

Humboldt Unitarian Universalist Fellowship



To the Beloved Community

June 2024

Renewal

"We say that flowers return every spring, but that is a lie. It is true that the world is renewed. It is also true that that renewal comes at a price, for even if the flower grows from an ancient vine, the flowers of spring are themselves new to the world, untried and untested.

The flower that wilted last year is gone. Petals once fallen are fallen forever.

Flowers do not return in the spring, rather they are replaced. It is in this difference between returned and replaced that the price of renewal is paid.

And as it is for spring flowers, so it is for us."

Daniel Abraham, The Price of Spring

Once upon a time a woman, stepping into the corridor of mid-life, set out to become a runner. Not to accomplish any fantastic feats or win awards, but simply to introduce the practice into her life. She signed up for races far enough into the future that it would give her something to strive for. For a meager fee she'd gain a measure of accountability to ensure a regular lacing of the shoes and set forth once more upon the trail. And there would be a t-shirt to boot!

Slowly she built the capacity to put one foot jauntily in front of the other, sometimes for hours on end. She crafted long and raucous playlists to accompany her on the roads. And then something would inevitably happen: the far-flung date would arrive, the goal would be met, her feet would shuffle exhausted across the finish line, token t-shirt baptized in sweat. And she would put up her running shoes for a spell. "Just for a couple of weeks," she'd tell herself. For she knew that rest and regeneration were also imperative to reach one's goals. But then a fortnight would stretch into a solid month, maybe more. She'd lace up her shoes again and hazard a light jog down a familiar path, but ultimately the rhythm of regular movement would fall by the wayside.

One day, her tween-aged daughter turned to her and queried, "Mom, are you really a runner if you only do it for five or six months of the year?" So began a conversation that would continue within her as she looked at what it meant to claim that title, what it required of her, and what she might have to set aside to let this practice become a constant in her life.

May and June are the months when we are asked to renew our commitment to the Fellowship. A letter arrives in the mail, sharing the work we've sought to accomplish in the past year, asking you to evaluate what this community and our shared ministry means to you, and to renew your pledge

See "Renewal," on page two



Dental/Vision Clinic volunteers needed

Funds have been raised and the California Care Force will provide equipment to host a Dental and Vision Clinic at Eureka's Adorni Center, 1011 Waterfront Dr., on **July 12 and 13**. Longtime HUUF member Tom Lewis has been fundamental in chairing the Host Committee for this event. The next step is gathering volunteers. Here's what you can do to make this event a success:

PATIENT SUPPORT:

Volunteers needed as interpreters, for patient line management, patient registration, patient check-out, patient escorts.

SECTION SUPPORT:

Dental supplies, sterilization and bucket brigade (bloodborne pathogen certificate required), volunteer registration, making glasses, computers.

LOGISTICS: Clinic set-up and tear-down, parking lot support, photographer/videographer, IT specialist.

Lunch and snacks are provided and volunteers will receive an event t-shirt.

Interested in volunteering? Register at californiacareforce.org

Questions? Call (916) 749-4190.



2024 Endowment Fund grants awarded

The following grants were funded this year through the small grants project of the Endowment Committee. The committee believes these grants promote our Unitarian Universalist principles, including:

Acceptance of one another and encouragement of spiritual growth;

Justice, equity and compassion in human relations;

The inherent worth and dignity of every person.

A grant in the amount of \$942 to purchase circular benches to be placed near the Teen RE room.

Submitted by Valerie Gizinski, Grounds Committee.

A day-long Womens' Retreat at the Fellowship – facilitator fees/lunch. \$1,000. Submitted by Amy Day.

Pastoral care workshop – facilitator fees: \$1,500. Submitted by Amy Day.

General Assembly delegate registration fees: \$1,200. Submitted by Amy Day.

Ministerial discretion emergency fund: \$1,000. Submitted by Bridgette Garuti.

Art Matters supplies and mounting for art show: \$600. Submitted by Bridgette Garuti.

Dental clinic funding: \$4,000. Submitted by Tom Lewis.

