

Humboldt Unitarian Universalist Fellowship



June 2018

A note from the minister

It's a challenging world out there and it's often a struggle to know how to respond to it and keep the soul alive. One of my resources for guidance and survival is an anthology of religious insight from around the world called *God Makes the Rivers to Flow*, compiled by the spiritual teacher Eknath Easwaran. Among other sages whose teachings are contained in that book is the fifteenth century Indian mystic Kabir. Kabir says, "As oil is in the seed, as fire is in the flint so the mystery of life is in each of us, even though we are most often unaware of it. As fragrance is in the flower, as the pupil is in the eye, so the spirit is in us. The spirit reveals itself in love and beauty. Calm your mind. Open your eyes and ears. See and hear. Trust. You are a drop in an ocean of love and life and the ocean is in you. Be not afraid." (adapted)

When I start to despair because of the chaos and pain in the world, I sit, breathe and feed my heart and mind with wisdom from masters like Kabir. His wisdom invites me to be where I am in the ocean of existence, to share love and compassion as best I can and to trust that what I am able to do is what I am called to do.

Right now, I am called to be the minister of the Humboldt UU congregation and to join with all of you in healing our hearts, creating loving community and doing what we can to bring peace and justice to our world. I feel very fortunate to be with you in this process in this beautiful place. And my prayer is that individually and as a community we will, indeed, be instruments of peace. May we be filled with peace and power in the days ahead.

Yours in the calling and the journey,

Rev. Bryan Jessup

Welcoming Ceremony

People who have joined our Fellowship since June 2017 will be officially welcomed into our congregation at our 10 a.m. service on Sunday June 3. New members and longtime members alike, please join us in welcoming them at this service.

The HUUF Membership Committee

Fellowship Potluck on Sundaes Sunday

After the **June 10** service, there will be an all-congregation potluck, including Sundaes Sunday. Please bring a dish or beverages to share and then celebrate the end of the RE year followed by Sundaes Sunday.

Allison Bronkall

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POTLUCK DINNER



**KEEP
CALM
AND
SUNDAE
SUNDAY**

People

Anne Weiss is traveling to Iowa City, Iowa, for grandson Patrick's high school graduation in late May. He will attend Swarthmore this fall.

One week out from surgery **Cheryl Rau** took down the previous HUUF art show and, with help from **Caitlin Bair**, put up the Annual Children's Show. Now Cheryl continues to improve from her second hip replacement and learned at her grandson's birthday the importance of not overdoing! Her new e-address is cpetersonrau@gmail.com.

Thank you to **Bert Taylor** and **Debby Harrison** for lending their voices to the Eureka Symphony's Cherubini Requiem Chorus. It was beautiful.

Maisie Jordan French is leaving in August for Italy, just north of Venice, for the school year. We wish her well.

Our thoughts are with **Tracy Jordan French** and family as they grieve the loss of Tracy's mother.

We wish **Cynthia Chason** a quick recovery from her fractured foot and painful, but not fractured, wrist.

We will miss **Raquel Lee** and family, but wish them more sunshine in Arizona where they'll be near extended family.

Ursula Osborne and son are traveling south for an eye treatment not available locally. We wish her total visual clarity as they return up the coast on Highway 1.

Hold good thoughts for **John McAlinn** as he ventures into procedures at Stanford to reduce pain and breathe well.

Eve Anderson says she is recovering well from surgery and making improvements in her overall health.

Virginia Chatfield, now living in Corvallis, Oregon, joined **Judy Rishel** and **Joanne Welch** on their trip to the Western Regional gathering in Portland. A good time was had by all and Virginia's frustrating health issues are improving.

Margot Julian, now living in Dearborn, Michigan, is very pleased with her apartment and living community at Henry Ford Village. She writes that she'll host a family reunion in a nearby house on Memorial Day weekend including travelers from Humboldt.



Sylvia Shaw

Childcare coordinator

I'm Alanna Reyes. I've attended HUUF since fall of 2013 as a Childcare Provider and am taking over as Childcare Coordinator. Jen Mager, the former Coordinator, is still around the Fellowship, but passed the responsibility to me. I was dedicated at the Mt. Diablo UU congregation as an infant and attended until I moved to Humboldt about 5 years ago. I participated in the Coming of Age programs and OWL there and was also involved in the youth group and youth conferences. I'm so glad to be a part of this community and to help serve our families. If you have childcare needs or questions, my email is alannareyes77@gmail.com.

