

# Humboldt Unitarian Universalist Fellowship



July/August 2023

To the Beloved HUUF Community

## Finding the still, small voice of the heart

Antoine de Saint-Exupéry is somewhat famous for having penned, “It is only with the heart that one can see rightly; what is essential is invisible to the eye,” in his beloved mini-tome, *The Little Prince*. It causes one to pause and inquire though, just how is one to gain access to this second seat of vision, particularly in a world that offers itself so abundantly to our senses? In one of the classic eight limbs of the yogic path, the seeker is instructed to develop a practice of *Pratyahara*, often translated as, “withdrawal of the senses.” Whereas what we perceive through the eyes, ears, skin, etc. can provide us valuable information on how to safely navigate the complexities of our modern world, they usually prove poor guides when it comes to accessing deeper insights or wisdom (save for, perhaps, when it comes to simply spending time noticing the patterns at play within Nature - but more on that later). Think of it as temporarily silencing the notifications on your phone. Rather than being constantly available to every urge and prompting, both major and minor, that calls us into the incessant busy-ness of this world, Silence invites us to pause, breathe, get rooted in the body and the luxurious simplicity of the moment at hand, and re-tether us to the Intentions we hold for moving through this world. A quiet gift that keeps on giving.

*Silence invites us to pause and re-tethers us to our intentions*

One of the qualitative shifts that’s happened as we’ve reorganized our leadership structure inside the past several months is that the Shared Ministry Team now has a certain contractual amount of allotted time each year for “study.” Similar to a sabbatical period (which comes from the word “Sabbath” or “shavat,” the sacred observance of rest) set aside for those in academia, these weeks have been set aside for each of us, individually, to drop just beneath the frenetic surface of things, and allow for Wisdom to speak. Some days this will look like a large stack of books, or a fresh queue of topical podcasts, and a cozy spot on the couch. Others, it will look like time set aside expressly for things like prayer, meditation, or long

See *Beloved*, next page

## Meet HUUF’s new Board of Trustees

We’ve honored and thanked HUUF’s outgoing Board members for their valued service. Now it’s time to meet the new team.

Jason Teraoka (pronounced Tera - oh - kah) is first and foremost a family person. He married his best friend, Emily, and they have two amazing children: a daughter Amaya (12 years old) and a son Orion, eight. Jason is also a proud public servant who has worked for the National Park Service since 2000 in the field of ecosystem restoration. “I feel that these are the values that I want to bring as a member of the Board — the love of family and community and the spirit of service. I have never served on a board, so being a trustee is going to be a very new experience for me. I said this when I dropped a stone during Joys and Sorrows at the service a few weeks ago, but I would like to reiterate it: This stone is for you and me and I drop it in prayer that I can represent and honor you well. I appreciate this opportunity!”

Cassie Brillbeck has served as Treasurer for two years and will be continuing in that role.

Last summer, Chris Chapin accepted a position on the HUUF Board for two years as trustee. Now, with the new Board configuration, he has been asked to fill the position of Board Secretary. “I feel excited to try out this new opportunity. As a Board member, I will continue to make myself available to any Congregational members wishing to communicate something to the Board. My contact information is in the new HUUF directory. Please feel free to call or email me. Also, remember that the HUUF Board has made available the first thirty minutes of every Board meeting for Congregational members to come and speak about anything that is concerning them. We promise to listen.”

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## New air quality system and masking policy

Our new air quality systems were installed the last week in June. All three heat sources on our campus—the CARE Building, the kitchen, and the sanctuary—are now fitted with two pieces of equipment designed to capture particles as small as the coronavirus as well as kill the virus.

CleanEffects electrically charges airborne particles. These particles are then pulled toward collection cells where they are removed from the air. The Non-Ozone Air Scrubber uses a UV light to kill viruses. Together, they'll be 99% effective against not only covid but also other pathogens and allergens.

We will be using these systems even when we don't need heat by turning on the fan on the furnace or heat pump.

No air quality system can guarantee that you won't get covid. On June 9, Leana S. Wen, M.D., a columnist and health reporter for the *Washington Post*, wrote: "People concerned about infection risk should keep in mind that one-way masking—that is, wearing a mask even if others around them are not—is highly protective for the wearer. Individuals who wish to avoid the coronavirus or other respiratory viruses should consistently wear a well-fitting, high-quality mask (N95, KN95, or KF 94) while in indoor public areas, including health care settings."

We have plenty of N95s available at the door on Sunday mornings. Of course staying up to date on vaccinations and hand washing are also protective measures.

HUUF's Board of Trustees approved the air quality systems in order to keep all our members and friends as safe as possible and especially to protect our elders and those of us who are immunocompromised. A bonus is that they make the Fellowship more attractive to outside renters.