You can help us continue this program and grow our endowment funds by including HUUF in your legacy plans and goals. For more information, contact Cynthia Chason at (707) 601-6136 or

cynthiachason@gmail.com

Cynthia Chason

Renewal, from page one

of support. At a base, transactional level, it's a call to help us keep the lights on for another year. At the level of transformation, which is ultimately what we strive for, it is an invitation to pause and evaluate the places we pour our time, life force, attention, and resources into. We are called to still ourselves, breathe, maybe light a candle, gather in a moment of silence and look at the various ways we choose to spend this one precious life. Are our actions and stated values congruent? Or do we say one thing and do another? Do we purport to value spaciousness and ease and yet move through life at a breakneck pace due to all the activities and obligations we take on? Do we pay lip service to a life centered in love, and yet find ourselves bickering with those nearest us? Do we claim membership to a certain idea or organization, only to let our relationship to it lapse, a thing of memory rather than a living entity woven into our lives?

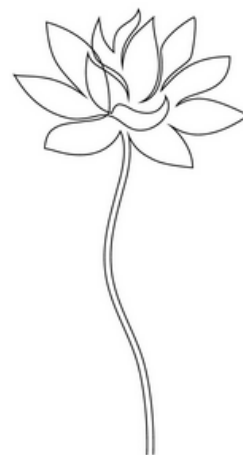
Renewal asks something of us: to once again turn toward that which we seek to create. To begin again and again, so the song bids us, "Come, come, whoever you are.... Though you've broken your vows a thousand times, come, yet again: come."

What is it you aspire to accomplish in this world, beloved? What is your heart longing to create, and who are you including in your sacred circle to hold you steady and accountable to that dream? Renewal isn't something that happens once, a singular action or magic lever we pull to ferry us to the other side. It happens as a practice, a regular, embodied commitment that asks that we begin again, to come to the call of the moment alive, wholehearted, awake to the possibilities and challenges at hand.

Renewal asks that we turn once more toward the aspirations we hold for this life, and the people that can help us move steadfastly toward that goal, and ask what is required to bring that vision slowly, steadily, beautifully and imperfectly, to life.

Yours in grace and gratitude, your Shared Ministry Team,

Amy Day and Bridgette Garuti



Sunday Services

Sunday, June 2, 11:00 a.m.

***Surviving (and Thriving?) Inside Late Stage Capitalism*—Amy Day**

Someone once said, "*It's easier to imagine the end of the world than the end of capitalism.*" As we navigate the end of empire, what's to be done? With wealth inequality, exploitation of labor, commodification of life, environmental destruction, and corporate influence over politics, many signs point to collapse, on all fronts. But how to avoid collapsing along with it? What does a world beyond this exploitative system entail, and how do we begin to move toward it? Together, let's begin to imagine the world beyond.

Sunday, June 9, 11:00 a.m.

***Discussing Renewal*— Josh Charles**

The world has a way of wearing us down, but there are also things that renew and restore us. This Sunday we come together to share the ways we find renewal in our lives. We will break into small groups to practice our deep listening skills and explore this topic together.

Sunday, June 16, 11:00 a.m.

***Land of our Fathers*— Amy Day**

Each week we begin our sacred time together by acknowledging the Indigenous land upon which we gather. But how to take that knowing into the holy realm of action? Together, we'll explore this topic as well as the role of "Fathering" as an active living force that moves us toward faith, vision, service, stewardship, protection and restoration, regardless of gender.



Sunday, June 23, 10:00 a.m.

(Please note: this program streams live and we will start one hour earlier than usual)

***Worship from UUA General Assembly: Weaving Our Faith*— Josh Charles and Ann Kilby**

Join us for a streamed viewing of this year's General Assembly closing worship service, featuring leaders from our faith and national organization: "*We are all tangled up together in a great web of life that is woven with beauty and hardship, love and loss, thriving and struggle. How do we tend well to the weaving so that all of us are held in care?*"

If you like, stay afterward for conversation about the role of Sunday worship in our lives and within our community, and how we create a felt sense of the sacred together. Feel free to bring a small finger-food item to share.

RE will be available.

Sunday, June 30, 11:00 a.m.

As of publication time, this service is yet to be announced. Please see the *HUUF Weekly* for details.

News of HUUF members and friends

Have You Heard?

