

Humboldt Unitarian Universalist Fellowship



A note from the minister

July/August 2016

Summer is upon us. As I write this note, Edie and I are preparing to go to General Assembly in Columbus, Ohio. We're looking forward to seeing old friends and gathering new information. One of the highlights of General Assembly is the Ware Lecture, named for Henry Ware, a nineteenth-century Unitarian minister who was instrumental in the founding of Harvard Divinity School.

This year's Ware Lecture speaker will be journalist and theologian Krista Tippett. She'll talk about the role of religion in the world today. This is a topic that calls for careful thought. In early June, more than 50 people were gunned down at a gay nightclub in Orlando, Florida. Initially the crime was called "terrorism" by the media. It surely was terrorism, but even more, it was a hate crime done in the name of religion. While on the surface, the killer appeared to be Muslim, his real religion was a radical fundamentalist world-view that justifies the use of guns against human beings and the hatred of gay people. That world-view is shared by many people who call themselves Christian, as well. The real religion of some radical fundamentalists is not the teachings of either Jesus or Mohammed. It is a world-view that justifies the use of guns against human beings and the hatred of gay people.

Can the role of religion in the world be something different than the promulgation of fundamentalist world-views? Does the terror and hatred inflicted in the name of religion by radical fundamentalists with guns negate the role of religion altogether?

I look forward to hearing Krista Tippett wrestle with this question. When Edie and I return from General Assembly we will certainly share her insights with you. And together we will continue to answer for ourselves the question of what the role of a positive, healing religion might be in our own lives and in the world.

Meanwhile, may the summer bring some peace and healing to us and to all living things.

Yours in the journey,



Rev. Bryan Jessup

Inside

Page 2:

People
Board minutes
Welcoming LGBTQ

Page 3:

Religious education
Aesthetics and art

Page 4:

Mediator training
Quilt raffle

Page 5:

Changing HUUF structure

Page 6:

July Services

Page 7

August Services

Page 8

July Calendar

Page 9

August Calendar

Page 10

All Fellowship retreat
Deadline info

Page 11:

Member bios

Page 12:

Classified ads



Welcoming LGBTQ people

We are called a “Welcoming Congregation.” This is a good time to seek an understanding of what that means.

For those of us who are LGBTQ, this is a time of profound pain and rekindled awareness of how precarious it is to be “out,” even in our own gathering places. We need to know, more than ever, where we are welcomed, embraced, and can feel safe. This welcome cannot simply be a liberal acceptance. It needs to feel authentic and come from people who have explored their feelings and unconscious biases about sexual and affectional differences.

A UU congregation has to “earn” the designation of being “A (truly) Welcoming Congregation” from the UU Association – and HUUF did, in 2000. We started the journey in 1996 when Barbara Clark brought to the attention of our Board of Trustees a UUA curriculum used by Joy Atkinson at the San Mateo UU Church. Thea Gast was co-chair and asked Cheryl Rau and Beverly Allen to put together a committee that would guide our congregation through the curriculum, which they did in December 1998.

For the next year everyone (yes, everyone) in the congregation participated in various opportunities for learning and discussion. There were sermons, films, panels, and carefully prepared exercises that guided us to self-awareness and then gave us safe ways to share and enhance our understanding. On February 6, 2000, in a specially called Congregational Meeting that filled our sanctuary, our congregation reached an uncontested consensus that we would be a Welcoming Congregation. The UUA confirmed that we had been creative, inclusive and authentic in our process and sent us the purple plaque that hangs in the foyer to this day.

For me it was an astonishing experience. I had come out in the mid-1970’s in the Bay Area at the height of the gay liberation movement. After the initial exuberance we felt, the backlash that followed drove us into seclusion (called separatism) – into the same kinds of bars and nightclubs that the dear people in Orlando sought so they could be together with others who loved as they did or loved them enough to join them in their loving.

I had never been in a predominantly “straight” group of people where I felt safe since coming out. After going through that year of examination and reflection in 1999, that changed for me. Since then, this congregation has become for me – as well as the LGBTQ community – a safe place. HUUF has supported the LGBTQ community in many ways since, but in no way more visibly than at the Pride Parade and Festival each year.

