

Humboldt Unitarian Universalist Fellowship



July/August 2025

August 8-10

Don't miss the HUUF Summer Retreat

Join others in our HUUF Fellowship for a weekend of peace, joy and creativity at our All Fellowship Summer Retreat on August 8-10 at the Mattole Camp and Retreat Center, near Petrolia. This year's theme is *Celebrate Hope and Dignity*. Register online or get an application before or after Sunday services. All applications need to be turned in to the HUUF office by July 27. Financial assistance up to 50% may be available. Registration is due by July 6.

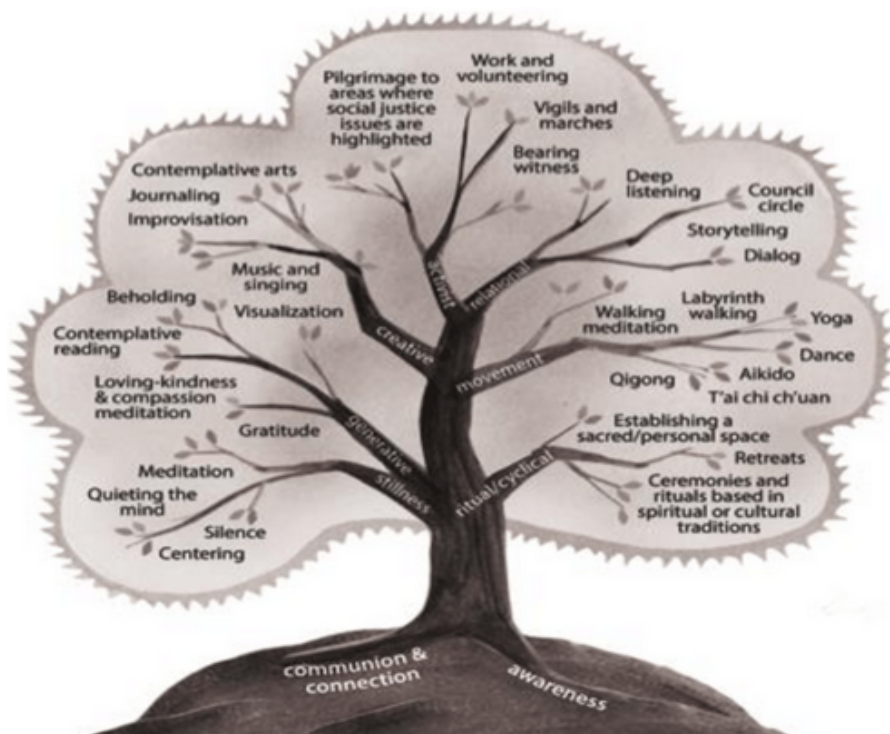
Joanna Welch

Our summer schedule

As is the habit in many churches and religious organizations, the HUUF staff have decided (with the Board's support) to shift their work schedule a bit. Mondays will now become a day off for them to rest and replenish themselves after the frenetic energy of Sundays.

Staff will be back in the office Tuesdays through Fridays,

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To the beloved HUUF community

A benediction

Over the course of the summer, the Program and Worship Committee has decided to pull some inspiration from the interfaith template, the "Tree of Contemplative Practices" (see image above). In times such as ours, we know we need every tool at our disposal to connect to and re-awaken our experience of the Divine. How do we do this? The graphic of the tree offers some helpful insights. If you follow the lines of the branches, you see the different pathways and tributaries wherein we can find that numinous lifeline. Through stillness, ritual, movement, creativity, activism, and relationship, we are invited to restore our sacred tether to, as Mary Oliver puts it, our place in "the family of things."