Elliott Parivar is our newest HUUF member. He is a science-lover and enthusiastically shares his knowledge and skills with the community. Welcome Elliott!

Sending love and healing thoughts to...

Margy Emerson, who is recovering from a gander attack and reminds us to provide ample walking space for local wildlife.

Berti Welty, who is having cardiac issues. She is home recovering and waiting for more information.

Dave and Ilene Harris, who are each facing their own health issues and supporting one another on their journey.

Marian Ziemer, who was diagnosed with endometrial cancer, is hopeful that she will recover and grateful for her family living close by.

Siddiq Kilkenny, who journeys through a terminal diagnosis of thyroid cancer. He treasures each day, receiving radiation and may move on to immunotherapy in a clinical trial at Stanford Hospital. He is not in pain.

Roy King, whose father, Roy King Sr., passed away in El Cerrito in late May.

Meanwhile, we are celebrating transitions and milestones with:

Corazon Amada and Laurel, who recently moved into an apartment of their own.

Josh Charles, who recently moved closer to us, from Trinidad to Eureka.

Bellamy Devine, spending the summer with their family in Germany and will be dearly missed until September!

Amy Day, who will be featured in this year's General Assembly on-demand programming. Her workshop is titled, "Mending the World Within Our Reach."

Judy and Wesley Rishel, who recently returned from a bucket-list trip to New York City. They visited Broadway, museum-hopped, and enjoyed NYC food. Taxis and Ubers provided their own unique experience. Welcome back!

All the love and care,

Membership Committee: Jeanne Chapin, Joanna Welch, Nancy Engle, and Rebekah Paez

Congratulations to Zoe Moor, former HUUF RE student

Zoe Moor, daughter of HUUF members John and Kim Moor, graduated on May 18 from Sonoma State University with a Bachelor's degree in Psychology. Zoe has been working at the Santa Rosa UU Fellowship doing childcare on Sundays.

Zoe grew up at HUUF. She was a childcare worker for HUUF, was a very active participant in Teen Cons including being a chaplain, performed in the Halloween Festival and would ask every Sunday "We're going to church, right?" She hopes to return to school for her Master's in Psychology in a few years and become a therapist.

Board Report

Our meeting on Tuesday, May 14 was attended by Pat McCutcheon, Margy Emerson, Montana Caouette, Chris Chapin, Corazon Amada, Josh Charles, Cynthia Chason, Chip Sharp, Bridgette Garuti, and Amy Day.

The Board is preparing for the Congregational Meeting on Sunday, June 2, 12:30 p.m. At that meeting we will:

1. Present next year's budget for adoption.
2. Approve Hart Mendenhall as the new Board Treasurer.
3. Discuss the proposal for an all-gender bathroom policy.

We seek to reach a consensus to approve all of these items. At the May 14 meeting, Cynthia and Chip took us on a deep dive into HUUF's budget, focusing on the Endowment grants, including their history and uses. We again discussed the proposed all-gender restroom policy. On May 24, several Board members hosted a HUUF Town Hall event, showing the movie "*Toilet Training*," and exploring with participants their feelings and opinions regarding the proposal. This should help provide for a more informed Congregational Meeting on June 2.

HUUF raised funds on the UUA platform Faithify in support of Rev. Tom Lewis' California Careforce free vision and dental clinic. This brought in \$8,000, and now we urge Fellowship members to set aside time on July 12 or 13, between 7:00 a.m. and 5:00 p.m., to support this humanitarian project. This will be a great opportunity to put our UU principles into action, and we expect it will be fun as well as inspiring.

Our next Board meeting is scheduled on Tuesday, June 11, at 7:00 p.m., in person in the HUUF Sanctuary. The first 30 minutes are provided for members to share their ideas and concerns with the Board.

Respectfully submitted by Chris Chapin, Board Secretary

Climate Action Campaign

Every month needs your earth-motherly love

While we honor motherhood every May, each month our Climate Action Campaign meeting begins with a land acknowledgment that includes a pledge to practice earth motherhood as have indigenous peoples since time immemorial.

How can people of all lineages develop spiritual practices compatible with their cultures to sustain them in the work to save our climate? As our dry northern California summer approaches, here are some ways we can nurture earth and be good parents to everything around us.