Saturday, September 10, is the 24th Pride Parade and Festival. On behalf of all LGBTQ members of the Fellowship, I ask you to please come walk with us and help with our information booth. The Social Action Committee will organize the logistics, but we truly need your close company, in large numbers, to feel supported and safe. Dress with flair!

Bonnie Macgregor

People

Welcome to new pledging friend: Misha Skaarup

New member: JoAnn Huffman

Re-instated member: Peter Gillis.

Sylvia Shaw



Board minutes

As of July 1, four board positions will change positions: Senior Co-president will change from Jana Kirk-Levine to Kate McClain; Vice President will change from Barbara Madaras to Berti Welty; Secretary will change from Sylvia Shaw to Katherine Almy; Junior Trustee will change from Katherine Almy to Pat McCutcheon.

The governance system that connects congregational members and committees to the Board will change from Teams to Liaisons and Clusters.

A new personnel manual will emerge with a month or two.

The membership directory will start in July instead of October.

Sylvia Shaw

Religious Education

Two years ago, Religious Education held an all-day retreat attended by those interested in rewriting our mission statement and in visioning what we wanted for the children of this congregation. Over the following two years we have continued to grow our cooperative to offer OWL and Parenting Together to better support our parents and youth. Next year we plan to continue our transformation in more exciting and new ways.

Some things will stay the same for next year. We will continue with the structure of how we schedule Exploration, All Worship and Social Action Sundays.

Other ways will change. We will work in conjunction with Program and Worship in Building Beloved Community to provide more continuity with RE and adult worship, using UUA's Tapestry of Faith curriculum called Miracles. It's a wonderful multigenerational curriculum that we will explore for the first three or four months of our year. I encourage everyone to look at this to find an opportunity to volunteer or participate in some way. Here is the link if you would like to see what we will be doing or become a part of it. <http://www.uua.org/re/tapestry/multigenerational/miracles>

We will be changing in other ways. One is that we will be providing more opportunities for our children to explore and appreciate our beautiful grounds during our Sunday school time. A group may practice meditation in the gazebo or take sketchpads and pencils on top of our mound and draw. We will play games that are Earth based and explore with magnifiers and binoculars.

We will also be changing from volunteer teachers to hiring three paid teachers who will be offered a small stipend for two Sundays a month. We will be working through the summer to craft our curriculum plan and anticipate beginning the hiring process mid-August. We plan to hire teachers who believe that teaching is a ministry, teachers who are trained in child development ages 3-16, as we will be moving to provide open-ended activities for a variety of ages at the same time. Teachers will be expected to know how to teach problem solving to children and support for challenging behaviors so we can give our amazing variety of children the best experience in which to grow and learn. We will expect our teachers to understand how to find teachable moments and to support our volunteers in the classroom to continue to make our classrooms vibrant and accepting. If this sounds like something you might be interested in doing, please submit a resume to Roxana and you will be contacted.

So that's a lot of new things! The RE committee and the ad hoc committee have and will put a lot of thought and energy into transforming our cooperative as we continue to grow, not only in numbers, but in Beloved Community together.

Happy Summer.

Jillian Mooney

Art and aesthetics

For July our gallery will show paintings by Cheryl Rau. In August the show will be Artistic Muse: Following Your Bliss. The artists in this exhibit will talk about their process at the August 21 service. In September the gallery features the photography of Dave Woody, one of our newest members. Dave teaches photography at Humboldt State University.

Calling all HUUF artists: Get ready for the Membership show in December and January.

Aesthetics notes

On June 6 the Aesthetics (Cheryl Rau), Building Maintenance (Scott Allen), and Foyer (Debbi Cooper) committees held a joint meeting. Helen Vatcher of the Aesthetics Committee also attended. We sat in the enlarged, sunny foyer and basked like cats. Then we considered traditional and potential additions, functions, furniture, and repairs to this space. Our goal is to maintain the open and inviting feel of this space. There have been various suggestions for the foyer: some people say we could put the library there, some ask why not place a pass-through between the kitchen and hallway for food and coffee service. There is also an ongoing need for a place to store coffee/chocolate that is sold to support a young student, and so on. Stay tuned.