We invite you to this summer's more casual, communal Sunday celebrations wherein we'll explore these branches

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together. (Remember, services begin at 10:00 a.m. this season.) In the meantime, we bid you, beloved, to explore the places where your own life is directing you to reacquaint yourself with the Mystery. Perhaps you're experiencing deep pockets of grace in the marches you're attending, or in volunteer work you're engaged in. Or your early morning meditation has become a small oasis of calm for you amid the ever-growing storm this world has become. Or at private living room dance parties, or in time spent with pen and paper, clay, pastels, piano or guitar. Whatever your personal avenue, it's wonderful to be reminded that, like our own pluralistic faith tradition, there is never just *one right way* to connect to the divine and touch the essence of grace available to us all.

Inspired by the beautiful words of writer (and fellow UU) Courtney Martin: "[*A prayer for these cruel times*](#)," in her Substack newsletter, *The Examined Family*, I offer the following benediction from my heart to yours. May it be of benefit.

Let our hunger for beauty overpower our inertia. Let us be guided to the places where clear water flows, where deep soul nourishment resides, and wherein we can find the still, small voice that offers us direction and nurturance for this life.

Let us access all the "hundred ways to kneel and kiss the ground" we can summon, as often as we have need.

Let us remember that, however many times we lose the thread, we can always find our way back to the currents and corridors of the holy. We need only, as poet Martha Postlethwaite bids us, "create a clearing in the dense forest of [our lives], and wait there patiently for the song that is [our] life" to come and claim us once more.

Yours in grace and gratitude,
Amy Day, Lay Minister

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with office hours from noon to 4:00 p.m., or by appointment.

Amy, Bek, and Tiffany look forward to seeing you then!

Additionally, HUUF's office will close for the week of July 4, with our doors shuttered Monday, June 30, through Saturday, July 5. Come see us on Sunday, July 6, for a wonderful song service led by Maggie McKnight. Or drop in to say hello when the office re-opens on Tuesday, July 8.

Finally, Amy Day will take the traditional summer break from her ministerial duties for the months of July and August. Our core staff of Rebekah Paez and Tiffany Hess will still be here and available for questions or needs during that time.

For pastoral care inquiries, please contact Bek at the office: (707) 822-3793 or office@huuf.org and we will have a dedicated volunteer from the Pastoral Care Team contact you soon.

In the meantime, wishing you an abundance of health, replenishment, simplicity and the lush abundance of time in nature and with loved ones. May this season grant you its blessings to the fullest.

Amy Day



July/August Sunday Services

Sunday, July 6, 10:00 a.m.

Let Our Voices Twine: A Community Singing Service

Maggie McKnight

Many people long to sing but were told as children that they couldn't carry a tune. "Community singing" is here to right that wrong. No musical experience or sight reading is necessary; no one sings alone; and the resonance of our communal sound lifts all voices. In most traditional cultures, including those of all our near or distant ancestors, singing has always been a part of every day, every ritual, and every gathering. Let's reclaim it as something everyone can do. Join us for a mostly-singing service, with some poetry, sharing, and ritual included.

Sunday, July 13, 10:00 a.m. To be announced; watch for more information in the *HUUF Weekly*

Sunday, July 20, 10:00 a.m.

Making Forgiveness a Spiritual Practice

Holli Sinn

For many people, forgiveness is a difficult and confusing process—what does it truly mean to forgive, and how can you tell when it has happened? Join us for a special service featuring a personal story from HUUF member and Yoga Breathwork Psychotherapist Holli Sinn, who faced religious and family betrayal and spent decades practicing deep forgiveness, ultimately finding profound redemption. Holli will also guide us through an embodied breathwork practice designed to support the journey of forgiveness.

Sunday, July 27, 10:00 a.m.

Listening Within – A Contemplative Practice of Connection

Liesbet Bickett

Come explore the sacred art of deep listening through a guided practice inspired by *Lectio Divina*. Rooted in ancient traditions, yet accessible to all, this contemplative approach invites us to slow down, center ourselves, and attune to the quiet wisdom within.

Together we will reflect on a short text—to gently notice what resonates, what stirs, and what calls to be heard. This is not a practice of belief, but one of presence—an opportunity to experience connection with the divine, the spirit of life, or the deep wellspring of knowing within.

