

Humboldt Unitarian Universalist Fellowship



July/August 2018

A note from the minister

As I contemplate summer this year, I've run into a book by Wayne Muller, a graduate of Harvard Divinity School who consults with community organizations, educational institutions and healthcare corporations. He is the founder of Bread for the Journey – a network of people who engage in grassroots, neighborhood philanthropy through micro-grants, and the author of several books.

The book I've run into is called "Sabbath." Its subtitle is "finding rest, renewal and delight in our busy lives." In that book Mr. Muller points out that while Sabbath is a holy day for many, the concept and practice of Sabbath can provide life giving nourishment and rest for all of us. He suggests that if we intentionally create regular times when we take refuge from the craziness of our schedules we are going to be much more healthy and happy.

Mr. Muller has created an exercise he calls "Sloth Yoga." This is how it works: When you wake up in the morning, don't get up. Stay in bed. Give yourself time to review your dreams. Notice how it feels to be in your body. Watch how the light comes into your room. Read a little, day-dream a little, wonder about breakfast, take a long bath. One couple mentioned in his book created a ritual involving champagne and Scrabble. Together they discovered a lot of new words, but they all meant "relaxed and happy."

Mr. Muller suggests in our regular Sabbaths that we use our imagination and do things that are delightful. He suggests that often we dare to just rest and treat ourselves with care.

I feel fortunate to have stumbled upon Wayne Muller and his book as we begin this summer season. Over the next few weeks, I plan to pay attention to its teachings. I hope in that time to develop some serious skills as a practitioner of "Sloth Yoga." I hope too that you, in your own way, might find some of the grace of "Sloth Yoga" for yourselves.

Yours in the journey, and yours in the Sabbath rest –

Rev. Bryan Jessup



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A resource for health

"Our Pathways to Health" is a program for self-management of conditions like diabetes, chronic pain, arthritis and COPD. Offered by the Humboldt Independent Practitioners Association and based on research done by Stanford University, this program is open to all. Check out the website at <http://humboldtipa.com/wrd-prs/our-pathways-to-health>. Fliers are available on the Community bulletin board at HUUF.

Rev. Bryan Jessup

Halloween Festival

Planning for the Halloween Festival is underway! We have 9 skits chosen, but we need your input on a few more.

The theme “Into the Mystery” plays out in the skits as we uncover the mystery of different cultural rituals and meanings from this time of year.

If you want to help write and perform in a skit this year, please submit your idea, name and contact information to Sandy Lynn at sandy5527@sbcglobal.net

For ALL Volunteer help please sign up in the lobby.”

Lunasa

Lughnassadh, Lammas, Cornucopia. This first of three harvest festivals has many names. It marks the peak of summer vegetables and the approaching ripeness of grains. Our ancestors discovered the magic of grain—its alchemical ability to transform itself into bread and beer. We’ll celebrate after the Sunday service on August 5. Bring seasonal food for the altar and for “breaking bread” after the ceremony.

Margy Emerson 822-6508

Art and aesthetics

The current show is the beautiful photography of our friend and member Dave Woody. Future exhibits will include a surprise from member Helen Vatcher. Her diptych graces the front of the fellowship. We will also have work in the early fall from our Administrator, Bridgette Garuti. You may remember her intriguing pieces that were in the group show. Her medium is plastic bags.

Cheryl Rau

Choir news

The Choir is celebrating our 10th season together this Spring. Some of our most memorable moments in 2017-18 were Music Day on May 6, holiday caroling in December, singing for the annual Christmas Eve candlelight service, and participating in Jamila Tharp’s Ordination in October.

As we come to the end of the academic year, we have time to reflect on all that we have shared since September. I want to say “Thank you” to everyone who has given of their “time, talent and treasure” to keep us singing. I wish the singers and everyone in the HUUF community, a restful and restorative summer.

The Choir will be on break from now through mid-August, and will resume regular rehearsals the evening of Wednesday, August 15. And we will have a special one-day “Choir Camp” on Saturday, August 11, to “meet and greet,” practice healthy singing techniques and learn several of the pieces we will perform this fall. We have a terrific core group already, but there is always room for new singers. I repeat, “THERE IS ALWAYS ROOM FOR NEW SINGERS” (Subtlety is my specialty.) The Camp will be a wonderful introduction to the group, and our process and learning style. All interested persons age 14 and up are welcome, and no prior singing experience is required. Perhaps you have been considering the possibility of joining the Choir but just aren’t sure if it’s for you? Come August 11. Hang out with some wonderful folks and exercise your vocal chops.