Cheryl Rau

Humboldt Mediation Services community mediator training

Annual training of community volunteer mediators will be conducted by Humboldt Mediation Services at HUUF. This 34-hour course begins on Monday evening, October 3, and continues from 5:15 to 9 p.m. on Tuesday and Thursday evenings and from 8:45 a.m. to 5 p.m. on Saturdays, concluding on Saturday, October 15. This is two weeks of intense role-playing, discussion, and fun that prepares you to serve on a panel of three mediators and also to practice applicable skills in every facet of your life.

Two spaces in the class are tuition-free to HUUF members. Priority is given to staff or committee members. Preregistration is required. Register by September 6, 2016, for discounted fees.

Contact me at chipsharpe@sbcglobal.net or 599-6009, or Humboldt Mediation Services at 445-2505 or see the website www.humboldtmediationservices.org for more information and to register.

Chip Sharpe

Quilt raffle

To benefit Humboldt Mediation Services.

The prize quilt was created and donated by Beverly Prosser, who describes the quilt:

“Love & Peas: F & V’s

She loved to ‘mix things up’

And ‘cause a stir’!”

The “Love and Peas” quilt is a tribute to mediation, represented through 1950’s housewives surrounded by anti-inflammatory fruits and vegetables.

We hope this quilt puts a smile on your face and maybe influences your outlook and eating habits.

Tickets are \$5 each or 5 for \$20. The drawing will be held on October 24, 2016, at Folie Douce restaurant in Arcata. You do not need be present to win.

Humboldt Mediation Services

317 Third Street, Suite 8, Eureka, 445-2505



Changing the HUUF organizational structure

so it's more like a dance

Some of you, particularly committee members, know that for the last two years our governance structure has included one monthly Board of Trustees (Board) meeting and a second meeting each month where Board members and committee chairs met either as an Administration Team or a Ministry and Program Team. Over the past six months we've conducted an evaluation of our current organizational and governance system and have found that we want to:

- empower committees.
- avoid micro-managing Fellowship activities.
- restructure the number of regular monthly meetings.

The Board appointed an ad hoc Committee on Governance to take the results of the evaluation and craft a suggested structure for the 2016-17 year. The committee did a great job. A copy of their report is available by emailing me. The committee recommended, and the Board has tentatively decided, to:

- Charge the Council of Chairs to meet three times a year and work with a Leadership Development Team to help our committees continue to operate with clarity and health.
- Focus on the five goals articulated in the Board's stated Goals and Priorities.
- Discontinue the Administration and Ministry and Program monthly meetings and organize committees in clusters around those goals, said clusters to meet on an as-needed basis.

The Board hopes this structure will empower committees, encourage collaboration and, at the same time, reduce the number of meetings.

The Board will, of course, continue to have open meetings, and committees may ask to be on the agenda whenever they feel the need. "Board Coffees" are scheduled on the second Sunday of every month between services so the Board can hear ideas and suggestions from members and answer questions that members might have.

Greg Blomstrom and Bryan Jessup



Sunday Services

Sunday, July 3 – 11 a.m. – Leaning into Faith – Lorena Boswell

It's difficult to completely face the unknown with the calm faith that, one way or another, everything will work out. As a Quaker, Lorena Boswell seeks guidance from a sense of Spirit greater than oneself. It is called "a leading." Lorena will speak of listening for the "still, small voice of God" underneath her own loud, panicky voice, and of her journey to recognize and more deeply trust her leadings. With mindfulness we can all breathe in the calm beauty of this mysterious life and trust the path we are being led toward.

Last year Lorena left Humboldt and moved to Berkeley to follow her calling to become a chaplain. She has graduated from Starr King School for the Ministry and will be a chaplain-in-residence at Alta Bates Hospital in Berkeley next year. She grew up a UU and is now a member of the Humboldt Friends Meeting and a sojourning member of the Strawberry Creek Meeting in Berkeley.

