

Humboldt Unitarian Universalist Fellowship



Summer 2021

Meet the minister

Greetings and SaUUtations! I'm so pleased to begin connecting with HUUF's members and friends in this way, and eager to meet you face-to-face (and/or Zoom-to-Zoom) in August.

I'm going to introduce myself in two installments. This issue contains a personal biography I shared with the Ministerial Search Committee and the Board during the hiring process (abbreviated here). In September I'll offer some of my professional and spiritual journeys—and naturally more will unfold as we begin to meet. And I'm greatly anticipating learning about your lives and spiritual paths. But for the moment:

I grew up in a pleasant neighborhood of St. Paul, Minnesota, and more broadly the Twin Cities. The liberal Lutheran church where my college educator folks moonlighted as musicians was in Minneapolis, as were several of their musician friends' homes.

Their (and my) roots came to the fore during each summer's Svenskarnas Dag, or Swedish Heritage Day. It also appeared in far northeastern Wisconsin, where on that scenic peninsula my immigrant grandfather had created a cherry orchard. The homestead still serves as a hub for far-flung family, which for me includes two terrific elder brothers, Paul and Steve. The tradition has continued via trips with my children, Ava (21, a senior at Cal Poly SLO) and Declan (18, entering Cal Berkeley), and we love to travel in general.

Back in St. Paul, as a youngster I spent countless hours at the local rec center and park. Basketball became my main sport, so if you come by HUUF on weekdays you might spot me clearing my head by shooting around at the hoop. I'm still friends with eight old neighborhood teammates, and, in fact as I write this, I'll fly tomorrow to see them and my younger brother Tim, who has Down syndrome. Other outdoor recreations such as hiking and biking also nourish me.

So does music, one of my soul-foods. With dad the church choir director and mom the organist, I started singing early. This and children's operettas led to high school musicals, and two years in one college's non-audition choir. Some favorite genres range from classical piano (mom) and sacred choral works (dad), to rock, folk, and funk (friends). Of course much is recorded, but my kids and I relish live concerts.

Space limits dictate that I end there—more in September. I am thrilled to be with you!

Many Blessings,

Rev. Peter Farriday

newsletter@huuf.org HUUF Newsletter Summer 2021 • 1

Inside

Page 2: RE

Page 3: RE (cont.)

Kudos for Berti

Page 4: July Services

Fellowship clean-up

Coffee time

Page 5: August Services

Page 6: Climate Action news

Art & Aesthetics

Page 7: Nature Speaks

Fourth Principle

Page 8: Classified ads

Deadline information



FINDING ELIM

By Dave Nelson



HOW IS IT OUR CHURCH HAS MORE COMMITTEES THAN MEMBERS?

Religious Education

To the Beloved Community,

I write these words from the quiet corner of my my kitchen, as the sun and the fog play a hide-and-seek dance on this first day of Summer, and we've celebrated Father's Day in our own signature style: plates laden with fat waffles, berries and whipped cream, an eclectic, custom playlist humming in the background.

I can see these last 16 months have made me weary. All my life, I've had the uncanny ability to function well inside a crisis; to override the flight-or-freeze portion of my brain in response to immediate trauma and rally into motion. Some survival instinct embedded deep within my limbic system steering me into the necessary course of action until I sense the disaster has been averted. It is only when my body senses safety once more, once it feels the telltale signs of terra firma settling in beneath my feet, that I then begin to process and experience the tragedy that is no longer, but has been thrumming just below the surface of my skin, a second pulse. It is only then that I feel the weight of what-has-been, peer into the chasm I've been running circles in, for these many days, weeks, months. Only then do I catch my breath, and pause long enough to look up and see what has been lost.

Does this resonate?

As our world begins to "re-open", I find myself awash in varying degrees of joy and dismay. Joy at the hugs and reunions and ordinary rituals of togetherness that are beginning to pop up in the landscape once again, and an ephemeral sadness at what we've lost along the way. A just-perceptible awareness of the deep wounds this past year+ has wrought upon us all: psychological, economic, communal, physical, spiritual – which will take years and generations to mend and heal.

At the beginning of the Pandemic, I spoke to a small group of friends about the image of the Phoenix. About how, culturally, we are so taken by the beauty and sparkle of the "Risen from the Ashes" narrative that we are quick to overlook that last, essential piece. So focused are we on the rise, we gloss over the necessary, fertile soil of the ash, the decay. So enamored are we of the promise of rebirth, we forget that death is the passage through which this alchemical process must emerge. And I asked my friends, "How do we know what part of the story we are living in? We might be raising children of ashes." We may never get to see the bright plumage that awaits us. Our work may be to learn to live, to breathe, to create, to grieve, to pray, to learn, to raise hell, and love deeply inside of an era characterized by devastation and loss. Our work may simply be to learn – and teach our beautiful, beloved children – how to live inside the ashes, all the while dreaming of the colors of a bright and glorious bird.