Please contact me with questions. I am also interested in hearing from you regarding the Choir in general. If you would like to share your opinion about our song selections, rehearsal time, etc., I would like to hear from you! I am especially interested in ideas about how to schedule rehearsals at times that are most convenient for the largest number of interested people. So, please e-mail me at elisabethharrington@yahoo.com with your suggestions.

And with that, I will say farewell for now. Happy July everyone. We look forward to sharing more music with you this September.

hUUGs,

Elisabeth Harrington



CLASSIFIED ADS

Conscious Care for your home and pets while you are away. Linda Vinson’s contact: linvinson@yahoo.com or 808-987-7323.

For Sale - Kayak: Necky Manitou 13-foot *Cloudburst*, Werner paddle, Neoprene wetsuit – Women’s L – new. \$500 minimum for package. Contact Bonnie MacGregor cybomac2@suddenlink.net

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).

Welcome new members

Rebekah Paez

Hello HUUFers. My name is Rebekah Paez and I have been living in Eureka since fall of 2017 with my partner, Hart Medenhall, and our four-year-old son, Ezra. I am currently working at home building a business as a wellness coordinator, providing clients with educational resources, heavily researched products and motivational support to improve their wellness. When I'm not reading up on health and wellness, you can find me volunteering at HUUF, hosting parties with my son or exploring our new coastal redwood community. I am new to the UU faith and have really enjoyed learning and internalizing the seven principles. I love my new Fellowship and the friendships I've made. Thank you for taking us in and treating us like family.

Hart Mendenhall

My name is Hart Mendenhall. My partner, Rebekah Paez, our son Ezra Mendenhall and I are relatively new to Humboldt. We moved to Eureka because I accepted a position in the financial aid office at the College of the Redwoods. Outside of work, I'm interested in reading, writing, spending time outdoors and following Ezra's creative lead into any number of spontaneous activities. I am thrilled we have found such a welcoming community in the Humboldt Unitarian Universalist Fellowship as an antidote to the isolation from friends and family created by the so-called "Redwood Curtain." I am proud to be a Unitarian Universalist because I find the work of social justice immensely important and see the UU context as an effective vessel for progressing toward such goals. I can't wait to grow as a family within the context of this wonderful community.

Audrey Zajanc

I am Audrey Zajanc. My husband is David, and we have a seven-month-old daughter named Opal. I am a stay-at-home mom. I love art and nature. I like to draw, paint and color. I love the Fellowship. I can just feel the love and I also love the singing.

Bonnie Mesinger

My name is Bonnie Mesinger. My sister Peggy lives next door to me in King Salmon and nearby the family of my deceased husband, Wally Graves. I also have three sisters and a brother. Since I retired from HSU I have performed in local theatre and taught aerobics at the Adorni Center. I also am a member of a dream group, practice yoga and hike. I joined the Fellowship in 1974 and have rejoined. I like being with beloved old friends and am delighted to meet so many new members and their children. The space and grounds are lovely and the member-led programs are provocative and well presented. I am uplifted by the vibrancy of Bryan Jessup.

Anne Marie Peters

I am Anne Marie Peters, a native of Tucson, AZ. I moved from Tucson to be near my daughter, who lives in Westhaven. I have a BS in microbiology from the University of Arizona and worked as a research lab technician in Boston. I earned my MS in education at CSU in Hayward while working as administration support and then as an adjunct instructor in business administration at Chabot College in Hayward. In 2002, I retired and returned to Tucson to help my elderly parents. For 13 years I volunteered as a reading tutor. I belonged to the Marana Mountain Vista Unitarian Universalist congregation where I sang in the choir and was active on the social justice committee. HUUF is a welcoming community of caring people and I'm happy to be a member.