Great Leave-A-Car-Behind Raffle

HUUF's Earth Day program reminded us that our Earth needs more care than we're giving it. Now the Social Action Committee is offering members and friends a chance to win a raffle simply by putting that care into action by driving a little less.

Each month this summer, beginning Sunday, **June 3**, anyone attending the service will be eligible for a free raffle ticket, provided they carpool with at least one other person who lives in a separate household, or that they come by bicycle or walk. Raffle drawings will be held monthly after the first Sunday service of the following month (**July 1** for the June raffle) and winners need not be present at the drawing.

Each month's raffle prizes will include two \$5 gift certificates for the Beachcomber Cafe or Ramones Bakery, and a \$25 gift certificate to the North Coast Coop.

We hope you'll join the Great Leave-A-Car-Behind Raffle each Sunday through the summer. Enjoy a bit more fresh air and companionship, and the sight of fewer cars and maybe even more people, at HUUF.

Pat Carr, Social Action Environment Subcommittee

Religious Education

Religious Education Cooperative Visioning Retreat

Join us on Friday, **June 22** (NOTE: new date) from 9:00 - 4:00 for a day of restorative contemplation as we explore how our religious education cooperative can best nurture and support loving families. Parents, Grandparents, teachers, volunteers and wise elders are encouraged to participate. If you need childcare, please RSVP to AlannaReyes77@gmail.com or 925-407-7655.

Youth Choristers

The youth choristers will rehearse at 9:30 on **June 3** and **June 10** to prepare for their performances at the June 10 service. The choir will take the summer off and begin again next fall. Please invite your young friends to join the choir.

Family Practice

Last month on Mother's day, I introduced a family mindfulness practice called Beginning Anew. This is one way to offer blessings to everyone in your family. You may practice this once or incorporate it into your weekly family routine. Beginning Anew Ceremony: Place a vase of flowers on a table or altar. One family member begins by offering appreciation for each member of the family, naming things to celebrate about that individual and pouring a little water in the vase. Each family member takes a turn celebrating every one. Then each person can name any way in which they have harmed others in the family, taking responsibility and asking forgiveness. On the third round, each person can express any way they were hurt by another member of the family. This invites everyone to remember we are practicing compassion and love, and that we make mistakes along the way. You can learn more about the practice at Thich Nhat Hanh's website for plum village.

Notes from RE:

What does it mean to be a people of blessing? Our end of the congregational year celebration is one way to both offer and receive the blessings of our work together as a community. All ages will have an opportunity to participate in the June 10 service. Attending on June 3 will really help the teachers and youth prepare their offering.

RE Calendar

All services June through mid-September begin at 10:00 a.m.

June 3: Offering Blessings

Youth Choristers will perform during the beginning of the service.

Pre-2: will prepare for the June 10 youth service by preparing a blessing to offer to the whole congregation.

3-8: will rehearse their poetic, musical sharing for the June 10 service.

Teens: will finalize and rehearse their part of the June 10 service.



June 10: The Blessing of our RE Cooperative

All RE classes will present something they've learned over the last year. The teen group will lead the celebration, with special insight about how UUism has enriched their lives. Child care will be provided for the younger students who don't have the attention span to sit through the whole service. After the service, bring a potluck dish for a community meal followed by our traditional "Sundae Sunday" dessert.

June 17: All ages enjoy the blessing of play with childcare providers.

June 24: All ages cook for the Night Shelter last time this year.



Sunday Services

Sunday, June 3 – 10 a.m. only

What Does It Mean to Be a Member? – Rev. Bryan Jessup

In this service new members will be officially welcomed into the Fellowship and together we will explore the “Covenant” that binds members together. Created in 1989, the Humboldt UU Covenant calls members to support one another in their spiritual growth and to work together to “be the change” that they hope to see in the world..