With our new air quality systems in place, the Board agreed at their June 13 meeting that, as of July 1, masking will be optional in all areas, regardless of the number of people assembled. This is an important step toward returning to (almost) normal life, reconnecting with each other's expressive faces, and being a welcoming community to the general public.

*Margy Emerson*



## Beloved, from page 1

contemplative walks in the woods, where the trees, fruiting foliage, birds and skies have insights all their own to reveal. It might mean making music or art for the simple joy of it, and not for a finished product goal. It might look like a long, meandering conversation with a beloved, weaving into the territory of leadership, community, resilience, grief, transformative justice and the work of repair. Ultimately, it involves abandoning the agenda, or a tightly-held map for a moment or two, and allowing the pulsating compass of the heart to guide our steps for a way.

So the question becomes, for all of us, beloved, as we continue on this path of shared leadership together, how are we collectively and individually clearing away the debris that so easily collects and bars us access to the heart? What is our relationship to silence, to rest, to crafting sacred, little islands of quiet pause inside the incessant motion of this life? The aims of this practice are not always immediately apparent, but this thing we can know for certain: If you are going in for surgery, you want a skilled practitioner who has taken the necessary time and steps to learn his craft well. If you stand inside a burning building, you want the arms of one who's spent ample time honing their strength and courage, to enfold you. If you find yourself in need of spiritual care or direction, someone who carries some seed of an answer to life's deeper questions, a person who responds in record time to every email, or decimates the columns of a daily to-do list, might not be the ones to seek. Rather, one might be better served to call upon the service of someone who's gained access to the "still, small voice," a place that can only be accessed when we take the time to drop beneath the roiling surface of things now and then, and commune with the Deep.

To close with these reminders from yet another wise one, Mary Oliver: "Whoever you are, no matter how lonely, the world offers itself to your imagination." Silence calls us into deeper connection to the language of the heart. It is up to us to heed the call.

Yours in grace and gratitude, your shared ministry team,  
*Amy Day and Bridgette Garuti*

## All Fellowship Retreat August 18-20

Is the river calling your name? Dreaming of warm, laid-back days, with time to relax, gather for meaningful conversation, delicious meals, worship and small group sharing? Join us at this year's All Fellowship Retreat, August 18-20 at the Mattole Camp. Space is limited, so register now.

### Cost:

- \$155 Adults (13 and up)
- \$80 Youth (2-12)
- Free for Children (0-2)
- \$500 max per immediate family (up to 5 people)
- There may be some partial scholarships available for Fellowship members. You must pay 50% of cost upon requesting scholarship.

### Deadlines:

- Scholarship deadline is **July 23th**. Registration deadline is **August 6**.

Information and registration forms at the Fellowship and on the website: [huuf.org](http://huuf.org). For more info, contact Berti at [bertijo@humboldt1.com](mailto:bertijo@humboldt1.com) or (707) 382-1472

### Retreat Scholarship Donations Needed

Several members need partial scholarships to attend the retreat. Since we have kept costs low, we have no funds to assist those in need. Scholarship donations enable members to attend. Please contact me (info above) to donate.

## Board, from page 1

Montana Caouette is moving from a two-year position as Trustee to a two-year position as Vice President. He has facilitated the Council of Chairs for the past year and facilitated the past two Congregational Meetings. His involvement at the Fellowship in a variety of roles is supplemented by a strong relationship with the UUA community. His partner is Libbi Miller and they have a son, Jack.

Pat McCutcheon is moving from one year as a Trustee on the Board to Co-President. She and her wife of 38 years were drawn to the welcoming nature of the Fellowship and joined in the early '90s. She has served previously on the Board, led the Rise Up and Call Her Name Curriculum, and worked on the Program and Worship Committee. She is looking forward to serving as Co-President with Margy Emerson and to being part of this vital new team.

Margy Emerson is joining the Board for the first time and serving as Co-President. "My first incarnation was as a potter. I expected to die of old age with a face plant into spinning clay. But to my surprise, after 24 years, I morphed into a full-time T'ai Chi instructor. Eventually the writing that I'd been doing all along elbowed its way to the forefront and became my primary focus. My most recent book, *Laotse, Waldo, and Me*, is my conversation with the author of the *Tao Te Ching* and Ralph Waldo Emerson, a distant cousin of mine.

"I've been a member of the Fellowship for more than ten years. I started out attending Bryan Jessup's Thursday Night Reflections and segued into facilitating that group for six years, which taught me a lot about deep listening. I've been working on the grounds, helping to lead Earth-based celebrations, working with the Climate Action Campaign, and have been the speaker at several Sunday services. I'm facilitating an in-person Soul Matters group and recently joined the Program and Worship Committee.

"By far the hardest thing I've done at the Fellowship was serving on the Ad Hoc Committee to Call a Special Congregational Meeting. More than a year ago, a group of members challenged a Board decision.

