

Humboldt Unitarian Universalist Fellowship



July-August 2009

It's a deal

"It's a Deal!," our rummage sale, is scheduled for Friday, **August 14**, from noon until 6:00 p.m. and Saturday, **August 15**, from 9:00 a.m. - 3:00 p.m. at HUUF. As this is the only fundraiser for the year, your participation will be very much appreciated. Volunteers to help collect, sort, display and sell items are needed. We will contact members of the Fellowship to request assistance.

During July and the first two weeks of August, we will accept donations in the Care building from 11 a.m. to 1:00 p.m. each Sunday. On Tuesday through Thursday of the final week before the sale, you can leave contributions in the Care building from 10:00 a.m. to 3:00 p.m.

To help with your rummage selection, the committee has suggestions:

- * Clothing: Vintage apparel, jewelry, scarves, hats, children's clothes and shoes.
- * Books: New or gently used. The book room will have a children's section. No textbooks.
- * Electronic items: Boom boxes, radios, stereo equipment, speakers, calculators, computer games and recent software. No computers or related items.
- * Household items: Furniture, lamps, small appliances, rugs, blankets, towels, housewares and pictures.
- * Plants: Healthy and green, delivered the day of the sale.
- * Records, CDs and DVDs: In original cases and in good condition. P, PG and PG-13 ratings on films.
- * Recreational equipment: Sports and camping equipment. No crossbows.
- * Tools: Clean and in working order. If antiques, perhaps not so clean and perhaps not working.
- * Toys: Toys and hand-held games, like-new and in working condition, board games and adult or children's puzzles with all pieces present.
- * High end: Art and antiques will be featured in their own booth. Donor, please price and, if item not sold, plan to retrieve at end of sale.
- * Bake sale: Our teen group will hold a bake sale.

Please gauge your rummage for salability by asking yourself, "Would I buy this for a member of my family?"

Elva Banducci, Anna Mae Botley and Inge Leonardos can store items if you can deliver them. If you have bulky items you would like to have picked up, please call Jan or Lisa Roberts to make arrangements. Other committee members are Barbara Barratt, Nancy Cook, Phyllis Helligas, Ann Hunt, Irith Shalmony, Amanda Jones, Jessica Knapp, JoAnn Thomas and Judy Rishel.

Thanks for your kind attention and may our coffers overflow.

Laura Barney

5th of July potluck picnic

Who says UUs can't have an old-fashioned church social? Come one and all to a summer potluck picnic at the Fellowship immediately after Sunday service on **July 5**. This is an intergenerational event with fun for all. We may play a game of "poison croquet." Drop off your potluck dish in the kitchen before service. If you can come a few minutes early to set up or stay after to wash dishes, etc., it would be greatly appreciated. Bring your friends and have fun.

Berti Welty

Summer work parties

There will be work parties at the Fellowship on the following dates: **July 18, August 22** and **September 19**. Parties last from 9 a.m. to 1 p.m., but you can come any time and work until you feel you are finished. Work parties are an enjoyable way to connect with others in our community and to make a concrete gift of your time and energy to your Fellowship. Contact at me with your questions and suggestions.

Scott Allen

People

Jan and Lisa Roberts had a good time in British Columbia on their honeymoon. Jan will again have shoulder surgery for an impingement in Redding within the month.

Recent guest minister **Nina Kalmoutis** has been selected as the settled minister for the Sunnyvale Fellowship in the Bay area.

Mandy Bray is healing from her surgery and doing well.

Willie and Sandy Green say “thank you” to everyone who passed down old t-shirts for their son Cordy.

Welcome to our new member, **Judy Rishel**. And a big thank you for already volunteering to make HUUF a better place.

Charlynn Johnson is happily eating, gardening and occasionally going for walks in the redwoods. She and **Suzanne Moore** wish to thank everyone for their continued support.

Ursula Osborne, Anna Mae Botley, Thea Gast, Awanna Kalal and Navarra Carr are going to General Assembly in Salt Lake City.

Maureen Lawlor is on her way to Alaska to visit family.