Whether you identify as spiritual, secular, or somewhere in between, all are welcome to join in this nourishing practice of inward attention and shared reflection. Come as you are—with curiosity, openness, and a willingness to listen.

Sundays, August 3, 10, 17, and 24, 10:00 a.m. To be announced; watch for details in the *HUUF Weekly*.

Sunday, August 31, 10:00 a.m.

Moving with Spirit

Montana Caouette

Continuing to expand on the UU tree of knowledge, come experience a few movement-based philosophies developed to reach an expanded sense of consciousness. Join Montana Caouette and invited guest presenters as they explore Sufi, yoga, and massage techniques to better deal with our stressful world.

Join us to train in facilitating OWL groups

Every year or so, HUUF's Religious Exploration program offers Our Whole Lives (OWL), a lifespan sexuality education curriculum co-developed by the Unitarian Universalist Association and the United Church of Christ. For the upcoming 2025-26 academic year, we hope to have six newly trained facilitators for this program, in order to offer OWL groups for fifth and sixth graders, seventh to ninth graders, tenth to twelfth graders, and for adult sexuality education.



Our Whole Lives takes a holistic view of sexuality. It provides accurate, age-appropriate information while helping children and youth clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality. In our congregation, children and youth meet in age-specific covenantal groups led by committed volunteers who undergo a comprehensive training weekend led by UUA-certified trainers. A sampling of topics includes: anatomy and physiology, gender identity and sexual orientation, communication, decision-making, sexual health, relationship-building, power and control, expressions of sexuality, and responsible behavior.

The Fellowship has budgeted funds to provide training for OWL group facilitators. What we ask in return for payment for your training is that you co-facilitate an upcoming OWL group for the age group you've trained for. All training takes place online and there are a variety of upcoming modules available to meet your schedule and needs, starting in September. More information can be found at [Upcoming OWL Trainings 2025](#). If holistic human sexuality education is an interest for you, or if you'd like to know more, contact Rebekah Paez at office@huuf.org.

Climate Action Campaign

This summer, act to save our climate

Even if President Trump pretends there's no climate crisis, we can still act to protect our future. Here are some simple ways to help do that this summer.

Donate to the Climate Action Book Project

HUUF's Climate Action Campaign and 350 Humboldt are seeking donations to buy books on the environment and climate-crisis for fifteen local elementary schools.

We are contacting a variety of organizations for help with funding, but if you would like to help, your donation would be greatly appreciated. You can send a check to HUUF, PO Box 506, Bayside, CA 95524. In the memo line, write: *Climate action book project*. Thanks to HUUF members who have already donated \$104 for this purpose.

Electrify your Home

Federal tax credits for heat pumps and heat pump water heaters will almost certainly end on December 31. If you've been thinking about decarbonizing your home, now is the time to do it. Tax credits and rebates can cover the entire up-front cost for a heat pump water heater. Substituting heat pumps for energy hungry electric resistance furnaces and water heaters can save thousands of dollars over their lifetime.

See "Climate action," next page

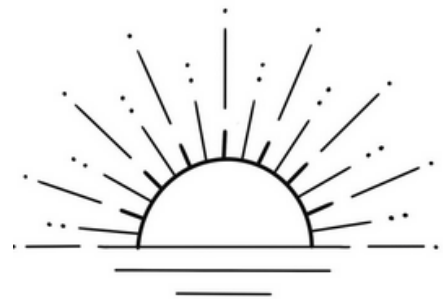
Climate action, from page 4

Despite what you may have heard, most Humboldt residents can electrify with 100 amp service and without an expensive panel upgrade. Local climate activist, Wendy Ring, M.D., has been certified as an Electrification Coach by the national nonprofit Rewiring America. She offers free on-site coaching that includes: 1) Using a thermal camera to identify heat leaks; 2) Calculating a home's heating load to determine heat pump needs; 3) Calculating available space on electrical panels and advising on low-amp versions and combinations of electrical appliances. RCEA does not provide these services. Text Wendy at (707) 845-2466 for a free consultation.