"What's uppermost in my mind now as I join the Board is the importance of cultivating a nonhierarchical, collaborative (and therefore creative) dynamic here at the Fellowship—the Board collaborating with the ministers, the Board and ministers collaborating with the committees, and all three collaborating with individual members of the congregation as well as the congregation as a whole. Our founders very intentionally created a congregational government—the congregation is the ultimate authority, and this is the foundation of a democratic, egalitarian community.

"Everyone's input is welcome. As we reconnect, rebuild, and revitalize post-pandemic, we need all the help we can get. Amy is emphasizing that there are many different levels of involvement—you don't have to join a committee to contribute to that committee's work. Plug in where and when the spirit moves you. People pledged 150 hours of volunteer work at our pledge party. Thank you so much. We'll be taking you up on those offers.

"I'll be honored to serve this remarkable community as Co-President, and I'm delighted (and reassured) to be serving with Pat McCutcheon, Cas Brilbeck, Montana Caouette, Chris Chapin, and Jason Teraoka."

*Thanks to Pat McCutcheon for preparing this article.*

### Retreat planning meeting - Sunday July 2, 12:30 p.m.

Have an idea for an activity you'd like to see at the retreat? Want to help out planning the opening evening event? Come join the planning. We will probably be meeting in the Teen Room. *Berti Welty*

## The HUUFies: A roaring good time for a great cause

In case you missed it on May 27, Fellowship friends and members gathered for a night of fun, celebration and awards at the first annual HUUFies Pledge Drive.

For one night, the Fellowship was transformed with all the glitz and glam of a deco-themed awards night, including an original 1926 Dodge Roadster provided by JoAnn and Carl Thomas. Their sweet ride became the backdrop for our “photo booth.” Approximately 40 guests, dressed in their Roaring-20’s best, entered the Fellowship on a red carpet. You can check out photos on our bulletin board.

Throughout the evening, food from Dianna Beck Catering (an indigenous owned business) was served. The dinner proceeds went to fund her daughter's trip to Washington, D.C., for a national academic awards ceremony.

Described by some as a “love fest,” the HUUFies were an opportunity to lift up members who have gone above and beyond the stewardship call, generously dedicating time and talents to our community. Personalized golden trophies were served up by the HUUF leadership team: DCO Bridgette Garuti; DSL Amy Day; Membership Director Rebekah Paez; and Board Trustee (soon to be Board Vice President) Montana Caouette. Special guest sisters, Maxine and Penelope Phelan-Shahin, presented the trophies to their recipients; a few are still displayed in the lobby.

The evening continued with delicious desserts and survey fun. A few results tallied from the guest survey report: “Best Dressed”: Berti Welty, and “If HUUF were an ice cream flavor it would be...”: Rainbow Sherbet.

Why report on all you may have missed? Well, to simply remind you that here at HUUF, we still know how to have fun and throw a damn good party! As a bonus this event resulted in \$130,000-plus in pledges and more than 150 hours of volunteer time pledged in our upcoming fiscal year. A heartfelt thanks to everyone in the HUUF community who has committed to pledge their time, talents, and/or money. We deeply appreciate each of you!

**Reminder: if you have not yet sent in your pledge, please do so at your earliest convenience.** You may also fill out your pledge online by going to the members tab on our website [www.huuf.org](http://www.huuf.org) or at the following link: <https://tinyurl.com/AnnualPledgeForm>



Berti Welty prepares to ride into the Roaring 20’s in a 1926 Roadster

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## Board meeting report

The June 13 Board meeting opened with renewed discussion of the new Rule of Three proposal governing committee structure. The proposal asks for a minimum of three members on each committee. The purpose of this is to create systems that survive individual members, and to get more involvement in idea creation and the decision making process. Presently, the Aesthetics, Building Maintenance, Caring Circle, Fundraising, Kitchen, Memorial Garden, Nominating, Pastoral Care, Planned Giving, Playscape, Religious Education, and Social Action Committees are defunct or have fewer than three members. The Board adopted this proposal. We are actively looking for volunteers to fill the gaps.

