofing
- creative fun(d)raising events (service auction co-coordinators may now step forward)
- traditionally we under-spend many budgeted items

Mid-summer's day brunch

There are generally no scheduled brunches in June or August, since so many members can be vacationing during these months. SAC does, however, host a mid-summer's day (or summer solstice) brunch, which will be on **July 20** (the third Sunday) this year. A leisurely picnic style spread is planned with dishes that are light, tasty and nourishing, including summertime pie, ice cream and fresh fruit for dessert. And definitely - the essential watermelon. Suggested donation is \$5 per adult and \$1 per child. Funds raised from this brunch will go to support the Humboldt Edge.

Eve Anderson

Summary of budgeted expenses

Administration	\$ 5600
Membership Committee	1300
Worship Committee	5750
Communication Committee	3150
Other Committees	13300
Debt Service	9083
Ministerial comp. package	51600
Personnel compensation	78239
Professional development	2270
Building & Grounds	48875
Denominational	12500
Support for 2015 GA Portland	2500
Other	2000
Total	\$236,167

Projected income sources

Pledges	\$160,000
Building Use (net)	10,500
Sunday Collection	7,000
Fundraising	3,200
Growth on Investments	9,000
From Ministerial Reserve	15,000
From Bldg. Maintenance Res.	9,423
From Bldg. Improvement Res.	4,000
From Halloween Fest. Surplus	2,000
From Adult RE Reserve	2,500
Unfunded	13,544
Total	\$236,167

For more detailed information, please call Richard Kossow or Davis Harris.

Note from Bryan, continued

humanity.

Edie and I had dinner with Rabbi Les after the welcoming ceremony. In honor of the Buddhist tradition we ate Thai food. We were nourished by the great food, by one another's company and by sharing our own struggles to embody loving-kindness more and more thoroughly in our lives. May the Loving-kindness Tour continue in and among all of us, and sooner rather than later, may it prevail!

Namaste, *Bryan*

Board update

April and May Board meetings and trip to District Conference have included the staff, current Board and Board-elect members. This overlap of board members has felt supportive and educational to all players.

In May, the Board continued to discuss the transition to mission-based governance with some board members expressing concern about the wonky terminology. It was felt that congregants and Board alike need to have examples of how the shift in process effects their being in the community of the Fellowship. This will be a topic at the June Board retreat and congregational meetings.

The Board reviewed the Canvass and revised budget to be presented to the congregation on May 18. It was agreed to present the additions to the Bare Bones Budget in a column labeled "Recommended Budget." This includes increasing Bryan to 60% time, small increases in professional development, conference costs and committees.

The Board retreat was confirmed for June 6 and 7 in Arcata and Bayside.

Sylvia Shaw

Religious Education retreat

Please join the RE Team and Rev. Jessup from 10:00 a.m. – 4:00 p.m. on **June 14** for an engaging and introspective day focusing on the ways we want to teach and nurture our children in the year to come. As a Fellowship we have much to offer our children and families, so this is the time and place to offer up your abilities, opinions and inspiration. Everyone from the congregation interested in our Religious Education youth program is encouraged to attend.

How can we empower HUUF's children to love themselves and be light-bearers in the world? What are the best ways to communicate our UU principles so that kids can take them to heart? Please join us to consider these questions, review the RE Mission, and enjoy a day of retreat together on this important topic.

This will also be a time to reflect on our own spiritual lives and daily actions. The best way to foster UU values in our children is to embody them ourselves, yet this can be a challenge. One goal of the RE team is to nurture the whole family, provide support to parents, and create community and camaraderie. At the RE Retreat, we will discuss how RE can provide this to you and your family.

On-site childcare is available; but please be sure to contact our childcare coordinator Jennifer Mager at 668-1848 by Monday, **June 9**, so she has adequate time to schedule providers. If you would like to join us for a potluck lunch, please bring a dish to share. We'd love to know who plans to attend. Please email Therese FitzMaurice at t_keslin@hotmail.com or let one of us know in person on Sunday.