I do not know.

What I know is that if you find yourself reading these words, you too feel the collective wounds of this age we are in. You, too, carry deep within you, the driving desire to be a piece of the healing, the change, the friggin' revolution that is wanting to take place.

At any given moment, persons of conscience, of heart, of faith, are asked to take a look around them and take stock of what is theirs' to wield, to offer, to put forth. "All I have is this tired mind," we might say, "this weary body." "All I possess is a prayer and fire in my belly to make things right." *"All I have is a broken heart.... a little money in the bank (or not)... a fierce, deep love for my child... the first, few words of a song..."*

In the Judeo-Christian texts, we watch a small child bring their humble basket of fish and few loaves to the benevolent Prophet, and he uses them to feed a large, and hungry crowd. The Buddha was said to have been raised in an atmosphere of tremendous opulence, comfort and ease, and yet it was only when he relinquished these things and sat, empty-handed, beneath the mythic bodhi tree, did he emerge with anything of real value to impart. The Earth has a powerful way of regularly churning our refuse and our waste into items of exquisite beauty, nourishment, taste.

Perhaps, the task is not so much to try to discern which piece of the plotline we are living in, or what character is ours to play, but rather just, in fact, to *play*. To do our part well. To tend to the wounds that we witness – our own, and the ones within our reach. To grow our capacity to love well, and move in and with and around and through adversity. To take stock of our own, tiny baskets, determine what we now carry, and offer it freely. I imagine the Hand of Life – God, Goddess, Spirit, Source, Allah, Fate or the Void – however you encounter this – as smiling back at our small, ex-

tended hands of offering. “Yes, I can use this,” She speaks knowingly. And She drops it into the swirling stew atop Her hearth, where a slight color is just beginning to emerge. There, I think, if you look closely, you can see the faint plumage of a bird.

Yours,

In grace and gratitude,

Amy Day (Soon to be Director of Lifespan Religious Education)



Kudos for Berti

It is with much pleasure that I acknowledge you today as you complete your tenure as co-president of the Board of Trustees.

I’ve been on the Fellowship Board with you while you served as co-president with both Greg Blomstrom and David Marshak. It’s been a privilege to participate with you as a leader during the last years of Bryan’s ministry, the one year of Anthony’s and then this last year of no minister and covid lock-down. Through it all you’ve been a solid, committed and hard worker in the service of this community.

During your tenure as co-president you have generously participated and led in many other endeavors. To mention just a few: Service Auctions, Halloween parties, Mattole retreats, holiday dinners, storage sheds construction, worship leader, transition team, RE playscape, Fellowship engagement book group leader, champion coordinator of the Moore Estate.

Pat McCutchen appreciates you for your thorough participation on the Program And Worship Committee: “Berti is a great member of worship leaders and has been for a very long time. She not only contributes valuably to meetings and creates meaningful services, she even takes notes and types up the minutes! Her history and memory help us to remember things others of us have forgotten. And she’s always willing to plan extra needed meetings around her doggy’s care. Her character is super responsible, dependable, dedicated, creative, unique and often fun.”

Greg Blomstrom, your former co-president, acknowledges your leadership: “Berti is the hardest working co-president I have ever worked with. Sometimes a little rough around the edges but she never shied from a single task and took on awesome amounts of work. The Fellowship has benefited immensely from her prodigious work during this unprecedented time, what with having lost a minister, covid and now hiring a minister. It makes me tired, to just think of all the work she did.”

Sylvia Shaw (another member who also has her finger in many Fellowship pies) knows how much you give of yourself: “Berti gets it done! She envisions, she strategizes, she shares and works her heart out. Berti cares! She is there for people and creatures with her attention, purpose and treasure. Berti never runs out of ideas! She is always solving problems in her head and designing methods to apply solutions on the ground. HUUF has benefited immensely from Berti’s gifts.”

Thank you, thank you, Berti, for all the love and leadership you have given to this community. We appreciate you greatly!

Kate McClain, Board member retiree

July Services

Sunday, July 4 – 11 a.m.