Archie and Sue Mossman are joyful having family come visit for their son's wedding. Mazel tov!

Ursula Osborne, translator of Heinrich F. Liebrecht's memoir, will sign books on Friday, July 10, 7 – 9 p.m. at Northtown Books in Arcata.

Karen Knapp

The producers

The Humboldt Unitarian Universalist Fellowship is looking for a few good producers: members willing to occasionally do the necessary, behind-the-scenes activities that make our Sunday services possible.

Producers work with the program speaker and facilitator, gather information about the service for the newsletter, arrange for home-stays for out-of-town speakers, coordinate the music and work with the treasurer to ensure payment to guest speakers.

If you would like to produce a service occasionally, contact Berti Welty.

Kathy Dillon

Fit tip of the month: Alternative forms of exercise

Tai chi and water-based exercises have become increasingly popular in the United States. With their focus on slow movement, postural alignment and balance, they may be good choices for people with arthritis or who want to pursue a low-impact fitness program. In several small studies, people with knee osteoarthritis who practiced tai chi for 12 weeks had less pain than people who did not practice the slow-flowing martial art.

One such study included 152 people with osteoarthritis of the hip or knee randomly assigned to practice tai chi, engage in water exercise or remain on a waiting list for these therapies. People who did tai chi improved their ability to function more than those who were on a waiting list. Those who did water workouts improved slightly more, *and* they were better able to stick with the program. Water-based exercise places less stress on the joints because it makes the body almost weightless. Do you use an alternative form of exercise? Contact me if you would like to share your exercise experience with other Fellowship members in this space. (from *Healthbeat*, the Harvard Medical School Newsletter, April 21, 2009.

Scott Allen

Joyful noise

Greetings fellow HUUF musicians (and future musicians). Have you always wanted to sing, but haven't found the time? Would you like to make a joyful noise and need a place to work on your skills? Do you play an instrument? If you answered yes to any of these questions, the HUUF Choir needs you! Please join us for a mini-retreat on Friday, **July 24** from 2:00-5:00 to choose and read through music for next year, discuss scheduling and brainstorm together about the role of singing in our services, followed by drinks and snacks, of course. Regular weekly rehearsals resume on Wednesday, **August 19**, at 7:00 pm.

The choir performs twice a month from September through May. We work on breathing, vocal techniques and musicality during our rehearsals, and perform diverse styles of music in our services. We are looking for all ages and voice types, as well as instrumentalists who want to play along with the choir on occasion.

If you would like more information, please contact me.

Elisabeth Harrington

Calling all playwrights

Do you fancy yourself the next Broadway hit script writer? Get your start here at HUUF. We need your creative ideas for skits. The Halloween Festival needs scripts for three- to five-minute skits that fit the theme of fall harvest, earth's bounty, and uplifting thoughts to carry all through the harsh winters of Humboldt (all that rain!). Want to star in your creation? That's fine, too. We'll need actors in costume as well. We need to have all of our skits lined up before summer's end, so don't delay. Get your brain going and send your ideas to me.

Katherine Almy

Holocaust Museum

The Unitarian Universalist Association (UUA) was touched by tragedy last year after a shooting at a UU church in Knoxville, TN. The UUA is committed to speaking out against instances of violence, oppression and exclusion based on identity. Rev. William G. Sinkford, President of the Unitarian Universalist Association, issued the following statement in response to the shooting at the United States Holocaust Memorial Museum.

"My prayers go out to all those who were harmed physically and emotionally by this senseless act of violence. Hate crimes strike against our nation's highest values — equality, justice, and diversity. People of conscience must answer ignorance and anger by standing with the victims on the side of love and tolerance. As a nation we have to get beyond violence as our first response to difference. We need to find a way to move toward the beloved community, not in spite our differences but in celebration of them."

The complete statement can be found at <http://www.uua.org/news/newssubmissions/143102.shtml>.

Ed Uyeki

Librarian needed

HUUF needs a new Fellowship librarian. After an increasingly frustrating time trying to get volunteers to keep the library open, I have tendered my resignation to the Board. Let me and the Board know if you'd like to take over.