Danielle Stubblefield, Therese FitzMaurice and Jillian Mooney

Religious Education



June 1: Come to our Milestone Ceremony to share what you did this year in RE. Come a little early to connect with your teacher. Parents, please confirm with your child's teacher that they will attend and/or walking the bridge to a new class. Following the service, it will be sundae Sunday, celebrating the end of the Sunday school classes with an ice cream social.

Jillian Mooney

Woof!

Wally Dog says "Thank you!"

Due to the kindness of several people from the Fellowship who kicked in to cover his tuition, the Jessup's lab mix puppy, Wally, attended and graduated from the Hum Dog Puppy Kindergarten. He is most grateful and so are Bryan and Edie. Woof.

Wally Jesup



My experience at a Teen Con, part two

Since the last newsletter I have had the privilege of going to another teen con. At every con there is a social action activity, and this time it was about issues surrounding coming out as a non-heterosexual.

The activity was led by a teen, of course; and as people were getting ready to start, construction paper stars were passed out. The stars are about as big as your hand, and there were several different colors. We were told to write in each of the five points of the star the name of a close friend, the name of a close family member, a community to which you belong, a job that you do or that you hope to do someday, and something that you've always dreamed of doing. Then we were to imagine that we had a sexual preference that was not heterosexual, that we had come out to our friend, and that for some of us (the ones with particular colors, say white, and green) our friend was warm and accepting. For others, say with blue, purple, or orange stars, our friend was a bit taken aback, but would come to accept us, given a little time, and we were instructed to fold back the point with our friend's name on it. I had one of those stars, and as I folded back my friend's name I was surprised to find that I felt a little hurt and sad. Somehow there was power in that paper name. Lastly, for those with the remaining stars, their friend had a very strong negative reaction. The "friend" point on those stars were ripped off and dropped to the floor.

We did the same for the rest of the points, but which colors stayed, folded or tore changed. We learned that the star colors were proportionally matched to real-life situations. In the end the people with red stars had ripped off all of their points.

A deep and revealing discussion followed, and I was impressed not only how respectfully people listened to each other, but even more how supportive and loving this community is. I am so blessed to be a part of it!

Sandy Lynn

Another view of Teen Cons

I had life-changing experiences during the past three Cons I attended. I was told of Cons by the HUUF teen group and that there was one coming up, so I figured why not go? Cons are just so welcoming to people and accept who you really are. I remember that when I walked through the doors of my first Con, a person's instant reaction was to come up to me and introduce herself. She gave me the general summary of what Cons are about and led me over to play a game with her and her friends. A bit later I was assigned to a touch group. Touch groups are groups of 5-10 people who you meet with, normally once after every meal, and you chat with about your daily experiences of the Con. Cons overall take all the stress of work, school, grades, etc., out of your mind and help you become the stress-free, kind and welcoming person you are. Cons have helped me to not take things as seriously as I once had and to be more responsible. I have been to three Cons and plan to go to more.

Tomas Shermer

Lost and found

We have a large number of lost and found items which we will soon donate to a worthy institution if you don't claim them. Please check the coat rack and the lost-and-found container for these items: Child's black quilted jacket, knit wool hooded beige sweater, red Eureka High NJROTC size large jacket, women's gray Tilley jacket, black canvas tote, green and gray tote, Halloween Festival costume, fold-up eye glasses in red case, sunglasses, lots of water bottles, etc.

Awanna Kalal



Deadline info

Deadline for the July issue of the newsletter is Friday, **June 20**, 5:00 p.m. Please email your committee reports and articles to me at joythomas3828@gmail.com. Neither PDF files nor late submissions are accepted.

Remember that the newsletter is not published in August, so news for that month should be submitted by June 20.

Please send crisp, clear graphics as a separate file, not embedded in your article.