Thanks to Cena Marino and Margy Emerson for the initial ideas, here are some tips, well worth repeating, for conserving water this summer. A good general rule: use the least amount needed for the purpose. For example:

- * Shower or tub-bathe economically;
- * "If it's yellow, let it mellow";
- * Leftover water or thin cooking liquid is good for watering plants, indoors or out;
- * When using a clothes or dishwasher, wait until you have a full load;
- * Replace water-guzzling non-native plants with natives that are drought resistant. Visit the California Native Plant Society office near Three Corners Market on Myrtle Ave. and support them by buying plants there.
- * Does it take time for warm water to reach your faucet or shower head? Keep a bucket or dishpan handy and use that water on plants or to flush your toilet.
- * Take a sponge bath instead of a shower when you can.

Instead of rinsing leafy greens under a faucet, I rinse them in pans of water, then re-use that water on thirsty plants. I have also used the hot water after boiling eggs to soak dirty pans, wash dishes, or for general household cleaning.

Last month, CAC co-sponsored a presentation by CalPoly Humboldt Professor Jen Marlow, who worked with the people of an Inupiat village on the Alaskan coast. These people organized a preemptive relocation to escape the rising sea. Professor Marlow also founded *44 Feet*, an organization working to safeguard Humboldt Bay's spent nuclear fuel site from our rising bay.

Among other activities, we continue to email and write letters to Assembly Member Tina McKinnor, chair of the Public Employees and Retirement Committee. We are urging her to support S.B. 252, the Fossil Fuel Divestment Act, and to allow the bill to move to the Assembly floor for a vote. If passed, S.B. 252 will require California public employee pension funds to divest from fossil fuel investments.

Thanks to everyone for your climate actions and your persistence to protect our earth mother's life support systems. Keep the faith, keep persisting, and be like the drop of water that erodes away the rock of climate change.

Sue Lee Mossman

Fundraising drive continues through June 30

Picnic kicks off pledge drive

With sunshine and a pleasant breeze, HUUF volunteers and staff held a successful event to kick off fundraising for the upcoming fiscal year. If you weren't able to join us on Saturday, May 18, here's a taste of what you missed: attendees were greeted with fruit kabobs and the opportunity to create an aloha experience with a "make your own lei" table hosted by Membership Committee volunteers. Outside, lawn games, face painting, and bubbles galore entertained kids of all ages.

Art Matters hosted a sun print/cyanotype making table while Jasson KlingonSmith's "Average Dad Band" rocked the outdoor stage. Chef Colleen Betts and her volunteer staff provided a feast, followed by an RE sponsored sundae bar.

None of this could have happened without dedicated volunteers and staff who gave their time and talent. *Thanks to the following:* (in alphabetical order) Colleen Betts, Montana Caouette, Chris Chapin, Jeanne Chapin, Josh Charles, Gigi Collins, Amy Day, Jessalyn DeLucchi, Margy Emerson, Nancy Engle, Bridgette Garuti, Tiff Hess, Deborah Kallish, Jasson KlingonSmith and his band members: Brian, Cisco, John, Tim, and Tyler. Also thanks to Pat McCutcheon, Rebekah Paez, Chip Sharpe, and Joanna Welch.

And a big thanks to all who attended. Your joyous engagement is the true expression of community.

As a reminder, this is a pledge drive! If you have not committed to a pledge for the 2024/25 fiscal year, please do so before June 30. Fill out your pledge form online or return the paper form sent in April. We have more dollars to raise if we are to reach this coming year's budget goals. If you cannot manage a monetary gift at this time, please commit to being part of a fundraising campaign. Contact the office (office@huuf.org) and join the team doing this vital work.

Children and families religious education

How are we doing?

Please take a moment to fill out the survey below and on the next page and let us know how we can better serve you and your family at this time. You can return it in person to Amy Day or Jessalyn DeLucchi.

HUUF Religious Education Family Survey

We look forward to an engaging and inspiring RE program next year. Please let us know what you would like to see.