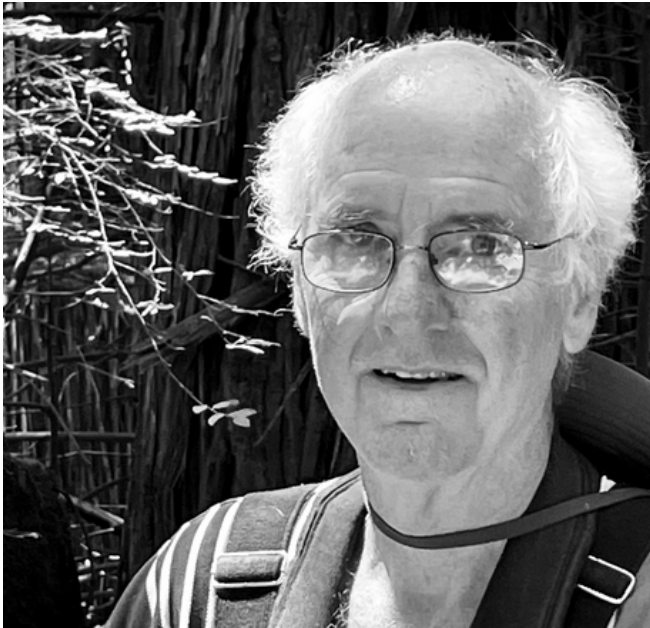
We have now reached \$130,000 with new and renewed pledges. Although the HUUF budget still has a \$20,000 shortfall, discussion is ongoing about ways to increase our revenue. Facility use fees are being increased, a rummage sale at HUUF is being planned by the Membership Committee for late August or September, and there is the possibility of having an herbal fair on our grounds, with 25% of the sales coming to us. Ideas and involvement with this from others are welcome. The endowment fund is being used to pay for the HUUF denominational dues, our honor tax, and the new air filtration system.

*See Board report, next page*

## Notes from the garden

### **Scott Allen hangs up his apron**

When I recently went into the maintenance shed, everything neatly organized. I knew immediately that Scott was hanging up his (construction) apron. I feted Scott at lunch recently and asked about his time at HUUF. He told me that at the dedication of the children's' CARE building in 2008, Bob Botley, our beloved spear-header for the building, said he hoped Scott would take care of it. Scott had not just overseen the construction of the CARE building, he helped build it. At Bob's gentle request, Scott not only took on the CARE building, but applied his considerable skills to all of our facilities - for the next 15 years.



Scott came to HUUF at the tender age of 24, when he was living in Arcata and a pilot at the Coast Guard helicopter station. He had been raised a Unitarian and was seeking a community to be part of. He arrived at our old location on a Sunday, and only Archie and Sue Mossman were there; everyone else was at a camp-out at the Five Waters Ranch near Denny. Directions in hand, Scott headed out to join them, and met the folks who "in large measure, helped me become an adult (or, at least, more like one): Bev and George Allen, Leon and Jean Wagner, Bob and Edie Wolterbeek, Thea and James Gast, Jackie Foote, Ray and Barbara Barratt, June and Dave Davis, Shawn Nichols and Jackie Wales and so many more." Sue and Archie were included in there, too.

I was always amazed: no matter the task, Scott had a tool and the know-how to fix it, or knew who to call if he couldn't. He was always willing to help me with big jobs beyond my abilities. We once removed a small, misplaced ash tree, using his truck and a stout chain to pull it out of the ground. I will sorely miss Scott's affable presence around the grounds, but I'll be forever grateful for his help and camaraderie.

*Valerie Gizinski*

### **Board report, from page 4**

At press time we believe the new air filtration system should be installed by June 30. Work is scheduled from June 26-30. After this system is installed, the Board has decided to make HUUF's facilities mask optional, reminding people that if they wish to wear a mask, only an N95 mask should be considered. Our Fellowship is currently providing N95 masks to all visitors. Thank you, Joanna Welch, for obtaining those!

The Board has scheduled retreats for late August and September, and has invited the Finance Committee, the Ministerial Relations Committee, and the HUUF Leadership Team to participate in a collaboration about the budget and ways to stimulate more revenue, improve operating systems and communication in the Fellowship, and explore ideas for HUUF's future.

The next Board meeting is scheduled for July 5 at 7:00 p.m. in the HUUF Sanctuary, and will be in-person only. The first 30 minutes is open to all members who wish to come and address the Board about any issue.

Check the website calendar for any changes to meeting place, day, and time.

*Chris Chapin, Board Secretary*



## July Sunday Services

**Sunday, July 2, 11:00 a.m.**

### **Interdependence Day – Amy Day**

Aboriginal artist Lilla Watson famously said, “If you have come here to help me you are wasting your time, but if you have come because your liberation is bound up with mine, then let us work together.” Each year around this time our country pauses to celebrate, calling forth words like “liberty, freedom, and independence,” failing to recognize that the freedoms enjoyed by some are often built upon the labors and oppression of others, not to mention the extraction of precious, finite resources from our Mother Earth.

What is the call for a progressive faith such as ours? Come as we explore a shift in our thinking and ways of being – away from the neo-liberal construct of freedom for the individual toward a holistic view that envisions and promotes liberation for us all.

**Sunday, July 9, 11:00 a.m.:**

### **Music Sunday —Elisabeth Harrington with Ann Kilby**

Elisabeth Harrington will lead musicians and congregation in a lively program of music full of love, to bring joy to our spirits.