America's History and Future – Todd Hoberecht

On July 4, 1776, a ragtag group of colonists stood together and declared with one voice “We will stand alone as a country. We will unite in independence from England.” In 2020 (a year many spoke of as a time to see clearly with 20/20 vision) our nation shut down in isolation due to the global pandemic. During this time we learned many lessons, one being the weaknesses of independence and the need for recognizing and enhancing our interdependence.

Today, as we emerge from isolation, we will plumb these thoughts and look at what our future can look like here in Humboldt and how we UUs are uniquely equipped to play a role in this transition to greater interdependence.

Sunday, July 11 – 11 a.m.

From the UU Hysterical Society: Our final Zoom-only offering for 2021! – Berti Welty

This streamed service will put the medicinal element of humor at the forefront with funny stories of lions and cross-cultural misunderstandings. It will also delve into bravery and Unitarianism overseas, telling the story of the Rev. Fulgence Ndadigimana's imprisonment for his work as a UU minister, how UUs around the world came together to get him released, and the not-for-profit he founded afterward. Above all, it's a story of friendship and how building relationships with people very different from us enriches us and allows us to make a difference in the world.

Sunday, July 18 – 11 a.m.

In-Person Gratitude Discussion – Jo Ann Huffman & Pat McCutcheon

Join our discussion circle service on the Fellowship patio. Music from our beloved pianist Annette Gurnee-Hull will drift out to us as Fellowship members Jo Ann Huffman and Pat McCutcheon lead a service centered on our gratitude. It will include being grateful to be able to meet again in person, our thankfulness of the science that has allowed this to happen, and for our appreciation of our building, grounds and the natural world in which we gather.

Sunday, July 25 – 11 a.m.

Covid-19 Pandemic: Personal Reflections – Tom Lewis & Laura Phelan-Shahin

Fellowship members Tom and Laura will lead an in-person discussion on the patio. We will share our personal stories and experiences during the past year in an open sharing circle.

HUUF clean-up

Our lovely HUUF building has been mostly unoccupied for the past 15 months. Even in the absence of many people, the dust and dirt continues to collect in corners and hallways.

Please join us at 10 a.m. on Saturday, July 17, to clean our HUUF building in preparation for our first in-person worship service the following morning, July 18.

Questions? Contact David Marshak at: david.marshak@gmail.com

Coffee time

As we start in-person services again, we'll need volunteers to make coffee. If you're willing, contact Jan Rowen or Sylvia Shaw at 599-1563 or sls500@yahoo.com



Sylvia Shaw



August Services

Sunday, August 1. – 11 a.m.

Lunasa, Lughnasa, Lughnasadh – Berti Welty & Yemaya Kimmel

Many names and cultures are associated with Lunasa, the first of several harvest festivals. This earth-centered/pagan festival gives thanks for the first harvest, when summer vegetables overflow baskets and flowers are plentiful. The community will come together to honor the gods, goddesses and/or forces of nature that sustain life. This year we also celebrate re-emerging from a year of Covid isolation. This service will be a pagan ritual of story, songs and drumming. Unless it is raining, it will be held in person on the patio with singing and chanting. While it will be streamed, it will *not* be on ZOOM.

Sunday, August 8 – 11 a.m.

All-Ages Song and Story Circle – Debi Cooper

Music is said to be the gateway to the heart. This is especially true when we are not passively taking in the artistic contributions of trained others, but rather adding our own, joyous and unrefined voices to the whole, creating something that is infinitely more vital than the sum of its parts.

For the past year, a small circle of us have been gathering, first online and then in-person, to share our songs, stories and voices as a way of staying connected. We invite you to this outdoor service at HUUF that will be hosted by several of our most beloved, amateur music makers within the congregation. Safely distanced, we'll explore the power of hymns, chants, spirituals, silly songs and pop standards to re-connect us to each other and the heart that sustains us.

Sunday, August 15 – 11 a.m.

How Poetry Helped Me Survive – Pat McCutcheon

The award-winning poet Adrienne Rich has said, "Poetry is the liquid voice that can wear through stone." These past months have been difficult and stony for many of us, but some have found meaning in the voice of poetry. This hybrid service, facilitated by Fellowship member Pat McCutcheon, is the time to share poems that have helped you make it through.

Sunday, August 22 – 11 a.m.

What have you read in the past this year that fed you? – Jo Ann Huffman & Stephen Sottong

Since we've had such an outstanding year, we hope that you all will bring a book that stands out for you in our progress through the interesting process of the pandemic. We will gather informally to hear about your finds. If you can summarize your book in five minutes, we'll compile a nice, lengthy list for the year ahead.