1. Name (Optional):
2. Contact information (Optional):
3. Child(ren)'s age(s):
4. What topics would you like your child(ren) to learn about in 2024-2025? (check all that apply)
 - Unitarian Universalist foundations: principles, practices, etc
 - Unitarian Universalist history
 - Religious literacy: Learning about religions and different faiths
 - Holidays and traditions
 - Exploring values
 - Social justice
 - Racial justice
 - Climate action
 - Sexuality education (OWL)
 - Other _____
5. What activities does your child enjoy (or what activities would you like them to participate in)? (Check all that apply)
 - Art
 - Music
 - Drama
 - Games
 - Outdoor exploration
 - Technology
 - Writing
 - Yoga/ dance/ movement
 - Makerspace
 - Service projects
 - Planning and participating in worship
 - Discussing popular media
 - Other: _____
5. What aspects of RE do you most value? (check all that apply)
 - Community and friendships
 - Intergenerational connections
 - Fun
 - Leadership development
 - Spiritual practices
 - Creative expression
 - Identity exploration
 - Learning about Unitarian Universalism

- Religious literacy
 - Other:
7. We know it can be hard to get your child(ren) to the Fellowship on a Sunday morning. What suggestions do you have that would encourage them or make this easier?

8. What types of events would you like to see?
- Community service projects
 - Field trips
 - Social gatherings (game nights, dances, etc)
 - Educational events
 - Parent and caregiver groups
 - Social action
 - Other:

9. What parenting/caregiving groups/classes would you participate in?
- Raising a UU child
 - Parents and caregivers as sexuality educators
 - Small group circle for parents and caregivers
 - Antiracist parenting
 - Other:

10. What are your goals for your child in religious education?

•11. Are there any talents, interests, or activities that you would like to share/offer?

•12. Is there anything else you would like us to know?

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Humboldt Unitarian Universalist Fellowship

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email: office@huuf.org

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Monday-Wednesday, noon-4:00, appointments preferred;
Thursday by email only, at: office@huuf.org

Director of Spiritual Life: Amy Day
on campus Tuesday and Thursday, email:
comm@huuf.org

Membership Director: Rebekah Paez, on campus
Tuesdays 10:00 a.m to 4:00 p.m., Monday/Friday by
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Newsletter Editor: Pat Carr, email: newsletter@huuf.org

Newsletter Proofreader: Stephen Sottong

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Co-Presidents: Margy Emerson, Pat McCutcheon

Vice-President: Michael Caouette

Treasurer: Vacant, seeking volunteer

Secretary: Chris Chapin

Trustees: Jason Teraoka, Ann Kilby

June 2 Congregational Meeting

You Won't Want to Miss This

On Sunday, June 2, following the service, HUUF will hold an important Congregational Meeting. The HUUF Board will present Hart Mendenhall, for your approval as Treasurer. The 2024-25 Fellowship budget will be presented, and we will also seek consensus on the issue of all-gender bathrooms. Your input on these issues is valued. We hope to see you there.

Pat McCutcheon, for the HUUF Board

They're not hiring at the *New York Times* . . .

... At least not locally, so if you want to edit or write for a worthy publication you'll have to find something else. Something like the *HUUF Newsletter*, perhaps? There's always an opportunity to write articles pertaining to HUUF and its members and friends (submitted by the 20th of the preceding month to newsletter@huuf.org), but soon there will be an even bigger opportunity. The *Newsletter* editor will be away for several weeks in September, just as the October issue needs to be produced. We'll need a substitute editor for that issue.

If you find this opportunity interesting, and would like to learn more, contact Pat Carr at the *Newsletter* email address (above). You'll be serving HUUF in an important capacity, and we guarantee you'll have an experience the *New York Times* could never provide.

Friday, June 14 at 7:00 p.m.

HUUF Coffeehouse

It's again time to showcase your talent – and anything goes! Goofiness is encouraged. Sing a song, play your kazoo, read a poem, dazzle us with your juggling prowess... Show us what you've got! We are also looking for [volunteers](#) to provide baked goods and savory treats (individual servings) too. Sign up in person with Dennis McGetrick, after Sunday services, or use the online sign-up sheet here: <https://www.signupgenius.com/go/5080B4CABA72CA6FD0-47679809-coffee#/>