

Humboldt Unitarian Universalist Fellowship



June 2023

To the Beloved HUUF Community

The challenge of living with those frustrating others!

Many of us come to Unitarian Universalism after having been wounded in the faith formations of our youth. Offered grand visions of God and “His” infinite love and mercy, but also made to understand that it was a narrow slice of humanity, with specific beliefs, practices, and sexual orientation, who would be granted access to Grace.

We desired a wider berth, a kingdom of heaven that could be entered not through the proverbial eye of the needle but with gates that swung open, the pathway broad and welcoming. During our Sunday services, we like to remind ourselves and orient newcomers to the fact that ours is a non-creedal faith. Or, as one minister put it, “We do not ask that you believe as we believe.” Buddhist, atheist, lapsed Catholic, humanist, Pagan, “spiritual but not religious”; each week, we let it be known “You are welcome here.” Ours is a pluralistic faith that values diversity.

Such beautiful words. But what does it truly take to make them real? Consider the ways we engage with each other online. And the current mode of operating that would have us simply erect barriers to those whose opinions and rhetoric move contrary to ours. With a simple click or a swipe, I can block or delete you from my personal digital playpen. I can build a virtual wall that will ensure that only people who vote like me, think like me, even look like me can have a voice at my table. I can tighten the reins, raise the drawbridge, narrow the field so that the vast, open space of the interwebs shrinks down to a sliver of humanity. The information highway shrunk down to the eye of a needle. But it begs the question: Was that not the very thing we sought to leave behind?

James Baldwin famously said, “We can disagree and still love each other unless your disagreement is rooted in my oppression and denial of my humanity and right to exist.” As a man holding multiple marginalized identities - queer, black - he knew well that drawing clear boundaries was often needed to preserve his safety and preserve his right to well-being and happiness. But what of the voices that do not seek to oppress, but merely irritate us? Those messy, discordant humans who refuse to fall in line with the way I view the world and adopt the systems and language I use? Those inflammatory people who insist on pointing to the proverbial tail of the elephant, when we know full well the true nature of reality is embedded in the trunk?

If my non-creedal faith tells me I may believe whatever resonates with my soul, but that I must also welcome the stranger, the marginalized, those who exist beyond my circle of comfort, what does this ask of me? What are we, as Unitarian Universalists, to be known for? What do we seek to

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All-Fellowship Retreat coming up August 18-20

The All Fellowship Retreat at the Mattole Camp and Retreat Center will be August 18-20. It has been three years since HUUF could organize a retreat, so this will be a special return to the joy and happiness of being together. The theme this year is *Imagining*. The cost is \$155 for adults, \$80 for youth and children and free for children under two years. This cost includes food, a place to stay, and a near certainty of having a lot of fun. Registration opens May 27, and the deadline to apply for scholarship financial assistance is July 30, deadline to register for the retreat is August 13.

Donations Needed for Retreat Scholarships

Imagine the joy you could bring to a person or family who might receive a scholarship if you and others donate to the cause. Not everyone will be able to afford the full cost of our All Fellowship Retreat at the Mattole Camp and Retreat Center. This year we hope to be able to offer some partial scholarships. How many we offer
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Notes from the garden

The lushness of spring: weeds and birdsong

We are finally seeing the moderate temperatures and occasional sunny days that we expect in spring. It makes for pleasant gardening, but the weeds have grown exponentially with the copious rains we had. Sadly, several of our dedicated volunteers were unable to attend our May work party, leaving only three of us to face the daunting sea of weeds: Lynne Abels, Katherine Almy, and myself. To say it was demoralizing is an understatement.

We spent most of our time weeding the renovated bed at the east end of the RE garden. Unfortunately, we were unable to do any of the planting we'd hoped to do. If I can find some time before our next grounds work party to get Ray Barratt's cedar into the ground, I'll plant it to take advantage of the still-moist soil.

The many funny songs of the elusive yellow-breasted chat were among the few heartening spots in an overall discouraging day (the cookies and the company were the others). If any of you have the least interest or ability to garden, please come out and give us a hand at our next work party on Saturday, June 10 from 10:00 a.m. to 1:00 p.m.; you'll be welcomed with open arms!

Valerie Gizinski



Our Whole Lives may soon be available for older adults

HUUF has offered the Our Whole Lives (OWL) sexuality education program to our school age children for years. It is a carefully crafted, age appropriate introduction to sexuality and positive attitudes about body image and intimacy.

The UUA has also developed OWL curricula for older adults. Rebekah Paez, a new staff member at HUUF, recently completed "Train the Trainer" courses for grades K-12, as well as the adult programs.

We are exploring offering the OWL Older Adult series using a general age range of fifty to golden oldies. We're interested in what interest there may be among HUUF members and friends in this program being offered over a period of several weeks next year.