Sunday Services

Summer Theme: Exploring UU Sources of Inspiration to Heal the Heart of the World

Instead of a common set of beliefs, we Unitarian Universalists have a common set of values known as the UU Principles. These challenge us to figure out for ourselves what beliefs we have as individuals. Religious beliefs of Unitarian Universalists vary greatly. Deciding for oneself and accepting that fellow congregants may not share our beliefs, while liberating, is hard work. We have no one book that has life's answers. However, our UU living tradition does point us to valuable sources. This summer we will explore these sources in more detail, each service focusing on one or more of them. Join us for this journey of exploration.

NOTE: Unitarian Universalist Principles and Sources are listed on our website, in your Fellowship members' directory, and will be available at the services this summer.

JULY



Sunday, July 1 – 10 a.m.

Renewing the Spirit: Direct Experience of Transcending Mystery – Berti Welty

We will take an overview of the UU sources of wisdom and spirituality and begin to explore the myriad ways we are motivated and guided by our unique life experiences. This will include a brief marveling – a wondering – or maybe just a quiet acceptance of life's mysteries without having to define them. Have you ever had a sudden deep **knowing** that “this is true for me”? In what ways have nature, music, art etc. inspired you? Come listen to and/or share personal transformative stories.

Berti Welty, a HUUF member and explorer of the mysteries of life through art, nature, and convening groups of interesting people, will lead the service.

Sunday, July 8 – 10 a.m.

Stories of Hope, Courage, Resilience and Resistance

A number of Fellowship members were excited to attend the Western Regional Conference in Portland, Oregon in May. They will share their enthusiasm and the highlights with the congregation through their experiences of “the words and deeds of prophetic people” in our wider UU region and how they have inspired them to keep on becoming bearers of love and justice.

Sunday, July 15 – 10 a.m.

Spirit through Body – Margy Emerson

There are many ways to access the spirit through physical activities and practices. Margy will talk about her experience with Tai Chi as moving meditation and as a way to heal and empower by enhancing the innate connection of body, mind, spirit and emotion. She will demonstrate Chen style, the most outwardly expressive form of Tai Chi.

Margy has practiced Tai Chi for 40 years and taught it for 30. She is a writer and painter as well as the leader of Thursday Night Reflections at HUUF.

Sunday, July 22 – 10 a.m.

Poems from the Source – Therese FitzMaurice and Pat McCutcheon

Therese Fitzmaurice and Pat McCutcheon will offer poems written by themselves and others which reflect the UU source that acknowledges the direct experience of transcending mystery and wonder filtered through the process of creativity. Therese and Pat are published poets, teachers and active members of HUUF.

Sunday, July 29 – 10 a.m.

The Veneration of Nature and the Sacred Circle of Life – Dave Troxel

Summon your inner Pagan and join the Fellowship for an exploration of the Sixth Source of UU faith, the “spiritual teachings of Earth-centered traditions.” What are these “traditions,” and how do they relate to us as Unitarian Universalists? And what the heck is CUUPS? We’ll tour the Wheel of the Year and celebrate the enduring significance of the ancestral veneration of Nature and “the sacred circle of life.”

Dave Troxel is a priest in the First Degree in the West Coast Eclectic tradition of Wicca. He is a longtime teacher of Wiccan and neo-Pagan ritual and magic, founder of the Circle of the Rising Star teaching coven in Durango, Colo., and a former May King for the Southwest Earth Festival Association.

AUGUST



Sunday, August 5 – 10 a.m.

The Power to Stand Up to Power – Chip Sharpe

Why do we need to keep remembering the anniversary of the U.S. nuclear bombings of Hiroshima and Nagasaki in 1945? What can we learn from those who have stood up to the use of nuclear force on other people? Some of the strongest activists and tellers of truth about nuclear weapons and their dangers have come from this community. Come experience this source of wisdom as we hear, share and create “prophetic words that challenge us to confront powers and structures of evil with justice, compassion, and the transforming power of love.”

Chip Sharpe, a longtime peace activist, the founder of Humboldt Mediation Services promoting peaceful strategies for resolving conflict, and a HUUF member, will lead the discussion.

Sunday, August 12 - 10 a.m.

Mind & Heart – Speakers to be announced

Humanist teachings consider human rather than divine or supernatural matters to be of prime importance. Humanist beliefs stress the potential value and goodness of human beings, emphasize common human needs, and seek rational ways of solving human problems. This Sunday we will reflect upon Humanist teachings and consider how mindfulness practices can support our journey to find the best in ourselves and others.