**Sunday July 16, 11:00 a.m.**

### **Living Our Values by Banking our Futures — Valerie Gizinski and Julie Neander**

In what ways can individuals make a difference in the quest for a greener, healthier planet? How we conduct our everyday lives matters for us, for those we love, and the health of our planet. Writing letters to local newspapers, choosing better banks and credit cards that do not finance fossil fuel projects, these are some of the ways we can work together to bring about a greener future.

Long-time Fellowship members, Valerie Gizinski and Julie Neander will present this program which has received rave reviews. They are also members of Third Act, which works toward a sustainable future.

**Sunday, July 23, 11:00 a.m.**

### **An Epidemic of Loneliness – Amy Day and Margaret Emerson**

The U.S. Surgeon General, Vivek Murthy, recently issued an advisory titled *Our Epidemic of Loneliness and Isolation* in which he warns of the damage done to our mental and physical health by spending too much time with our “devices” instead of with each other. In this service, we will look at the influence of the internet and social media on both youth and adults and what we can do to tap into the synergy of in-person contact as we reconnect and revitalize, post-pandemic.

**Sunday, July 30, 11:00 a.m.**

### **Small-Group Sunday on the Role of Tech in Our Lives – Amy Day and Margaret Emerson**

Following up on the previous Sunday’s topic, this service will offer a chance to talk to each other about the influence of the internet and social media on our lives, share what we’re doing to make mindful choices around our use of technology, and protect ourselves and our children from its damaging effects.

For the first time, we’ll be conducting our groups using the guidelines for deep listening crafted by the congregation at the service on June 4.

## **August Sunday Services**

**Sunday, August 6, 11:00 a.m.**

### **Tending the Flame: Youth, Worship, and the Way Forward – YRUUP and Amy Day**

Come for this youth-centered and infused service as we are joined by leaders of the Young Religious Unitarian Universalists of the Pacific. YRUUP is a longstanding, youth-run organization dedicated to providing fun, safe, and spiritual programs for young people in the Pacific Western Region.

This service falls on the heels of the group's summer conference, a weekend-long event geared toward community building, spiritual development, social action, and youth empowerment; this year it is being held on the grounds of our own Humboldt UU Fellowship. To honor and uplift the voices of emergent youth leadership, we will hear stories, inspirations, and share rituals and practices rooted in the liturgy and lived experience of our young UUs. The future, and our chalice, burn bright indeed.

**Sunday, August 13, 11:00 a.m.**

### **The Times They Are A-Changin' — Rev. Bryan Jessup**

In this service, HUUF minister emeritus, the Rev. Bryan Jessup will return to our pulpit for the first time since his retirement in 2019. He will share with us stories about how life has changed for him and his wife Edie since they moved to Oregon and will talk about living on the Earth in this time of tremendous change. Our environment is in danger. The war-like ways of our country and the big powers in the world have us in a very precarious place. The fabric of our relationships with one another as citizens of the United States is strained. Even the dynamics of our own religious association, the UUA, cause us stress as we come to terms with the limitations of our past ways of being.

How do we live with all this change? Whether we're ready or not, we are called to answer that question with our very lives. And ready or not, we do answer.

**Sunday, August 20, 11:00 a.m.**

### **The Joy of Sharing Good Books — Bonnie MacGregor**

One Sunday each summer, the Fellowship engages in the mutual joy of telling and hearing about books that are worth reading. In a congregation of free thinking and open-hearted people, this time is always mind-expanding, inspiring, and just plain fun. Bring a passage or summary of a current favorite book, a pen and paper for new prospects, and the curiosity that makes reading a joy. Readers of all ages are encouraged to participate.

**Sunday, August 27, 11:00 a.m.**

### **Emptying the Heart – Vida Hofweber and Amy Day**

Join community member, therapist, hospice worker, and artist Vida Hofweber to collectively explore what it looks like to approach our grief. Drawing from a broad spectrum of tools and traditions – from Jungian psychology to Somatics, to poetry, to Earth-based spirituality – we shall explore the hearth of the wounded heart.

This service will be a first-taste introduction into the larger offering Vida will share with us in September, where, on the beautiful grounds of the Fellowship, we will host a site-specific art installation/ guided grief ceremony honoring our collective grief surrounding reproductive rights, the plight of Iranian women, transgender lives/rights, gun violence, and ecological devastation. See the article on page 9 of this newsletter or check the HUUF website for more information.

## Children and Families Religious Education ... and more

### Chalice Camp comes to HUUF

We are delighted to announce that we will be offering our inaugural week-long day camp experience at the Fellowship, for youth entering grades 1-6 in the fall.