Sunday, June 10 – 10 a.m. only

Youth of Religious Education

This Sunday, join the HUUF Religious Education classes as they present some of the things they have learned over the last year. The teen group will be leading the celebration, with special insight on how UUism has enriched their lives.

Sunday, June 17 – 10 a.m. only

Let’s Talk About Being Men Today

In this Father’s Day service, the Rev. Jessup, Dave Troxel and other men from the Fellowship will reflect on changing expectations for men in American society today. They will examine how certain parts of the old expectations damaged men as well as women and how those expectations limited men’s spiritual development. They will articulate some of their hopes for men in the future.

Sunday, June 24 – 10 a.m. only

Faith in the Dark – Dave Troxel

The Summer Solstice marks the highest point in the Sun’s journey through the year and the start of the season of waning light and warmth. Although scarcely noticed in modern popular culture, this event was of profound importance to our agrarian ancestors and was observed with ritual and ceremony as a time to begin the harvest and prepare for darker and leaner days to come.

This service will consider the faith of these ancient peoples in their relationship with the cycles and seasons of the natural world, and how this faith is reflected and renewed in the shared values and beliefs of our beloved community. How does our faith support us, individually and together, at times when we are challenged to see the light shining beyond the darkness and beckoning us on? Stories of moving forward through personal doubt and troubled times will be shared by the voices of the Fellowship.

Deadline info

Deadline for the **July/August 2018** issue of the newsletter is Wednesday, **June 20** at 5 p.m. Send committee reports and articles to newsletter@huuf.org (email only).

While many file formats are acceptable, .doc, .docx, .rtf and text are preferred, and .pdf and .pages cannot be used. Late submissions are not accepted without prior approval.

Full guidelines are available at <http://huuf.org/?page=Guidelines.html>

Bert Taylor, editor

CLASSIFIED ADS

Classified ads are 10¢ per word. Send your check to the HUUF office and the text of your ad to newsletter@huuf.org (email only).

Looking Ahead

Options for Getting involved

HUUF Events – June 2018

Sa May 26 2:30 p.m. Celebration of Life for Jack Munsee

***** Summer single service at 10 a.m. beginning 5/27/18. . *****

Fr	June 1	7-9 p.m.	HUUF All Ages Dance Party
Sa	June 2	9 a.m.	Worship Leader's meeting
Su	June 3,10	9:30 a.m.	Children's choir
Su	June 3	12:30 p.m.	Social Action Committee meeting
Su	June 3	12:45 p.m.	RE committee meeting
Fr, Sa	June 8 & 9	Eve & Day	HUUF Board Retreat
Su	June 10	11:30 a.m.	Board car wash & beer fest
Tu	June 12	11 a.m.	Membership committee meeting
Tu	June 12	5:30 p.m.	HUUF Board of Trustees meeting
Fr	June 15	5 p.m.	Caring Circle Happy Hour
Sa	June 16	12-3 p.m.	Grounds Work Party
Fr	June 22	9 a.m. -4 p.m.	RE Cooperative Retreat *NOTE: CHANGE*
Fr, Sa	June 22-23		Teen Overnight
Su	June 24	11:30 a.m.	Congregational meeting
Tu	June 26	7 p.m.	Open Soul Matters Group
Fr-Su	Aug. 3-5		HUUF All Fellowship Retreat
Sa	Oct. 27	5-9 p.m.	Halloween Festival



Weekly

Weekly Thurs.	7 p.m.	Reflections – open group in CARE building
Sunday	10 a.m.	Sunday Worship Service

Out of Area UU events

We-Su June 20-24, 2018	2018 UUA General Assembly, Kansas City, MO
We-Su June 19-23, 2019	2019 UUA General Assembly, Spokane, WA

The lazy, hazy, days of Litha

Celebrate the loose, free, fun time of Midsummer with singing, drumming, chanting, a cleansing meditation, and fire on the patio. It's happening on the summer solstice, the longest day of the year—Thursday, **June 21**, at 7 p.m. Bring friends and family, drums, rattles, items for the altar that evoke the good times of summer, and finger food or drink for sharing afterward. Wear festive clothing and prepare to be outside as we honor and harmonize with Mother Earth. Call 822-6508 for information.