Joy Thomas

Plea for help

Approximately six years ago, the Fellowship committed itself to supporting The Humboldt All Faith Partnership by providing meals for homeless people lodged nightly at The Arcata Night Shelter. Since then, about 30 friends and members have prepared and delivered delicious, nutritious, much-appreciated meals to the shelter every Tuesday night. We can be proud of the work we've done. Our volunteers have been unbelievably reliable, and our contributions have been superb. Six years is a enough time for many changes to occur; and many of our donors have experienced changes in availability due to aging, failing health, diminished resources and other factors. We need new helpers now so that no one becomes burdened by this good work. If you can help provide a meal every three months, please let me know. I can assure you that you will find participating in this endeavor a meaningful and rewarding experience.

Jean Munsee

Got ideas?

Do you have ideas for future Sunday services? If so, you are invited to come to the next Program and Worship Committee, which is scheduled to take place after the **August 9** service, and let them know your thoughts.

Kathy Dillon

H. Louise Becking

On May 3, Louise Becking passed away peacefully surrounded by family in Salt Lake City. Louise enjoyed the 44 adventurous years she spent living in Arcata, which she considered her hometown. She was born to A. M. P. A. Scheltema and M. Joustra in 1925 in Jakarta. After WWII, the family moved to Holland, where Louise obtained a B.A. degree in sociology. During college, Louise's brother, Hein, introduced her to the love of her life, Rudi Becking.

Louise and Rudi Becking were married in 1952 in Seattle. Louise and Rudi spent four years in Holland, then emigrated to the U.S., settling in Arcata in 1960. Louise loved being a wife, mother and grandmother and was always ready to drop everything to do something fun at a moment's notice. Louise was an active member of HUUF for 44 years and made many friends. She worked for social causes such as peace (peace center, marches, Grandmothers for Peace), Humboldt Mediation Services, League of Women Voters and families in need. After her children were grown, Louise was a regular at the early-morning exercise class lead by her dear friend, Thea Gast. Louise enjoyed meeting friends for coffee at Ramone's Bakery, walking at the Arcata Marsh and camping with Rudi.

Louise is survived by her loving husband of 57 years, Rudi Becking of Salt Lake City; brother Hein Scheltema of Perth, Australia; daughter Irene Reane Becking of Santa Barbara; son John Becking of Sandy, UT; daughter Tasha Leonard of Corvallis; grandchildren Velvet Hux, Melissa Becking, Crystal Becking, Amanda Morris, Bryce Leonard and Cassidy Becking; numerous nieces and a nephew; and eight great-grandchildren;

A Celebration of Life will be held at HUUF on Saturday, **September 12**, at 10 a.m. All friends are welcome. Remembrances in Louise's honor may be made to HUUF or Heifer International. Condolences may be sent to Rudi Becking c/o John Becking, P.O. Box 1494, Draper, UT 84020.

Tasha Leonard

Green tip of the month: Adopt a watt/kill a watt

Our solar generator has been operating flawlessly. The chart below displays electricity usage in kilowatt hours before and after installation. We will generate large amounts during the summer months that should offset winter consumption. Thanks to all you “watt adopters”

	2004-5	2008-9
December	864	88
January	958	583
February	740	399
March	815	317
April	698	-1

I have purchased a “Kill a Watt” meter that tracks electrical loads from plug-in equipment and appliances. It is a loaner for members to check out and use to evaluate their home energy loads to make better energy use and purchase choices (i.e. replacing an old refrigerator, turning off phantom loads, etc). I’m going to use it to evaluate the Fellowship kitchen freezer, refrigerator and office equipment. E-mail me if you want to use it.

Scott Allen

Ministry for earth

The Unitarian Universalist Ministry for Earth (UUMFE) and the Unitarian Universalist Association of Congregations (UUA) announce a new partnership to promote environmental justice work among UUs. Environmental justice pursues simultaneously the protection of natural systems and the health of human communities, focusing on disadvantaged, oppressed, and indigenous groups.