We intend to present a program overview at the All-Fellowship August Retreat. OWL for older adults includes many topics: sexuality and values, attitudes about aging, relationships, intimacy, reframing sexuality, disability and chronic illness, body image, sexual orientation and gender identity, dating as an older adult, and more.

We would like your input on a number of questions: what format works best for you, Zoom or in person? As for schedule, is biweekly or monthly best? What time of day works for you, daytime or evening?

Please email us if you have questions about the content or other issues, or any interest in participating, becoming a facilitator, or financial stewardship of this program.

Rebekah Paez: connect@huuf.org, or phone:(707) 822-3793.

Colleen Broderick: sautillo44@yahoo.com

Rebekah Paez

Challenge, from page 1

define us? If it is true, as they say, that we will ultimately be remembered more for our actions than for anything we say, what are we practicing on this messy and diverse world of ours?

Nelson Mandela said, "Peace is not the absence of conflict." A therapist might put it another way: that to be in active, loving relationship with another does not mean we get a seamless, perpetually unbroken bond of affection at all times. More likely we will experience a pattern of rupture and repair with that person. A coming together, then falling apart. Re-securing our connection, then feeling it break in ways both big and small. And the trick will not be to avoid the rupture. Just as the ocean does not seek to avoid the tide, and the moon cannot cease to both wax and wane. Instead, we learn how to get better at the repair.

From Clarissa Pinkola Estes, "Ours is not the task of fixing the entire world at once, but of stretching out to mend the part of the world that is within our reach." In our quest to build the beloved community here on Earth, to be people of peace in a virulent world, we often look far beyond our backyards to seek how to achieve that. But often it's simply this: offering love, offering the chance for repair to our fellow, messy, maddening, holy humans right in front of us - that is where we must start.

Yours in grace and gratitude, your shared ministry team,

Amy Day and Bridgette Garuti

Sunday Services and Religious Education

Sunday, June 4, 11:00 a.m.

Deep Listening — Laura Phelan-Shahin and Margaret Emerson

Deep, compassionate listening is essential to peaceful relationships. The purpose of deep listening is to hear another person on a factual and emotional level and to hold the speaker in compassion and respect so the speaker knows they have been heard.

Laura, a group therapist, and Margy, a small-group leader and teacher, will talk about their experiences with deep listening. With their help, the congregation will compose guidelines for deep listening during small-group Sundays in order to make these conversations as meaningful and rewarding as possible.

Sunday, June 11, 11:00 a.m.

Our Universalist Roots and Branches – Rev. Kalen Fristad

Rev. Kalen Fristad's sermon will expand upon his sermon, "Universalism: Past, Present and Powerful," which he preached here last year. He will focus on the early spread of Universalism in England and the American colonies and the subsequent spread of Universalism up to the present time. Over the past 20 years, Rev. Fristad has spoken across the country at more than 370 churches, including more than 250 UU churches. He counters the teaching that many people will suffer for eternity in hell, and instead proclaims the hopeful message of Universalism, which is broader than merely a Christian concept. He has been a United Methodist minister from Iowa for more than 40 years, and is a member of the Unitarian Universalist Christian Fellowship. He retired from parish ministry in 2013 but continues to travel the country speaking on Universalism.

Sunday, June 18, 11:00 a.m.

Honoring Fathers — Tom Lewis

Several of the Fellowship's fathers and grandfathers will tell their personal stories of taking on the world's hardest job. They'll talk about what it's like to raise children intentionally to become kind, responsible, unique beings in a challenging and changing world.



Sunday, June 25 – 8:00 a.m.

Streaming the General Assembly

Join Unitarian Universalists from around the country and beyond. The annual General Assembly of Unitarian Universalists in Pittsburg, Pennsylvania, will culminate in a worship service featuring beautiful music, the General Assembly Choir, and a moving sermon by the Rev. Manish Mishra-Marzetti, senior minister of the First Unitarian Universalist Congregation in Ann Arbor, MI. Due to the time difference, this service will be streamed at 8:00 a.m. our time. Information on the link will be posted on the HUUF website – HUUF.org – when it becomes available.

Children and Families Religious Education

Mark your calendars: Chalice Camp is coming to HUUF

We are delighted to announce that this year, we will be offering our inaugural week-long Day Camp experience here at the Fellowship, for youth entering grades 1-6 in the fall. Starting **Monday, July 24, through Friday, July 28**, our devoted RE staff will offer an experience full of crafts, games, songs, and explorations interwoven with UU values. If you ever enjoyed the experience of Vacation Bible School or similar during your own childhood and wished for something more expansive and inclusive, now is the chance for your kids to experience it.