Sunday, August 19 – 10 a.m.

Open to Love – Bonnie MacGregor

Every wisdom teacher speaks to their students in the language and context of their lives. They use metaphors and stories to point to what cannot, by nature, be described. Jesus of Nazareth spoke Aramaic to the people of Judea. He lived his life as an embodied teaching. Much of his message has been lost in the translations and distorted practices over time. Many of us have closed ourselves to this source of wisdom because of these distortions. Yet UUs encourage us to look to his teachings as a way to “respond to God’s [Source’s] love by loving our neighbor as ourselves.” In these times we might benefit from opening ourselves to such guidance.

Bonnie MacGregor is a UU who was raised in a practicing Christian family. She is a meditation practitioner and a student of Hindu and Buddhist mysticism. She studied Christian theology in Scotland as well as the works of spiritual feminists on the Divine Feminine. She will explore and integrate these teachings throughout the service.

Sunday, August 26 – 10 a.m.

Books that Heal the Heart – Valerie Gizinski

Whether it is the content or the opportunity to immerse ourselves in someone else’s imagination, books help us heal; they can offer solace and inspire hope. In this interactive service, come and share with us how a book made a difference in your life and why it may speak to us, too.

Valerie Gizinski is a longtime Fellowship member and an avid reader.

Looking Ahead – Options for Getting involved

Su	Jun. 24	11:30 a.m.	Congregational meeting
Su-Sa	Jun.24-30	all day	Kitchen cleaning project
Tu	Jun. 26	7 p.m.	Open Soul Matters Group
Su	Jul. 1	11:30 a.m.	Social Action meeting
Su	Jul. 1	3:30 p.m.	NAACP meeting
Sa	Jul. 7	9 a.m.	Worship Leader's meeting
Tu	Jul. 10	11 a.m.	Membership meeting
Tu	Jul. 10	12 p.m.	Google training – Sanctuary
Tu	Jul. 10	5:30 p.m.	HUUF Board of Trustee's meeting
Mo-Fr	Jul. 16-20	9:30-4p.m.	Steel Drum Youth Workshop
Fr	Jul. 20	5 p.m.	Caring Circle Happy Hour
Sa	Jul.21	12-3 p.m.	Grounds Work Party
Fr-Su	Aug 3-5, 2018		All Fellowship Retreat at Camp Mattole
Su	Aug. 5	3:30 p.m.	NAACP meeting
Sa	Aug. 11	9 a.m.	Worship Leader's meeting
Sa	Aug. 11	10-3 p.m.	Choir Camp
Su	Aug. 12	11:30 a.m.	Social Action Committee
Tu	Aug. 14	11 a.m.	Membership committee meeting
Tu	Aug. 14	5:30 p.m.	HUUF Board of Trustee's meeting
Weekly Wed.		7 p.m.	Choir resumes Aug 15
Weekly Thurs.		7 p.m.	Reflections – open discussion group in CARE building
Weekly Sunday		10 a.m.	Sunday Worship Service

Deadline info

Deadline for the **September 2018** issue of the newsletter is Monday, **August 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>

Stephen Sottong, editor



Thought I'd throw this in for old times' sake. Its been fun having another go at this.

- Bert Taylor

Men's group openings

The Men's Group has met for nearly 30 years. It provides a safe, confidential setting for men to share their personal feelings and experiences with other caring and involved men; however, it is not a therapy group. The group meets every other Saturday at 8:30 a.m. Membership is limited to ten members. There are currently openings for three men. If you are interested, contact Carman Gentile at cgpiano@suddenlink.net or 826-0453 for more information.

Stephen Sottong

Notes from RE

Happy Summer!

By the time this goes to print, we will have completed the RE Vision Retreat. I want to thank everyone who participated, especially Danielle Stubblefield, Sonya Glasserkey and Wendy Rowan for volunteering their time to plan and facilitate such a nurturing experience. The RE Staff will spend the summer taking your collective vision into an exciting program for next year.

Youth Choristers will resume in the fall. Rehearsals will be at 10. The choir is open to any interested youth. Our director, Anna Gaines, is excited to grow the program. Please invite your friends to participate.