Join the local Sun Day celebration on September 21

Look for information later this summer as we prepare to join an international day of action, [Sun Day](#), organized by [350.org](#) founder Bill McKibben. On the northern hemisphere's autumnal equinox, all the world is united in receiving roughly equal amounts of sunlight, showing how the sun unites us. Sun Day will also occur just before the UN General Assembly's annual meeting, giving us an opportunity to send a message to global leaders on the urgent need to transition to clean energy.

CAC is joining 350 Humboldt to plan a local Sun Day event on Saturday, September 20. We plan to bring kids and grandkids to join the All Species Parade on the Arcata Plaza. We'll sing in celebration of clean, renewable energy that doesn't come from deep underground.



Write to your State Legislator

Write Assemblyman Chris Rogers and ask him to support AB 914. A sample letter follows for you to edit or add your own comments.

As your constituent, I urge you to support Assembly Bill 914 and maintain our state's leadership on clean air. As federal authorities roll back clean air rules, AB 914 offers a path to continue this leadership by reducing emissions from freight facilities. Thousands of diesel trucks arrive daily at California warehouses and ports, polluting communities across the state. Heavy-duty vehicles are responsible for more than half of fine particulate pollution from transportation, causing thousands of premature deaths annually.

AB 914 would require freight facilities to cut pollution through proven strategies like electric truck charging and solar power generation. Similar rules already work in Southern California and have tripled electric truck visits at warehouses.

While the feds attack California's authority, we must use every tool to protect our health and air quality. AB 914 preserves California's ability to lead on clean air solutions. Please vote for AB 914.

Sincerely, (Your name and address)

Thanks to everyone who wrote to oppose SB 607 at our May Climate Action Sunday tabling. The bill proposed to cut the requirements for environmental review on nearly all development projects. These changes would have limited public oversight on harmful projects. Although the bill was passed out of committee in late May, it was amended to simply signal the Legislature's intent to change the environmental review process in the future. We don't know how that will turn out, but in the meantime we won a big victory with SB 607.

In gratitude to everyone for the different ways you help mitigate the climate crisis. May we stay in community with each other and find the courage to build bridges in a broken world, and the clarity to prepare our hearts for the path ahead.

Sue Lee Mossman, Co-chair



Humboldt Unitarian Universalist Fellowship

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Celebration of life

Dave Harris

A celebration of longtime HUUF member and volunteer David Harris' life will be held Saturday, July 26, 2:00 p.m., at 2761 Hillsdale Drive, Fortuna. Please let Ilene know the number of people who will attend. You may reach her at ileneharris@gmail.com.

David's obituary can be found at: <https://www.times-standard.com/obituaries/david-franklin-harris/>

Chip Sharpe

Darsty McAlinn

We are sad to report that HUUF member Darsty McAlinn recently passed away. Our thoughts are with her family members in this challenging time. A memorial is being planned; look to future issues of the *HUUF Newsletter* for details.

Birthday bash at HUUF

Fellowship members and friends are invited to help Berti celebrate turning 80 and Jeanine turning 60. Save the date: Friday, August 15, from 5:00 p.m. to 10:00 p.m. Childcare will be available from 5:00 p.m.-8:00 p.m. Please request same. Potluck, games, music, dancing. See the *HUUF Weekly* as we get closer to the date for more details.

Berti Welty, Jeanine Pfeiffer

A personal thank you

Montana 'Michael' Caouette would like to acknowledge the membership for the support that has been shown over his tenure as trustee of HUUF's Board of Trustees since July 2021. Although his position as vice president is over, he will continue to support the Fellowship in religious education, program and worship, and grounds work. Thank you for all your camaraderie, fellow trustees and members, both two and four legged.

Montana Caouette