Margy Emerson

Introducing new members

The membership committee has lots of new members to introduce to the Fellowship. Today we will feature Laura Phelan-Shahin and Ann Kilby.

From Laura: My name is Laura Phelan-Shahin. My husband is Dan Shahin, a software developer. Maxine, our daughter, is almost two years old. She loves watching the big kids in the play yard. I work for Humboldt County Office of Education with Special Education students. I am an Art Therapist licensed as a Marriage and Family therapist. I spend my free time hanging out with my family, painting, walking in nature, reading, swimming, travelling and doing yoga. I feel at home at HUUF because Sunday service and the community of kindness fills up my spiritual well so I can keep going out and doing my calling of supporting kids and families to live more fulfilling lives, and walk them through some of the most challenging times of their lives. I'm excited to get further involved in HUUF and raise my daughter in a community that values service and loving kindness. Thank you for being such a welcoming community.

Ann Kilby: I grew up in the bay area in Livermore. As a child we went to the city, beaches, camping and visiting friends. I started college at UC Berkely in 1962, transferred to the University of Alaska for 2 years and then back to Berkley to graduate with a BA in Social Science and a teaching credential. For the next 14 years I lived in Denmark where I trained as a counselor with a private practice. Later, when I returned to Arcata, I continued my private practice and also was a case manager for 18 years with the county.

With a lifelong interest in ecology, I worked on restoring my mother's woodland property in Washington and have been a member of the Oiled Wildlife Care Network. My hobbies include the healing arts, basketry, Salish wool weaving, cooking, camping, boating and natural history.

As a child I was a Unitarian and as an adult, I have studied Buddhism, Religious Science, American Indian spiritual practices and nature. Returning to this area recently, I found HUUF offering encouragement for all, interesting and valuable viewpoints and the potential for warm-hearted friendships, so I joined.

Ruth Broderick



Ruminations on Regional Assembly

“This is no time for casual faith.” Those words, shared at Regional Assembly a few weeks ago by Reverend Susan Frederick Gray, the president of the Unitarian Universalist Association, keep coming back to me. Rev. Gray spoke these words while she told us about her experiences in Charlottesville last August. She spoke about the pain and the trauma that she and other clergy bore witness to and felt first hand. And we, Unitarian Universalists, showed up, hand-in-hand with other faith leaders, concerned about justice in America, on the front lines, standing and marching and showing up in solidarity with people of color.

This is no time for casual faith. I think about those words when I drive around town and see homeless folks sleeping on the sidewalk, when I hear news reports of yet another shooting, when states like Oklahoma pass laws to limit adoptions to straight couples, when the City of Arcata invites me to attend meetings because my neighborhood will be devastated by sea level rise. In times like these, I remind myself of the Reverend's words: This is no time for casual faith. It is why I have stayed a UU over the years: When the going gets tough, UUs show up. We are people of faith who believe in justice, and believe that it's up to us to make the change we wish to see, because love is our doctrine and service is our prayer. We have leaders, both ministers and lay leaders, who are showing up, as Unitarian Universalists, on the front lines of these struggles. And I couldn't be more excited to be a proud Unitarian Universalist, trying to make our community a better place, because in these times, this is no time for casual faith.

Navarra Carr

Soul Matters sharing circle

Our current year's cycle of monthly Soul Matters reflection circle gatherings comes to an end in June. We had ten Soul Matters reflection circles with over 100 participants. Three of our circles are family-and-friends circles. All but one are closed circles. The open circle will have its last meeting at the Fellowship June 26 at 7 p.m.

Reflection circles meet monthly, gathering for intellectual stimulation, sharing and caring for 90 minutes. We receive a theme-based resource packet for personal reflection a couple weeks prior to meeting. We are encouraged to review the packet and try out one of the suggested spiritual exercises prior to our meeting. In our circles, we co-create opportunities to explore such themes as Balance, Emergence and Creativity.

Typically, reflection circles meet in a home. Many meet for only the 90-minute reflection time while others have a potluck and socializing time as well. Some circles bring the whole family and devise ways to support all ages of our beloved community during our time together. Our gathering is not work; it is play. It is our co-creative endeavor, and is fun and meaningful for all ages.