OWL Classes for 4-6 will run from mid-September to mid-November on Mondays after school. High school and K-1 courses will also be offered next school year.

Classroom Volunteer Opportunities will be abundant next year. In an effort to get to know our amazing youth, we'd like to invite fellowship members to work as classroom aides or teach a short three-week unit to share your passion or gift. We will pair volunteers with paid staff to make it a positive, supported experience for everyone.

Summer Schedule:

July and August childcare will be offered at the 10 a.m. service. Allana and I will create opportunities for youth to create positive relationships and have fun.

Please feel free to contact me with any questions or just to chat. I love spending time with all of you. May the abundance of summer shine brightly in your heart.

Therese FitzMaurice

All Fellowship Retreat

It is time to register for our annual intergenerational retreat happening August 3-5 at Mattole Camp and Retreat Center. It's great fun rollicking in the river, toasting marshmallows, singing around the campfire. Rev. Bryan and Edie will be joining us for their final time. Activities include rafting, a no-talent show, delicious food, games and outdoor worship. This is a wonderful chance to connect with others in a relaxed setting.

For the same price, you have your choice of staying in one of the cabins or pitching a tent. Cabins have bunks with mattresses and indoor plumbing. The lodge is fully handicapped accessible, including the housing portions. To keep the costs down, we will be doing our own cooking.

Costs for the weekend, which include lodging, food and all activities are: Adults \$105, Youth \$80, Child \$60, infants free, \$300 max for immediate family. Some partial scholarships will be available, depending on donations to scholarship funds. Full details can be found on the flyer and/or registration forms which are in the Chalice box in the foyer and at the retreat table on Sundays. Hopefully they will soon be available on the HUUF website, with the option of paying by credit card. Scholarship request deadline is July 8. Registration deadline is July 22.

Berti Welty

Scholarship Donations needed.

Whether or not you are going to the All Fellowship Retreat, you can assist your fellow congregants by donating to our Retreat Scholarship fund. This would assist our less fortunate families and individuals who may not be able to attend without your tax-deductible donation. Checks can be made out to HUUF with retreat scholarship in the notation line.



Soul Matters Sharing Circle

Our current year's cycle of monthly Soul Matters reflection circle gatherings ends in June. We had ten reflection circles with more than 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 90 minutes of intellectual stimulation, sharing and caring. 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 form circles that include 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 there.

Each group has a facilitator. Next year, a Soul Matters facilitators' Friday evening developmental circle will be offered monthly 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 or to become a facilitator. I will endeavor to work with you to meet your need for a suitable location and time.

Rev. Jamila Tharp



Humboldt Unitarian Universalist Fellowship

P.O. Box 506
Bayside, CA 95524

24 Fellowship Way (off Jacoby Creek Road)
(707) 822-3793 www.huuf.org
e-mail: office@huuf.org
Administrator: Bridgette Garuti
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
Religious Education Director: Therese FitzMaurice
498-3564 t_keslin@hotmail.com
Newsletter Editor: Stephen Sottong
newsletter@huuf.org

Board of Trustees:

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Leave A Car Behind and Win

HUUF's Leave-A-Car-Behind raffle hit the ground running on Sunday, June 3, as 18 people biked or carpoolled to the 10 a.m. service, qualifying for a chance to win gift certificates to the Northcoast Coop and Ramones' Bakery. The raffle will continue through the summer, with three winners each month.

Among the seven bicyclists on June 3 were Ceiba, age seven, and her brother, Jackson, 11, who rode five miles round trip with their mom, Sonya. Ceiba, who rode a tandem bike pedaled by Sonya, said "I like it because I get to move, but I don't have to move that much." Her brother rode his own bike; he likes bicycling because "it feels like driving, but I can't drive yet."

Cynthia Chason, who is a bit older than Ceiba or Jackson, didn't bike to HUUF that morning — she's recovering from a recent foot injury. But she did carpool with three other people. All qualified for the raffle, as they live in two different households.

Leaving a car behind when you come to HUUF is just one small way to reduce climate change. Most of us are already trying to reduce some of our climate impacts. The spiritual part of this work is that every time we reduce our impact on the atmosphere we make the future a tiny bit easier for all who are younger than we are.

Pat Carr, Social Action Environment Subcommittee