We will also be looking for middle school aged youth to serve as Junior. Counselors, with training to take place the Sunday prior, on July 23. Early registration rate of \$175 ends June 11. Partial scholarships are available as well. Contact Amy for more information: comm@huuf.org

Sundays at 11:00 a.m.: Our wonderful RE staff provide meaningful engagement in the form of games, crafts, songs, sharing time, stories and outdoor play for youth, grades Pre-K through five, during Sunday services. Nursery Care is also available for our babies and toddlers. Please see this month's service descriptions for more details.

Climate Action Campaign

Tell Redwood Coast Energy Authority what you think

Due to the congregational meeting on Sunday, June 11, the regular second-Sunday-of-the-month Climate Action Campaign (CAC) meeting for June will take place on Monday, June 12, 7:00 p.m., on Zoom. The link for the Zoom meeting will be in the June 9 HUUF Weekly.

We have an opportunity to express climate-related and other opinions on our local energy needs at Redwood Coast Energy Authority's "Humboldt's Electric Future" event to be held on Monday, June 5, at the Jefferson Community Center, [1000 B St. in Eureka](#), 5:30 to 8:00 p.m. RCEA, the electricity supplier for the vast majority of Humboldt residents, is asking your opinion on several questions:

- Which clean and renewable resources should RCEA maximize in their power portfolio?
- What criteria should we use in siting local renewable energy projects?
- How should we balance the community's priorities, such as clean energy, local economic development, and low utility rates?

Pizza and childcare will be provided.

This event will be followed by an online workshop on June 8 at 3:00 p.m. Registration and additional details about both events will be posted shortly on the Friday Weekly as well as on <https://redwoodenergy.org/humboldts-electric-future/>.

CAC was one of over 290 groups nationally who endorsed a letter to urge President Biden and Congress to reject "permitting reform" proposals that would fast-track fossil fuel development. This comes just as President Biden's climate advisor, John Podesta, announced the administration's support for Senator Manchin's dirty fossil fuel deal.

Thanks to all who joined us to table on Earth Day on the Arcata Plaza and at the Earth Day Fair at Pierson Park in McKinleyville. Thanks to Julie Neander who provided sample letters for people to sign and mail to the CEOs of the four major banks that invest most heavily in coal, oil, and gas to ask that they begin divesting from fossil fuels. CAC provided stationery and postage. We also gathered about 55 signatures on petitions to local governments asking them to move public accounts from banks that invest heavily in fossil fuels to financial institutions whose investments have less impact on the climate.

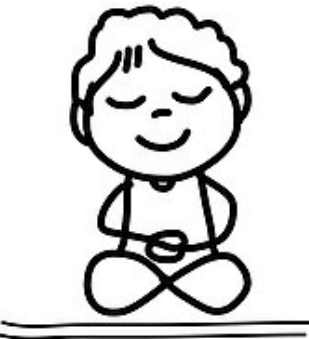
In shared ministry, supporting each other with love in our efforts to maintain Earth's climate and all life,
Sue Lee Mossman

Mindful moment with Jessa: the Fountain of Joy (breath and movement)

This breath and movement exercise can be done seated or standing. Remember to go at your own pace and comfort level. Listen to your body and notice that you are your greatest guide.

Find a comfortable seat or stand with feet hip-width apart, keep knees soft.

1. Bring your hands together at your heart center (chest).
2. Gently bow head toward hands and take a moment to think of something that brings you joy, then bring head back to a neutral, comfortable position.
3. Now breathe in as you open your arms out wide.
4. Exhale as you bring your arms back together, hands touch together at heart center. Remember your joy, each time you come back to center.
5. Repeat this breath/movement slowly, as many times as feels comfortable.
6. Once you have gathered this wonderful joy into your heart, try sending it out to the world, or to someone, or something that you would like to support with joy!
7. Breathing in, with hands together at heart center.
8. Breathing out, as you expand your arms opening out wide to the side.
9. Repeat as many times as you wish, each time sending the joy from your heart out into the world!



Jessalyn DeLucchi

Retreat, from page 1

depends on how much is donated to the scholarship fund prior to the scholarship deadline of July 30.

If you are attending the retreat, you can indicate the amount of your donation on your registration form, and submit your donation with your registration fee and form to Joanna Welch, the retreat registrar. Her address is on the registration form.

If you are unable to attend the retreat, you can still donate by sending your check to HUUF. Please indicate on the memo line: Retreat Scholarship Fund. Mail your donation to: HUUF, PO Box 506, Bayside, CA 95524.

Berti Welty

Lots to do as a HUUF member

By the time you read this, HUUF will have already hosted The Huufies, this year's pledge drive turned awards show. If you missed it and haven't turned in your pledge form, know that your pledge will be well received whenever you turn it in. Just as we need financial resources to make our work possible, we also need time and talent resources.