**Monday, July 24 - Friday, July 28**, our devoted RE staff will offer an experience full of crafts, games, songs, and exploration all interwoven with our heartfelt UU values. If you ever enjoyed the experience of Vacation Bible School or similar during your own childhood, and wished there was something more inclusive available today, now is the chance to experience it.

There will also be opportunities for middle school aged youth to serve as Junior Counselors, with training to take place the Sunday prior, July 23.

Registration is \$175, and the registration period ends July 6. Partial scholarships are available, as well. Contact Amy for more information: [comm@huuf.org](mailto:comm@huuf.org)

**Sundays at 11:00 a.m.** - Our wonderful RE staff provide meaningful engagement in the form of games, crafts, songs, sharing time, stories and outdoor play to our youth, grades Pre-K-5, during Sunday services. Nursery care is also available for babies and toddlers. Please see this month's service descriptions for more details.

### OWL returns for 7th-9th graders

We are thrilled to announce the return of the comprehensive and holistic sexuality education for Our Whole Lives program, OWL. Facilitated by Jodi and Rebekah with support from Debby and Shawn, the program will cover topics such as relationships, personal boundaries, consent, and so much more, all grounded in the program values, assumptions, and bill of rights.

The program values are self-worth, sexual health, responsibility, and justice and inclusivity. Parent and Caregiver Orientation will be Tuesday, September 12, with weekly classes to follow for students. This program is scheduled through next Spring, with a couple Saturday sessions. Visit our website for more details and registration, or contact [connect@huuf.org](mailto:connect@huuf.org) for questions or ways to get involved in this essential and much-needed offering for our community.

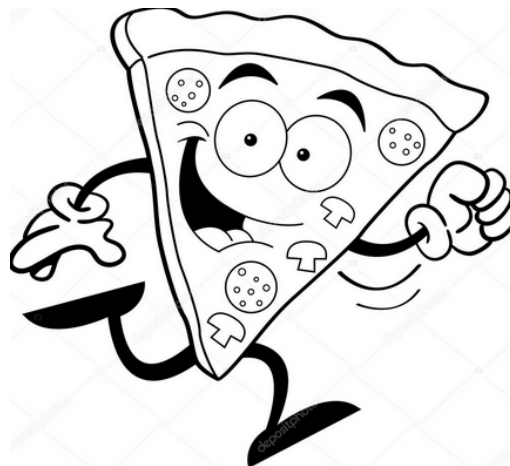
*OWL Committee*

### Playscape pizza party, weeding and planning meeting.

Scheduled on Thursday July 20, 5:30 - 7:30 p.m., bring the whole family for a combination pizza party, planning meeting, and weeding party. Bring your gloves, weeding tools and your appetite. We will provide drinks and pizza.

We will discuss how to maintain the playscape and prioritize the remaining elements. The playscape is a cooperative family venture at the Fellowship. It is wonderful seeing the children enjoy and explore. How can we keep this treasure alive for generations to come?

Questions: Berti Welty. [bertijo@humboldt1.com](mailto:bertijo@humboldt1.com)



### Worship leaders meeting

On Saturday July 1. 9:00 - 11:30 a.m. at the Fellowship. If you are interested in how we put on services at the Fellowship, this is your chance to become involved. We will share some breakfast snacks as we finalize the summer services and start planning for the fall. Come with your ideas and enthusiasm.

Questions: Berti Welty. [bertijo@humboldt1.com](mailto:bertijo@humboldt1.com)



## Getting to know our members

### **Who is new HUUF member Colleen Hilker?**

#### ***What is your favorite quote and why?***

My favorite quote is by Kahlil Gibran: "Work is love made visible." I believe in doing what you love, and doing it with love. I've never been one of those people who can do work simply for a paycheck. I have to feel like I am helping someone or building toward something that will benefit others.

#### ***What is a justice cause or issue that you are passionate about?***

I am passionate about the climate, and I manage a group on Facebook called "America, Stop Climate Catastrophe!" where I share news, ideas, memes, and also many of the initiatives that HUUF's CAC distributes via email. We need to protect our children's future and their right to a liveable planet, as well as the right of every species to exist on Earth.

I also have written and recorded, with friends and with my husband Chris, a few songs on the topic that you can find on my YouTube channel "Mother Tree Music". We need to do what is necessary to preserve the conditions on Earth that support life, especially cutting down drastically on our use of fossil fuels. I want all our children, including my daughter Athena, to have the rich, beautiful planet that we have enjoyed our whole lives.

#### ***What keeps you engaged in this community?***

I love singing in the HUUF choir! At times, I also hang out with the kids' group with my daughter Athena and engage in HUUF activism.

#### ***If you had a reality show, what would it be about and what would it be called?***

It would be called *Real Teachers*, and it would follow teachers throughout their day and show people the reality of what teaching is like! I'm a teacher, and I believe it's one of the most misunderstood professions in our society, and yet one of the most important. My colleagues and I go through a lot that the public doesn't realize, or cannot relate to. If there were a reality show, maybe people would start to understand how challenging teaching actually is, and what kind of changes are necessary in the field of education.