Jo Ann Huffman has been a UU for more than 50 years and has been a member of HUUF for the last five years. She has worked as an aircraft designer, economist, rock and roll arranger, and a project manager. Stephen Sottong has been a computer programmer, electronic technician, electrical engineer, a librarian, and a writer. He's not sure what he wants to do when he grows up. He's been a member for 18 years.

Sunday, August 29. – 11 a.m.

A Space of One's Own – Berti Welty

It has been said that everyone needs a space of one's own for their mental health. This service will explore the many types of such spaces. These run the gamut between fancy "man caves" to a private space in one's psyche. What elements are needed to meet this need? Anyone wishing to share about their special place is invited to contact Berti Welty for inclusion in the service. She can be reached at 476-0654 or bertijo@humboldt1.com.

Climate Action Campaign news

CAC will continue monthly meetings through the summer on the second Sunday of the month at 1 pm. For July, we will meet on zoom, but anticipate meeting in person in the succeeding months.

As soon as in-person activities resume later this summer, CAC will again staff our monthly legislative table on the fourth Sunday of each month. Postage paid stationery will be provided for those interested in writing to lawmakers on climate issues.

CAC will also be working to organize carpools for HUUF Sunday services and other HUUF events as soon as possible for the fall. CAC now has a new official logo which can be viewed on our HUUF website. Thanks to Scarlett Trippsmith, HUUF IT, for her help.

If you haven't seen the short congratulatory videos from the [UU Office at the UN to HUUF for our commitment to the Sixth Principle](https://www.youtube.com/watch?v=bEDBa0AZJAc), go to <https://youtu.be/mFv02fYWDG0> and at <https://www.youtube.com/watch?v=bEDBa0AZJAc>

Thanks to CAC members who joined with other local climate advocacy groups and wrote to the Humboldt County Planning Commission on concerns relative to the Nordic Aquafarms proposed land-based salmon farm on the Samoa Peninsula. At the June 3 meeting of the HCPC, in response to the comments received from the public, the County released a Notice of Preparation (NOP) for a Draft Environmental Impact Report (EIR) for Nordic Aquafarms. Among other aspects, the NOP includes an overview of the potential impacts to be addressed in the EIR and a request for input, by July 6, 2021, from the public about the desired content and scope of the draft EIR to be prepared by the County of Humboldt for the proposed Project. Public input can be emailed to Planningclerk@co.humboldt.ca.us with "Nordic Aquafarms Draft EIR" in the subject line. A copy of the NOP document can be found at humboldt.gov/2347/Major-Projects.

Here are some further ideas for actions we can continue to take this summer on behalf of the climate and earth:

Relative to information in last month's column on composting, large outdoor composting bins can be purchased at Humboldt Waste Management Authority.

Write letters and postcards and sign petitions on your own, or join the local **350** Humboldt's "chat and write" letter-writing group on Sunday evenings at 7 p.m. at this zoom link:

<https://us02web.zoom.us/j/85643874306?pwd=Tm1yeXJBVVhWMGt5ZjZXVTVYbGFoZz09>

Join a national writing group with the Sierra Club at <https://tinyurl.com/ydd3vkxx>.

Or encourage people to register and vote for climate supporting candidates in upcoming elections with Humboldt activist Frederica Aalto (email is faalto@sitestar.net) or with the national

Vote Forward at votefwd.org.

Learn about the benefits of carbon pricing at <https://tinyurl.com/est26w> and then let others know.

Meanwhile for an article to help keep up the momentum for climate, read

Ten Reasons to be Hopeful about Climate Progress at <https://citizensclimatelobby.org/10-reasons-hopeful-climate-progress/>.

We can't become complacent over the summer. We need to keep the pressure up on our lawmakers and policymakers and the corporations who are responsible for 71% of carbon emissions. These corporations are not taking a summer break.

Sue Lee Mossman

Art & Aesthetics

Calling all HUUF artists: be ready with work you can put in a show. The pieces need to be ready to hang on the wall by the middle of August. This is the only newsletter before then so mark your calendar. This show will be titled "We Begin Again!" The show will be up when our new minister, Peter Farriday "begins" with us.



Cheryl Rau

Nature Speaks

When we take time to pause from our ordinary life, quiet ourselves and allow our curious hearts to be our eyes and ears, we may find ourselves in a new and mysterious territory. Where the plants, animals, trees, and, elements become our stewards and guides. In this state, we learn directly from the source how to deepen our connection and work in conscious partnership with Nature's many treasures towards common goals.