The partnership centers on creating a staff position to research existing efforts, share best practices, provide support and mobilize for action. The Program Associate for Environmental Justice will be an employee of the UU Ministry for Earth and situated in the UUA Washington Office for Advocacy, thus drawing on the strengths and capacity of each organization. The position is part of the UUA’s Social Justice Internship Program, the goal of which is to combine effective work for justice with faith development in order to produce energetic young adults with professional skills and strength of character to be lifelong leaders in Unitarian Universalism and social justice. The partnership calls for one year of Program Associate staffing, with the option of a second year. Funding for the partnership comes from a restricted donation to the UUA.

Among other duties, the Program Associate will work to encourage broader understanding and theological reflection on environmental justice, and in particular, the connections between the environment, class, and race. This individual will also help congregations engage with the 2008-2012 Congregational Study/Action Issue, “Ethical Eating: Food and Environmental Justice.”

Applications for the Program Associate for Environmental Justice are being accepted. Deadline is Monday, **July 13**, at 9:00 a.m. eastern time. For information on the position, see <http://uuministryforearth.org/EJPartnership.htm>.

Ed Uyeki

Religious Education

The Religious Education committee seeks a Childcare Coordinator for the fall program year. This job entails supervising and training childcare providers, greeting new families Sunday mornings and scheduling childcare for other HUUF events upon request. Hours vary; pay is \$13.50 an hour. Contact the HUUF office for complete job description.

The RE program seeks a volunteer teacher for the 3rd – 5th grade class. One Sunday a month and a one-hour teacher meeting a month is all that is required. You will have the support of your co-teacher. Curriculum is provided with lots of flexibility for you to choose what you feel comfortable doing. You will have a volunteer assistant as well and support of the RE Director. Please consider this important job. It’s a lot of fun, and you get snacks.

Welcome to Sean Cohen, a new addition to our Teen program. Sean has a degree in Child Development from HSU. He has much experience working with youth of all ages. He’s worked for Youth Educational Services and Raven Project with homeless teens. He also has a history of service with projects such as Alternative Spring Break, Bowl for Kids’ Sake and many others. After his year with us, he and his wife, Audrey, will leave to work in the Peace Corps. He will also fill in as interim Childcare Coordinator during the summer months; he’s a versatile guy! Welcome, Sean.

Jillian Mooney

UUA news

The theme of our third Association Sunday, "Growing Our Diversity," will be celebrated on **October 4**. As always, you may choose a date that works better for your congregation. Thank you to the 1,000+ UUs who shared their opinions on what projects should be funded by Association Sunday 2009. Using this collaborative feedback, the programs which your generous contributions will benefit have been selected. The following initiatives represent the top choices:

* Expand the *Building the World We Dream About* curriculum and associated resources and training. <http://www.uua.org/aboutus/professionalstaff/identity-basedministries/110030.shtml>.

* Support congregations working to create a Unitarian Universalism that is racially, culturally, and economically diverse; a part of this support will be in the form of grants.

* Enable UU congregations and districts to minister effectively to youth and young adults who identify as people of color or multiracial, and to their families, in spiritual development, racial or cultural identity development, and leadership.

Read a letter from President Bill Sinkford about Association Sunday 2009 http://www.uua.org/documents/sinkfordwilliam/090304_assn_sunday.pdf. Please join us and sign up to participate <http://www.uua.org/giving/associationsunday/61484.shtml>

Connecting Congregations

Would you be willing to take a few minutes to strengthen your congregation's connections to the wider UU community? Let us match you with another Association Sunday participating congregation and help you make them a part of your service. Or, choose one on your own to connect with.

* Light your chalice on Association Sunday for all of our UU congregations, especially the one to which you've been matched through *Connecting Congregations*.

* Share some history about the congregation for which you are lighting your chalice. Try to point out some specific connections you share.

* Set up a laptop to "Skype" each other on a certain date, or make a video saying hello to each other.

* Challenge each other to raise a certain dollar amount for important Growth in Diversity programs.

* Involve your Religious Education classes. Have them write a letter or make a small gift to send to the church to which you've been matched.

* Be creative, and be connected!