Sunday, July 10 – 11 a.m. – The Sufi Practice of Being on Retreat in the Midst of Chaos – Jamila Tharp

The Sufi spiritual practice of Khalvat Dar Anjuman means to be on retreat in the midst of chaos. Unlike an outward retreat, where the seeker, far from people, sits alone in their vision quest until they come into contact with the spiritual world, Khalvat Dar Anjuman is a hidden retreat. Here the seeker, outwardly surrounded by people, inwardly seeks to be at peace with the consciousness of the Reality of Unity of the One.

Jamila graduated from Starr King seminary and is a worship leader in the Sufi Muslim tradition. She is a candidate for Unitarian Universalist ministry, on track to be ordained as a UU minister next year. She, her wife, and their three children are members of HUUF.

Sunday, July 17 – 11 a.m. – Don't Worry, Be Happy: Musical Offerings to Lift our Spirits

When the world presses in and we can't stop our minds from dwelling on our problems and all that's wrong with the world, it's time to turn on the tunes. Jazz, opera, rock or chant, bring a favorite selection to share. They can be on CDs, iTunes, or live performances. Help expand the repertoire of songs we can turn to in trying times. Bonnie MacGregor will orchestrate.

Sunday, July 24 11 a.m. – Poetry of Place – Wendy Rowan

Trillium Falls

Sunlight slants through redwoods,
beckons me to leave my stony unforgiving,
to hike this winding path. . .

This Sunday bring a poem to share that has led you to a centered place. Bring a poem about a place that cultivates mindfulness in you. For example, you might bring a poem by a favorite poet, like Mary Oliver, or you might share a poem about your travels this summer.

Sunday, July 31 – 11 a.m. – Once Upon a Pilgrimage – Roy Tamashiro

For his sabbatical from teaching at Webster University in St. Louis, MO., Roy Tamashiro answered a calling to embark on a peace pilgrimage to mark the 70th year since the atomic bombing of Hiroshima and Nagasaki. There was no set itinerary or destination. His journey began in Humboldt County last July, and unfolded with stops in five countries across Asia, six in Europe, and 20 cities in the U.S.

Roy will share stories of bearing witness, healing through listening, and awakening to expanded consciousness. He describes how these glimpses into mindfulness can flow into living an enlightened presence in day-to-day life.

Sunday Aug. 7 – 11 a.m. – Summer and the Beauty of Nature – Veronica Galliani

Many of us seek solace in Nature. In this fast-paced world, are we able to slow down and drink in the sounds, scents, tastes and feel of Nature all about us? You are invited to bring a natural object to show us, with summer blossoms and finger food to share both during and after the service.

Sunday, Aug. 14 – 11 a.m. – The Miracle of Books – Valerie Gizinski

Books engender ideas and ways of thinking that can transform our lives. Come and share a book with us that has helped you flourish along your journey in life. Kurt Vonnegut put it this way: “I believe that reading and writing are the most nourishing forms of meditation anyone has so far found. By reading the writings of the most interesting minds in history, we meditate with our own minds and theirs as well. This to me is a miracle.”

Sunday Aug. 21 – 11 a.m. – The Artistic Muse: Following Your Bliss – Berti Welty

“At a certain point, as I model a clay figure, it is as though the figure comes alive and directs my hands,” says HUUF member Berti Welty. “I am lost in the work, communing with the emerging figure. I am transformed.”

Come as we listen to and share our own experiences of what it feels like to create art. Why are so many people drawn to artistic pursuits? Does time really stand still when creating? Are we open to “divine” influences? Join us as we ponder these questions.

Sunday, Aug. 28 – 11 a.m. – Empowered Conversation and Covenantal Relationships – Jamila Tharp

Sometimes our relationships are messy. It’s not always easy to know how to have an empowered conversation. What is an empowered conversation? How can they improve our relationships with our children, spouse, friends, co-workers, neighbors and each other?

As Unitarian Universalists, we are a covenantal liberal faith tradition committed to living in right relationship with each other, our children and the Earth. This is not always easy. We will explore how we might strengthen our ties that bind in family and in creating beloved community, as well the importance of empowered conversations.

Jamila is a Starr King School for the Ministry graduate and a worship leader in the Sufi Muslim tradition. She is a candidate for UU ministry. She is also a Peace of Mind Parenting Coach. She, her wife, and their three children are members of HUUF.