Joy Thomas, editor

The shell lady

In our last newsletter, I read of the death of Marion Kofford with sadness. Yet I know that Marion lives on in many of us. I told my daughter, Courtney, who was raised in this congregation, of Marion's passing that evening. She could tell from the tone of my voice it was bad news when I said, "Soooo." She asked, "Who died?" I replied, "Do you remember Marion Kofford?" Courtney replied, "Oh no, the shell lady!" Courtney hadn't seen Marion in probably fifteen years, yet she remembered her instantly. She turned to her partner and told him of Marion Kofford.

Marion came to Religious Education about this time every year. Right before we would go off on our family vacations, sometimes to the beach or rivers, she would bring an amazing shell collection and tell children the history of shells in our lives. She brought objects made out of shells from all over the world. She talked about the need to care for our oceans. She would let children touch them and take home a couple of shells for themselves. She was a favorite tradition for over a decade in Religious Education. There are dozens of children in our congregation who will remember how she shared her love of shells with them and will tell others in their lives of how she inspired them, as my daughter did. Marion will not be forgotten.

I often say of our ancestors in this congregation, "We stand upon their shoulders." I feel truly blessed to have my daughter raised amongst loving adults who shared their passions and values. I ask all of us to look into our hearts and think about what you can offer our children, even for one day. Or ask me because we need help in many different ways in Religious Education. Sometimes just sitting next to a child helps them feel calmer and more focused. We need folks to volunteer for an OWL committee so our human sexuality classes can be offered next year. Just organizing, not teaching.

We need to think about how we will all raise our children to be UUs for the future of our world. One of the (slightly altered) quotes I think best describes Marion and my belief of why I teach came from Forest E. Witcraft, a teacher, scholar and Boy Scout administrator who wrote an article for a scouting magazine in 1950. "A hundred years from now it will not matter what my bank account was, the sort of house I lived in, or the kind of car I drove; but the world may be different because I was important in the life of a child."

Thank you, Marion, and to all of our congregation who make our children a priority in your life.

Jillian Mooney

Council of Chairs notes

The HUUF Council of Chairs met April 16 from 5:30 to 6:45. Attending were Jan Rowen (Hospitality); Richard Kossow, Co-President; Sylvia Shaw representing the Caring Committee; Nancy Cook (Nominating); Sue Lee Mossman (Endowment); Brian Jessup (Minister); Brad Meines (SAC); Awana Kalal (Membership); Bonnie MacGregor (P&W); Pat McCutcheon who stood in for Newsletter and is chair of the newly revamped Communications committee; Cheryl Rau (Aesthetics); Judy Riesel (Halloween); and Greg Blomstrom, vice chair and chair of the Building Use committee. Thank you to all who attended. Attendees were asked to describe their committee's activities, comment on the proposed bare bones and dream budgets and discuss the proposed new governance structure.

Bonnie MacGregor reported that the Program and Worship Committee is trying to bring in new worship associates as mentors in order to have a larger cadre of people who can produce a Sunday service.

Pat McCutcheon read a report from Joy Thomas, Newsletter editor, regarding all of the input and great ideas that our recent newsletter survey generated. Pat reported the Communications Committee has eight members and is working on all facets of communicating what HUUF is and does.

Cheryl Rau reported about a variety of issues associated with maintaining the aesthetic quality of both the inside and outside of the HUUF building and grounds.

Sue Mossman had good and bad news about the endowment fund, the good news is that in the past six months the fund increased from around \$40 thousand in assets to \$46.8 thousand in assets, however much of this came as two bequests from members who died.

Greg Blomstrom reported that the Building Use Committee will begin investigating replacing the sanctuary chairs we all love and hate as a result of a \$5000 earmarked donation to HUUF.

With regards to the budget, there was discussion about the replacement of the playground equipment, moving the Peace Pole, the issue of when to serve coffee when we go to two services and the effort to replace Shay McKay when she leaves for Starr King in August.

Finally, there was much discussion about the proposed new governance structure which emphasized the need to have the congregation involved at every step and throughout the new governance structure.

Greg Blomstrom, vice Chair

Childhood: a recital by PianoVoce

Sunday, **June 8**, at 3:00 p.m. in the Trinidad Town Hall.