Find out more about the new *Connecting Congregations* program at <http://www.uua.org/giving/associationsunday/133349.shtml> and sign up to join hundreds of other congregations in deepening our common bonds and purposes through Association Sunday.

Ed Uyeki

Next deadline: Thursday, August 20

E-mail articles to Joy Thomas at jthomas3@csulb.edu. Send calendar and Sunday service info to Amanda Jones at anewilljones@yahoo.com.

Inmate meditation

For several years a small group of meditators, mostly associated with the Arcata Zen Group, have been offering weekly meditation to inmates in the Humboldt County Correctional Facility. A subgroup also recreated an inmate library at the jail and has been maintaining it for the past three years.

Lately a number of inmates have expressed the desire for introductory meditation books, and as the supply of such books has dwindled to almost none, the group is reaching out to ask the community for help. Help could entail donations of paperback books or checks written out to: Inmate Welfare Fund, designated "For books" and sent to:

Karen Keasey, Programs Coordinator, Humboldt County Correctional Facility, 826 4th Street, Eureka, CA 95501.

Only paperbacks can be accepted. Any other paperbacks (or magazines) would also be appreciated, especially in the categories of self help, spirituality, biographies, science, humor, poetry, technology and sports. Books and magazines may be left at the Fellowship, where they will be picked up by a member of the meditation team.

Mary Beth Fitzpatrick

Classified ads are 10 cents a word. Please e-mail your ad to Joy Thomas and send your check, made out to HUUF, to the fellowship.



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Office Hours:
 Tuesday, Wednesday,
 Thursday, Friday
 9:00 a.m. - 12:30 p.m.

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Newsletter Editor	Joy Thomas
Calendar	Amanda Jones

¿Habla usted Español?

You have an opportunity to practice your Spanish while performing a service. Someone is needed, on behalf of the Social Action Committee (SAC), to communicate with the recipient of the proceeds of our coffee sales, Circulo de Amigas in Arizona, and to exchange letters directly with Keyla Sorai Sobalvarro in Nicaragua, the girl whom we are sponsoring. A brief monthly report, written or oral, to SAC would be appreciated. If interested, please contact Ursula Osborne or Marianne Pennekamp.

Thea Gast

Third Wednesday group

Meetings will be held from 2:00 to 4:00 p.m. on **July 15** and on **August 19**. Discussions will include reports from the General Assembly of UUA in Salt Lake City by some of us who attended.

Ursula Osborne

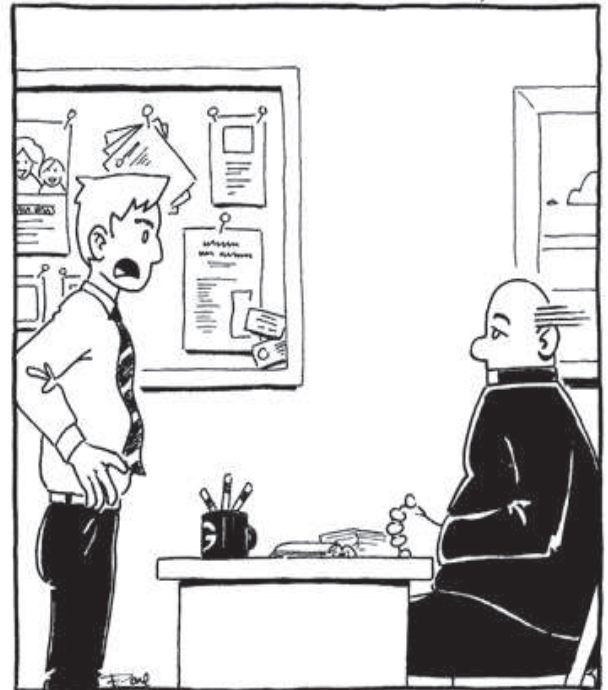
More people news

Judy Alvarez has called from Nicaragua. She says that two of her Peace Corps group are UUs. They do health education and visit rural families in small town near Antigua.

Mary Lou Jensen

FINDING ELIM

By Dave Nelson



I THOUGHT YOUR SERMON ON ENCOURAGEMENT WAS LONG, BORING AND POINTLESS.