HUUF Events – July 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 9 am Worship Leaders Mtg. 1 pm Garden Work Party
3 11 am Service 12:30 pm SAC Mtg. 6:30 Private Event	4	5	6 1:30 pm Crafts Group	7 7 pm Thursday Reflections	8	9 8:30 am Private Event 1 pm Archeological Info Session
10 10:15 Coffee w/ the Board 11 am Service	11	12 5:30 pm Board Mtg. 6:30 Private Event 7 pm Financial Peace University	13	14 7 pm Thursday Reflections	15	16 1 pm Garden work Party
17 11 am Service 12:30 pm SAC Brunch 6:30 Private Event	18 10:30 Membership Committee Mtg.	19	20 7 pm Private Event	21 7 pm Thursday Reflections	22	23 8:30 am Private Event
24 11 am Service 12:30 pm Aging w/ Grace	25	26 6:30 Private Event 7 pm Financial Peace University	27	28 7 pm Thursday Reflections	29	30
31 11 am Service						

HUUF Events – August 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 7 pm Financial Peace University	3 1:30 pm Crafts Group	4	5 HUUF Retreat @ Camp Mattole	6 HUUF Retreat @ Camp Mattole 8:30 am Private Event 9 am Worship Leaders Mtg. 1 pm Garden Work Party
7 HUUF Retreat @ Camp Mattole 11 am Service 12:30 pm SAC Mtg. 6:30 Private Event	8	9 6:30 Private Event 5:30 pm Board Mtg. 7 pm Financial Peace University	10	11 7 pm Thursday Reflections	12	13 8:30 am Private Event 1 pm Archeological Info Session
14 10:15 Coffee w/ the Board 11 am Service	15	16 8 am Private Event 7 pm Financial Peace University	17 8 am Private Event 7 pm Choir 7 pm Private Event	18 7 pm Thursday Reflections	19 9 am Private Event	20 8:30 am Private Event
21 11 am Service 12:30 pm SAC Brunch 6:30 Private Event	22 10:30 Membership Committee Mtg.	23 6:30 Private Event 7 pm Financial Peace University	24 7 pm Choir	25 5 pm Discussion on Homelessness 7 pm Thursday Reflections	26 9 am Private Event 5 pm Discussion on Homelessness	27 8:30 am Private Event 11:00 am Dedication of Kinara's Corner
28 11 am Service 12:30 pm Aging w/ Grace 1 pm RE Retreat	29	30 6:30 Private Event 7 pm Financial Peace University	31 7 pm Choir	7 pm Thursday Reflections		

Rock and roll on the Mattole

There will be lots to enjoy during Summer Sizzle at the beautiful Mattole Retreat Center, from fly-tying to beginning ukulele, a special kid zone, teen programs, crafts, inspiring worship or just lazing beside the river after a dip. Fellowship and intergenerational happenings await at the First Annual All-Congregational Retreat, August 5-7, 2016. For a sneak preview of the center, check out www.mattolecamp.com.

There are cabins with bunk beds and spaces for tents and RV's, all at the same price. Bring your own bedding. The main lodge is handicap accessible. A special swimming hole, a volleyball court, plenty of green grass and shady trees, as well as evening campfires and programs will be part of the fun.

Costs include meals, activities and use of the Center. To keep costs down, participant teams will do our cooking and we will all help with chores. Adults (13 and up) - \$105; Youth (6-12) - \$80; Child (2-6) - \$60. Children under 2 are free, with a maximum of \$300 per family. Limited partial scholarships will be available. The deadline to request a scholarship is July 10.

Reservation will be accepted on a first come, first serve basis, with a deadline of July 24. Registration forms will be available at a table in the foyer on Sundays or on our website, huuf.org.

Don't miss this—it's going to sizzle!

Pat McCutcheon



Deadline info

Deadline for the September issue of the newsletter is Saturday, **August 20**, 5:00 p.m. Send your committee reports and articles to newsletter@huuf.org. While many file formats are acceptable, .doc, .docx, .rtf and text are preferred, and .pdf and pages cannot be used. Late submissions cannot be accepted.