Nancy Correll and Annette Gurnée Hull have collected a group of piano duets to delight children and remind adults of their own childhood dreams and adventures. In story time, Richard Duning will narrate stories from Maurice Ravel's *Mother Goose (Ma mère l'oye)* and the story of Babar, the little elephant, set to music by Frances Poulenc. A very special arrangement is *Papageno!*, a fantasy by Greg Anderson based on three arias from Mozart's Magic Flute.

Papageno is the comic character, a simple bird-catcher who wants nothing more than a little wife and children. He finally attains his heart's desire with the help of a magic flute and beautiful magic bells. After recess, music time will take the audience through Gershwin's *I've Got Rhythm Variations*; the ghostly, glittering, *Phantasmagoria* by Claire Polin; a set of twinkling harmonic explorations on a universally known melody by Walter Giesecking; and will finish with a rollicking tribute to Victor Borge, Randall Compton's *C.S. Theme and Variations* for one piano, four hands (give or take a hand).

This concert is a benefit for the Trinidad Library Children's Book Fund. It is meant to delight with images made of sound, and to relate to the stories and tunes we all remember. Come and listen.

Annette Gurnée Hull

New member bios

I was born in New York to Jewish parents. I have an older brother and a younger sister. At age 3, in 1945, I was sitting at the doorway of my Dad's store with my brother when a car crashed into the display windows. We were both injured. I lost my right hand. My family and extended family loved me very much but also had great sadness.

Fast forward to adult years. I moved to Berkeley in 1964. I went to U.C. and got a Masters in Clinical Social Work. My early experiences and triumphs, coupled with the knowledge that came with clinical studies was a great support. In 1990, I became a Regenesis Practitioner, expanding my horizons to do energy healing work with people and animals.

I married and divorced and have an adult son. Divorce led me to a study of spirituality. It has become my center, my strength, my peace and my aliveness. I became a student of Joel S. Goldsmith of The Infinite Way, a mystical teaching without doctrine.

In 2011 I moved to Arcata. I liked seeing the northwest Pacific mountain range, and Arcata reminded me of my years in Berkeley. Now I am in Humboldt County and enjoy the company of many wonderful people.

Rochelle Frankel

I am originally a mid west girl. Born and raised in the Detroit area. California called to me as my two sisters moved to Garberville. I always wanted to live in a small town where I would know everyone. Well, that worked out well :) Now I am moving to McKinleyville, big city again. I have been attending UUA off and on for 24 years. I am grateful for my new found spiritual family. You guys rock!

Mary Kris Branzei



Rochelle Frankel

Classified ad

T'ai Chi with Margy Emerson: Eight-week summer term starts June 24. Traditional Wu style (daytime and evening classes) and Ta'i Chi for Back Pain and Arthritis (daytime classes). Begin as late as the third week. For the schedule and fees, contact Margy at 822-6508 or margaretemerson@att.net. Additional info at www.margaretemerson.com.

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Classified ads are 10¢ a word. Send your check to the HUUF office and the text of your ad to joythomas3828@gmail.com.

We're part of something bigger: PCD

On the weekend of April 25 - 27, ten people from the Humboldt UU Fellowship attended the Pacific Central District (of the UUA) Annual District Assembly in Sacramento.

What we found was connection and inspiration. In worship we considered themes such as liberation from internal and external oppression, the ongoing transformation of our lives toward wisdom and compassion, and discovering joy even in the midst of difficult learning.

Joanna Welsh was inspired by "Create Meaning," a process by which congregations can offer to the larger community programs based in UU values.

Sylvia Shaw and Bryan Jessup were inspired by the stories of UU congregations collaborating with PICO affiliates to empower diverse communities to work together for justice in their own locale. Here at HUUF we've started that process by working with Peter Pennekamp and Hillarie Beyers.

Jana Kirk-Levine is bringing back to the Board steps for "collaborative communication" (formerly known as Non-Violent Communication.) And her daughter Lillith, who had great fun with middle-school kids from around the district, is excited about going to District Assembly again and bringing a lot more Humboldt UU kids with her.