#### ***What is your family's favorite type of food to eat together?***

Our favorite meal is every Sunday when we have burgers and tater tots that my husband Chris cooks. Athena (who is five, and comes to HUUF with me) and Chris have meat burgers, and because I am vegan, I have a portabella mushroom burger. I've been (imperfectly) vegan for about four years.

### **And who is new HUUF member Doug Carroll?**

#### ***What is your favorite quote or saying and why?***

From *Tao Te Ching* by Lao Tzu, "Those who know do not speak. Those who speak do not know."

#### ***What has been your most memorable moment at HUUF?***

The concert I did with the Audubon Society where I played cello, accompanied by bird sounds.

#### ***If you had a reality show, what would it be about and what would it be called?***

It would be about the musicality of bird sounds, titled "Bird Brain."

#### ***If you could only listen to one song for the rest of your life, what would it be?***

*Ode to Joy* by J.S. Bach.

#### ***If you could shapeshift into an animal, which animal would you choose?***

The rabbit, which is my Chinese zodiac.

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## **Community Offering:**

On Saturday, September 16, on our beautiful Fellowship grounds, we will host a site specific art installation and guided grief ceremony honoring the collective grief surrounding efforts to repeal reproductive rights, the plight of Iranian women, transgender people and their rights, gun violence, and ecological devastation.

Art and ceremony can serve as mediums to allow us to encounter potent topics and give rise to collective strength and transformation. When we take pause, deeply honor our feeling and tears, new insights and possibilities can ignite.

Community member Vida Hofweber is the primary organizer of this event. Vida is a therapist, depth psychologist, artist, poet, grief circle facilitator, and Hospice social worker. If you are interested in learning more about this event, or volunteering at it, email Vida at [vida.violeta@gmail.com](mailto:vida.violeta@gmail.com).

*Amy Day*

## Our Place

by Debby Harrison

Just over the hill,  
(Result of a dispute between the North American  
and Pacific plates)  
A breeze from the west brings  
faint sound of the ocean  
and a whiff of brine.  
A creek runs the length of the valley  
where coho once ruled  
(now rarely glimpsed).

Traditional territory of the  
Potawat band of the Wyott  
no remnant of a village can be found.  
(Perhaps lost in logging and “settlement”?)

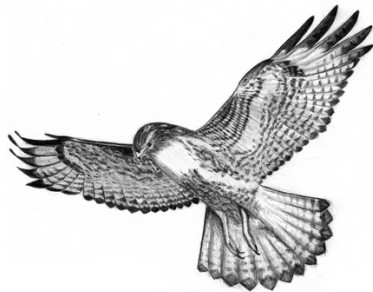
Soil compacted from stacking those logs in our flat  
yard.  
Our driveway, a quarter mile of gravel,  
buffers us from the road, and  
enters to this open space.

A sanctuary of peaceful quiet,  
we grow a third of our food and  
a hill forested in redwoods and Doug fir.  
We plant native flowers, ferns and shrubs.

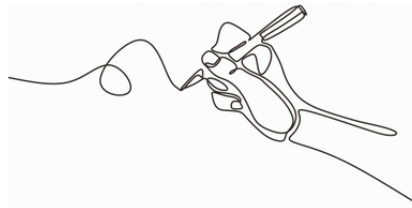
Water (always an issue in rural living)  
From our well for the house,  
From saved rainfall for the garden.  
Gray water replenishes the runoff and  
The rest in the leach field.

Electricity from panels on the roof  
fuel the car and house  
and the rest feed into the grid.

After the days of caretaking this land  
We sit in the still of the evening, sip our drinks  
recall the  
sightings of  
tree frog,  
lizard,  
pileated  
woodpecker,  
Cooper’s  
hawk, skunk,  
raccoon,  
bobcat,  
bear and  
mountain  
lion.



Take in the shades of green punctuated  
by pink fragrant Western Azalea blossoms.  
As the crows call their way  
home for the night,  
we count our blessings.



## Climate Action Campaign

### Stop by our table and send a letter for the climate

It’s official: Thank you, Ann Kilby, for serving as our co-chair (since CAC’s founding in 2018) and now continuing officially in that capacity.

CAC has resumed its monthly climate action tabling on the third Sunday of the month following the 11:00 a.m. service. We are excited to be able to do this again after an absence of three years since the beginning of the pandemic. For our planet’s life support systems and all life affected by climate change, we resumed tabling in May and intend to continue through the summer.