Stephen Sottong, editor

Becoming a member

If you are ready to become a member of HUUF, please talk to a greeter and we will schedule a time during the week for you to sign the Membership Book. There is a pamphlet available in the lobby which explains some of the details of becoming a member. We'd love to have you join us when you're ready.

Awanna Kalal



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.

Member Family bios

McElwain/Lee family

I am originally from Spanish Town, Jamaica, and have since lived in Miami, Chicago (where I earned an MSW and met my partner of over 20 years, Brian), then to Pittsburgh and Fairfield (Ohio), to San Luis Obispo County, and now to Eureka. We moved here in 2008, when Brian got a job as a staff psychologist at Humboldt State. A year later, I started working at Hospice of Humboldt as a social worker. We feel as if we are on extended working vacation in Humboldt County and enjoy hikes on the beach and in the woods.

When my son, Tai, started kindergarten, I wanted him to have a liberal religious education, so we started attending HUUF. I love that he is learning about UU values in principle and in action and about the unifying themes of different religions. His favorite part of RE is Friendship Sunday. He also enjoys making meals for the night shelter.

I am continually impressed and inspired by the hard work of all the committees in embodying the HUUF aspiration to love, to seek truths, and to serve. I have been active on the religious education committee for four years now. Being involved with Caring Circle has allowed me to share my love of cooking.



Fitzmaurice family

Tommy and I met at Purdue University, where he earned a degree in Psychology. I spent a year studying Forestry, surrounded by cornfields in my home state of Indiana, but my heart longed to live somewhere stunningly beautiful. That longing led us to Humboldt. I finished my studies at HSU studying English Literature. Tommy and I earned teaching credentials, taught briefly in the Bay Area and landed jobs back in Humboldt. We've lived here for nearly 20 years.

Tommy maintains a healthy diet of funk and soul music, spiced up with a little Afro-Beat. He plays drums in several local bands, still listens to vinyl, and is always expanding the contents of the musical encyclopedia that is etched into the synapses of his mind. During the day, he teaches kindergarten at Jacoby Creek and continues to marvel me with his resiliency, love and patience.

I helped open Six Rivers Charter High School, where I taught English and discovered Performance Poetry. Eight years later, I created a preschool in my home to be with my daughter Cadence. This year, I will work as a poet, performer and community organizer as my primary job honoring my commitment to my art. I am exploring what it feels like to place the quality of our family's day-to-day life as my guiding lens for decision making.

Thomas will begin third grade and Cadence will be in Kindergarten at Jacoby Creek in the fall. Thomas loves to sort baseball cards, shoot hoops and play the drum set along with his favorite iPod list. For his eighth birthday, he created a mix list of his favorite songs to jam with... Rush, the Beatles, Phish, Clapton.

Cadence spends her days singing, mostly songs from Annie, mixed with occasional chants. She loves coloring Hindu Goddesses and Yantras. She is fascinated with the idea of Gods and Goddesses. She's exploring what it feels like to "let the goddess decide" things for her. She closes her eyes and surrenders small daily choices to a bit of chance. She reminds me what beauty there is in letting go, and "celebrating what is."

I have been attending HUUF for nearly 10 years. Tommy is enjoying attending more often and the kids have been coming since they arrived into this world. Thank you for welcoming us into this community.





Humboldt Unitarian Universalist Fellowship

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(707) 822-3793

www.huuf.org

e-mail: office@huuf.org

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Monday - Thursday 10 a.m. - 3 p.m.

Minister: Rev. Bryan Jessup

Monday - Thursday 10 a.m. to 2 p.m.

822-3793 minister@huuf.org

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Board of Trustees:

Co-Presidents Greg Blomstrom

Kate McClain

Vice-President Berti Welty

Secretary Katherine Almy

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Pat McCutcheon

Treasurer Cynthia Chason

Newsletter Editor Stephen Sottong

newsletter@huuf.org

Calendar Editor Roxana Stengl

CLASSIFIED ADS

Debi Cooper is offering free Reiki healing sessions to the HUUF community. Please call for more info at 633-6365

Help Wanted

I need someone for hand-weeding in my Eureka flower garden. The pay is \$15 an hour. Awanna Kalal 442-4539 or awanna@aol.com