The Land, Nature & the Elements are conscious; they invite experiences and circumstances that seek to guide us towards balance and enhance our understanding of interconnectedness. We don't have to live in the wilderness to access their wisdom and healing. Their power and intelligence are all around and within us, it's always accessible and each of us has an inherent capability to speak directly with Nature.

In this engaging and highly experiential circle participants can expect to experience a series of drum and/or rattle meditations to establish a direct connection with and receive guidance and healing directly from the Land, Trees, Plants, Animals, and Elements themselves for connection and enhanced well-being. The circle takes place on Saturday, July 10, from 2:30-4:30 p.m. on the HUUF grounds. Suggested Donation is \$25. Space is Limited. RSVP required to heather@hearthoftheheart.org or text your name and email address to 397-0018. Details including what to bring with you and how to submit a donation will be sent via email a few days before we gather.

Heather O'Connell



1. Honor the inherent worth and dignity of every person.
2. Practice justice, equity, and compassion in human relations.
3. Accept one another and encourage spiritual growth.
4. Support the freedom to search for what is true and right in life.
5. Ensure all have a vote about matters that concern them.
6. Work for a peaceful, fair, and free world.
7. Care for planet Earth, the home we share with all living things.

Fourth Principle

(From the Seven Principles service)

A bumper sticker reads: Unitarian Universalism, where all your answers are questioned.

I began my search for religious truth in my early teens and had lost my faith by 16. I kept searching but didn't find Unitarian Universalism until I was 28.

Being UU leaves us with a terrible responsibility since we have no dogma or holy writ to fall back on with unthinking certainty. Instead, we must search for our truths on our own.

Our 4th Principle: A Free and Responsible Search for Truth and Meaning, embodies this heavy duty we place on ourselves. While freedom leaves us open, responsibility constrains us. Without freedom, the search is pointless; without responsibility, the search is chaotic and can lead to some of the dark places that have plagued religion. We are tasked, not just to examine one set of ideas and principles, but a broad range, always keeping in mind that none will be absolutely complete or perfectly true. While our founding tradition may derive from Christianity, we cannot limit ourselves to it. Other traditions, secular and religious, scientific and philosophical, offer glimpses of a truth we will never fully grasp. However unsettling, uncomfortable and scary it may be, the search never ends. We are not allowed to rest on old certainties. While we should never expect to find absolute truth, we may, if we are patient and diligent, glimpse bits and pieces of it.

This search is not unique to our religious tradition. Many Eastern, native and mystical traditions also call for a search for truth. Ours differs only in the breadth of sources we use in this search.

Our responsibility as a Fellowship, under this principle, is to provide a safe, non-judgmental forum where a diverse group of people can discuss the widest range of topics. Whenever we limit the range of discussion or revert to rote answers, we violate this principle.

Stephen Sottong



Humboldt Unitarian Universalist Fellowship

P.O. Box 506
Bayside, CA 95524

24 Fellowship Way, Bayside (off Jacoby Creek Road)
(707) 822-3793 <http://huuf.org>

e-mail: office@huuf.org

Administrator: Bridgette Garuti

Mon. - Thurs. noon - 3 p.m. office@huuf.org

Family Religious Education/Fellowship Engagement

Coordinator: Amy Day comm@huuf.org

Teen program director/Tech Support:

Scarlett Trippsmith it@huuf.org

Newsletter Editor: Stephen Sottong

newsletter@huuf.org

Board of Trustees:

Co-Presidents David Marshak

Debi Cooper

Vice-President Sally Williams

Secretary Sandy Lynn

Trustees Cassie Brilbeck, Chris West,

Michael 'Montana' Caouette

Treasurer Rebekah Paez



CLASSIFIED ADS

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

HUUF member needs housing. Unexpected move, looking to rent a one or two bedroom small house, cottage, or mother-in-law unit on ground floor. Would love small gardening space. No pets, non-smoking, stable retirement income, four-plus years rental history in Trinidad. Thank you for any help you can provide, Anne Marie Peters. amptucson@yahoo.com (or my phone number in the directory).

Looking for a ride (for just me) from Portland to Arcata, on Aug. 8, or thereabouts. I'll pay for the gas. Contact me at 707-633-4365, or bertbtaylor@gmail.com.

Deadline information

Deadline for the **September** issue of the newsletter is Friday, **August 20** at 5 p.m. Send committee reports, announcements and articles related to HUUF (email only) to newsletter@huuf.org.

Many file formats are acceptable, but .doc, .docx, .rtf and text are preferred, and .pdf and .pages cannot be used. Late submissions are not accepted without prior approval. Full guidelines at:

<https://tinyurl.com/HUUFNewsGuide>

Stephen Sottong, editor