Please reach out if you did not turn in a pledge because you felt your financial contribution would be a meaningless amount. I assure you, it is not. And I assure you, pledging your time (whether it's occasionally washing the coffee mugs after Sunday Service or watching our children during a Parent's Night Out) and talents (whether sharing about your occupation during an RE class or singing in the choir) is as meaningful to HUUF's mission. Personally, I've pledged my time and talents this fiscal year, and while I'm new serving in a paid capacity, I have long been a member and will continue to work in a volunteer capacity as well. So please do reach out to me to learn more about the many ways you can steward our Fellowship.

This year I'm seeking to revive or create the following offerings: Our Whole Lives (see the article on page 2), Membership 101 (newcomers and established members sharing what it means to covenant and support each other), Stewardship (cultivating healthy money culture and empowerment), Chalice Circles (a commitment to a small group of your neighbors for mutual aid and intentional community), and a Social Action Committee to support local organizations or individuals in social justice matters.

These are programs that touch on big matters of the heart and allow us to live UU principles in tangible ways. I hope you will share with me which programs call to you, or if there are different yet tangible offerings that interest you. While our spiritual work is never over, it takes vulnerability and trust to see these programs through the finish line.

I am available for in-person or Zoom meetings and phone calls to discuss this with you. Email connect@huuf.org. I won't get any of this work done without my Fellowship family, so let's get to work:)

Remembering the power of the people,

Rebekah Paez

Board report

The May 9 Board meeting began with discussion about the prospect of HUUF acting as a temporary emergency shelter in case of a natural disaster. Terrance McNally, the Emergency Program Coordinator of the Humboldt County Department of Health and Human Services, told of his experience working with the Red Cross and several local non-profits, churches, and schools to set up such shelters. The Board will make a decision soon on this matter.

Next the Board heard reports on a ventilation/filtration system for the Sanctuary and new heat pumps for the CARE building. On behalf of HUUF, Scott Allen received a grant from Redwood Coast Energy Authority to cover the cost of the new heating system. Scott is now in the process of applying for a similar grant to expand the rooftop solar panels on the CARE building.

The Board discussed the policy on committees and the "Rule of Three" to have at least three people on every committee to avoid burnout. Currently several committees need additional members, including the grounds, membership, nominating, and maintenance committees.

Board members and positions will change in July and the details will be presented at the June 11 congregational meeting. Other topics for this meeting will include budget items covering our Unitarian Universalist Association dues and the Wiyot honor tax.

Board meetings are held on the second Tuesdays of the month on Zoom (probably soon to be in-person) from 7:00 to 9:00 p.m. The first 30 minutes are for public input to the Board. If the meeting is on Zoom, the Zoom link will be posted in the HUUF Weekly and on the HUUF website.

Sandy Lynn

Icing machines available to borrow

If you have an injury or are recovering from surgery and an icing machine would be helpful, please call Valerie or Pat at 707-825-7446 to arrange to borrow them. Be forewarned, a few parts are missing from them, but they are not crucial and would be easy to replace. We know from experience that it can be expensive to rent or purchase the entire unit.

Valerie Gizinski

July/August HUUF Newsletter submissions due June 20

After the next issue the *HUUF Newsletter* takes a month off. Since the July/August issue will be the last until September, be sure to submit items that are timely for the whole summer. Please send them to newsletter@huuf.org by June 20. Classified ads are a dime per word (a great deal). Please send text and payment to the HUUF office.

Thank you!



Humboldt Unitarian Universalist Fellowship

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HUUF Poetry Corner

Farewell to Buttermilk Lane

by Pat McCutcheon

Only numbered days remain
to gaze over suds in the sink
out the kitchen window
deer browsing branches of the plum tree.
How many more times will bear
maraud our garbage can?
No more purple irises nodding hello
through my office window.
No teal and purple clapboard
to welcome us home.
How many more times will shag carpet
nuzzle my bare feet at night?
No more admiring the setting sun—
scarlet and apricot—
through the upstairs window.
Yes, there will be no stairs
to labor up, no huge lawn to mow,
and still this goodbye is bittersweet.

A Poem

by Rebekah Paez

This poem utilizes a Soul Matters template based on the writings of Jo Carson and George Ella Lyon:

“I am from Zebra pens and safetybelts, from lost keys and Vaseline.
I am from the suburbs of Austin, the bluebonnets of Texas, and the
world’s largest pecan!
I am from one present on the midnight of Christmas, and from
commitment. From Richard Paez Jr. and Rosalinda Leos Paez.
From the time my brother completed boot camp in September of
2001, and from the day he returned home.
I’m from thrice a week church and family dinner at the table. From
“Do you want to pray?” and “All God's children said?”
I’m from creaky pews and “praise-aluya”, from Santo Dios y Dios
le bendiga.
I’m from la gente de Tejas, the people of Texas. I’m from
grandmothers Refugia Vela and Adela Garcia.
I am from framed portraits in the hallway and snowglobes on
display. I am from memories held in love, wrapped in assurance,
and signed: no matter what.”