For May, June, and coming up in July, we’ve focused on fossil fuel divestment and what we can do as individuals. Thanks to Valerie Gizinski and Julie Neander who did the lionesses’ share of composing sample letters that folks can send to the four banks with the largest investments in fossil fuel development. They also wrote the sample letter to Assembly members in support of SB 252, the Fossil Fuel Divestment Act. This act will prohibit California’s two main pension funds from investing in the 200 most carbon-intensive fossil fuel companies and require divesting current holdings by 2030.

The climate issue for August is yet to be decided, but we will be there to table on August 20. That weekend many HUUF members and friends will be at the Mattole Camp for the All- Fellowship Retreat. For those of us here that weekend, we are planning to have a picnic at HUUF. See Ann Kilby’s article elsewhere in this newsletter for details.

For September’s climate action tabling, we hope to be able to present information about EV cars and California’s Clean Vehicle Rebate Program. See <https://cleanvehiclerebate.org/en>

We will invite EV car owners in the congregation to table with us and share their experiences with EVs.

On September 18, 7:00 p.m., CAC will sponsor a presentation at HUUF, *The Future of Hydrogen in Humboldt County and Beyond*, with Dr. Peter Lehman, founder of the Schatz Energy Research Center at Cal Poly Humboldt.

Have a good summer, and we’ll be back for the September newsletter. In shared ministry and in faith, as we support one another with love in our efforts on behalf of Earth’s climate and all life,

*Sue Lee Mossman, Co-Chair*



## Yard sale fundraiser coming up

We are looking forward to our first major Fellowship-wide fundraiser since Covid! We'll be hosting an end of the summer yard sale on Saturday, August 26 at HUUF. We need your support to make it a success, and here's how:

**Spread the word:** Promote the event to friends, family, and neighbors. Let them know about the Yard Sale and encourage their support.

**Donate and Collect Items:** Embrace the spirit of letting go and clear out unused items and donate them for the sale. Drop off your donations during the week before the event. Volunteer time to be onsite to receive items, mostly Wednesday and Thursday, Aug. 23 and 24.

**Volunteer on the day of the Yard Sale** as cashiers or to help shoppers. Your presence will enhance the experience for everyone, and hopefully we'll see lots of new faces.

**Clean Up:** After the sale, lend a hand in cleaning up and leaving the space ready for Sunday Service. This might be the biggest ask.

We'll also need:

Tarps and dollies: If you have any available, please let us know. Paper bags for shoppers: donations of paper bags are greatly

appreciated.

To prepare, email [connect@huuf.org](mailto:connect@huuf.org) a list of your donated items and include photos when possible so we can use them for promotion.

Remember, together we can achieve more. Let's make money so we can do more good in our community.

*Membership Committee*

## Congregational meeting report

The meeting in June approved the 2023/24 budget and elected new officers to the Board of Trustees. (See current listing on the back page of this newsletter). Thanks go to Nominating Committee chair Sylvia Shaw and to the finance committee. Retiring board members Deb Cooper, Chris West, Ann Kilby, and Sandy Lynn were saluted for their dedicated service. The new board looks forward to an exciting year.

*Michael Caouette*

## Art is on the way

The Aesthetics Committee would like to announce the next Fellowship gallery show. The fabulous art of Heather Shelton will be on display for your viewing pleasure. Heather, is a reporter for Time Standard, a facilitator for the Music Together program and a long time friend to HUUF. Embracing her love of animals as inspiration for her works, Heather creates vibrant and whimsical art pieces in her spare time.

Come take a look!



## Humboldt Unitarian Universalist Fellowship

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**Vice-President:** Michael Caouette

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**Secretary:** Chris Chapin

**Trustee:** Jason Teraoka

### Classified Ads

Classified ads are available in the *HUUF Newsletter* for 10 cents per word. Send payment to the HUUF office, and text to [newsletter@huuf.org](mailto:newsletter@huuf.org)

### Free Rug Pieces! - Mauve Carpet

1. 7'8" x 2'9" runner

2. 13' x 11.5' room sized

Call Cena after July 7 for pick up: (707)-616-3906

### HUUF owns several pieces of special needs equipment:

i.e. crutches, walkers, bed rails, canes, portable potties, etc. Currently they are stored in the garage of Anna Mae Botley. Her son is moving here from OR to live with her, and the equipment "needs" to find a new home. If you can provide space or need to borrow any equipment call Tom Lewis (530) 774-3550.

### What I love...

What I love about HUUF: that my son hears a story written by Bob Marley during the Story for All Ages at a recent service, read by his RE teacher, Jessalyn DeLucci with help from her daughter, Eden. So sweet.

*Michael Caouette*

### Look for your next HUUF Newsletter in September

There will be no issue of the *HUUF Newsletter* until September. Submit articles for the September issue to [newsletter@HUUF.org](mailto:newsletter@HUUF.org) by August 20, and we hope you enjoy the summer.