The Soul Matters program is a project involving over 300 Unitarian Universalist congregations and ministers collaborating in the creation of worship, religious exploration and reflection circle resources. HUUF is using the themes found in our Soul Matters resource packets.

A new Soul Matters Reflection Circle program cycle begins in September. Each year the circle participants cross-pollinate. We form new circles with new members. This allows us to grow our friendships and connections with our HUUF community. Everyone is welcome to a Soul Matters Potluck gathering on **August 25** from 5-8 p.m. at the Hasting-Tharp's home. If you have friends that are interested, please invite them to join you in attending.

Each group has a facilitator or co-facilitators. Next year, a Soul Matters facilitators Friday evening developmental support circle will be offered monthly for them led by Rev. Jamila Tharp. The first Facilitators' circle is **August 24**, 6:30-8 p.m. Facilitators are welcome to bring their families for a potluck dinner at the Hasting-Tharp's home beginning at 5:30 p.m., to socialize while the facilitators circle meets.

Please consider joining a Soul Matters circle and/or being a Soul Matters reflection circle facilitator. Contact me at CommunityVisionHealing@gmail.com or 840-4801 with questions, to join Soul Matters, or become a facilitator. I will endeavor to work with you to meet your need for a suitable location and time.

Rev. Jamila Tharp

More ruminations on the Assembly

A few weeks ago, my family and I headed to Portland to attend the UUA Pacific Western Regional 2018 Assembly: Stories of Hope, Courage, Resistance, and Resilience. My time was inspiring and motivating. I am so grateful to the Endowment Committee for sponsoring this opportunity to learn with new friends and mentors. It was wonderful to spend time with members of the Fellowship, building new connections, as well as strengthening existing ones.

The conference itself deeply assured my confidence in my and my family's placement at this Fellowship and within the larger UU community. I was particularly moved by the Keynote Address by Congresswoman Pramila Jayapal and the Sunday worship service, led by Rev. Vanessa Rush Southern and Dr. Glen Thomas Rideout. Both of these experiences revealed how we as UUs have to reach out not only to our families and friends, holding those we do life with accountable in love, authenticity, and respect, but also to ourselves, to reach inward and reflect on what we say, how we say it, and what our actions speak. Then we can become disciplined in naming where we fall short and finding power within us to make great change. "We forgive ourselves and each other; we begin again in love," were the words the assembly recited for a call and response that Sunday morning.

Throughout the weekend I eagerly listened to courageous, hard-working leaders about key elements for maintaining a cooperative, nurturing Fellowship. These lessons and more have shifted my outlook on my sense of self and how I fit into the Fellowship as a member of a community, not to mention how it will affect my upcoming role as the treasurer on the Board. I was truly inspired to continue learning and engage on behalf of the Fellowship in our community.

Rebekah Paez



Humboldt Unitarian Universalist Fellowship

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Dance party

Join the Fellowship on Friday, **June 1** for an intergenerational, inclusive dance party, DJ'd by Connor Alston. This event will be a farewell to Navarra, who is leaving the area at the beginning of June and would like to end with a bang! The theme is "Rockstars in Space" and we encourage folks to dress up. Connor will be playing a diverse selection of music, and it will be screened to ensure appropriateness for all ages. We're taking requests, both in advance and at the event, so if there's a song you would like to hear at this event, please email Navarra at navarra.carr@gmail.com. We look forward to seeing you there.

Navarra Carr

CLASSIFIED ADS

Debi Cooper is looking for a new caretaker for her Fickle Hill property, starting first week in August. **Person must have own shelter** (i.e. camper/RV) to park on the property. House will not be available. Will cover cost of water usage. Please contact Debi at 248-227-2124 with any questions.

Relationships & Communication – a learning gathering for individuals and couples, led by Yaj, a relationship counselor since 2001. Alternate Wednesdays: May 23, June 6, 20, etc., including summer. 7-8:30 p.m., Isis Osiris Healing Temple, 48 Sunny Brae Center, Arcata. \$15/person, \$25/couple. Contact Yaj: (845) 641-8843, yaj@heartmindpartners.com, www.heartmindpartners.com.