The theme of the gathering was "Awakening the Spirit." Jillian Mooney, Shay MacKay and Ginger Kossow attended workshops that offered instruction in a variety of spiritual practices from Hinduism, to Buddhism to Early Christianity.

Edie Jessup's most powerful experience at the gathering centered about the UU Justice Ministry's film *A Human Right to Water*. She will work with others to bring that film to

our Fellowship and to arrange for a panel discussion afterward.

Richard Kossow gleaned information about the complex role of the Congregational Administrator in UU life and about facilitating generosity and enthusiastic financial stewardship in congregations.

All who attended had some great conversation with UUs from Reno to Hawaii and south to Bakersfield. We were touched by their enthusiasm and dedication to our faith. Our religious way is a challenging one. It requires a great deal of learning and change as we travel along. But it does not leave us without many wonderful resources. And at District Assembly, a benefit of our membership and pledges, we discover again, that we are not alone.

Sylvia Shaw



Those islanders (and former HUUFmembers), Dave and June Davis, treated Terry Uyeki, Ed and Aiko's daughter, to lovely aloha hospitality recently during a layover in Honolulu. Their abode can be seen just over Dave's shoulder.

The Paradoxical Commandments

People are illogical, unreasonable, and self-centered.

Love them anyway.

If you do good, people will accuse you of selfish ulterior motives.

Do good anyway.

If you are successful, you will win false friends and true enemies.

Succeed anyway.

The good you do today will be forgotten tomorrow.

Do good anyway.

Honesty and frankness make you vulnerable.

Be honest and frank anyway.

The biggest men and women with the biggest ideas can be shot down by the smallest men and women with the smallest minds.

Think big anyway.

People favor underdogs but follow only top dogs.

Fight for a few underdogs anyway.

What you spend years building may be destroyed overnight.

Build anyway.

People really need help but may attack you if you do help them.

Help people anyway.

Give the world the best you have and you'll get kicked in the teeth.

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www.paradoxicalcommandments.com

Editor's note: This is often thought to have been written by Mother Teresa, but was actually written by a college freshman who lived next door to me when we were both children. It is reprinted with permission from the author.

Third Tuesday open women's group

Hello, all you wonderful women. Come one and all to the ongoing, drop-in, open women's support group on Tuesday, **June 17** at 7 p.m. at the Fellowship. We normally have an opening or centering, check-in and topic discussion. Topics and structure vary depending on who is leading that evening.

Berti Welty



Humboldt Unitarian Universalist Fellowship

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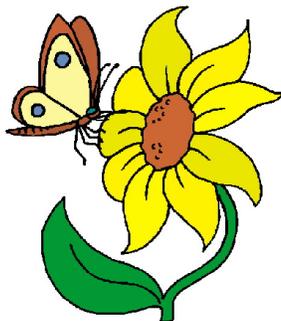
Newsletter Editor Joy Thomas

Calendar Editor Shay Mackay

Getting to know you

Have you noticed the new member biographies appearing recently in the newsletter? They are there in response to requests in the newsletter survey to get to know each other better. We would like to publish both established members' and new members' bios side-by-side in future issues. If you would be willing to participate, please submit a brief bio (150 words or less) to me at mcauselhorst@gmail.com. If you have any questions, give me a call at 826-7107.

Pat McCutcheon



Aging

Some HUUF seniors have expressed a desire for a support group where they can build from the heart relationships on top of educational presentations and activities supporting their generational changes. Others wish to choose from that menu as it strikes them. The new steering committee for this Adult RE group met in mid-May to take a stab at a format to meet the varied needs. While wrestling with replacing the "A" word in the group's name, they decided to meet once a month for the summer with the intent of being a support group who will sponsor educational events as needed. Come join us Sunday, **June 22**, 12:30 - 2 when we will kick off discussion with a quote from Sophia Loren, "There is a fountain of youth: It is your mind, your talents, the creativity you bring to your life and the lives of those you love. When you learn to tap this source, you will have truly deflated age."

Sylvia Shaw