

# Humboldt Unitarian Universalist Fellowship



## A note from the minister

As we begin the regular church year again after our summer break, Edie and I are so happy to be here in Humboldt and to be with you! We look forward to the months ahead.

This year I'll be working with the Board to further develop our organizational structure and to design clear ways to empower the enthusiastic and creative participation of members in all aspects of Fellowship life and service to the world. We will work with the whole congregation to clearly articulate and embrace our unifying values, purposes and ends so that together we have a powerful, positive impact on the world.

Of course I'll be working with Worship Leaders and RE to coordinate our Sunday services and programs. I truly love this part of the work. This year we will focus on two themes: "Growing Beloved Community" and "Opening our Eyes to the Miracles Around Us."

I'll be working with Joanna Welch and many others in Social Action to continue to bring the congregation great opportunities to unite in our efforts to both serve the world and bend its systems toward justice. I will be representing the Fellowship in the community on both the Planned Parenthood Clergy Council and the True North Organizing Network Board.

Meanwhile, I'll try to take at least two days off per week if I can. The Board has encouraged me to honor the fact that I am only being compensated for part-time ministry even though my heart and mind urge me to do more.

I am confident we are going to have a great year together, and again, Edie and I both are so happy to be home in Humboldt!

Yours on the journey



*Rev. Bryan Jessup*

## Rev. Sinkford address

At the UU General Assembly in Columbus, Ohio, this past June, the Rev. Bill Sinkford delivered an unforgettable sermon relating to UUs and "Black Lives Matter." It was a powerful, inspiring sermon that called on UUs to resist the oppression and racism built into our social and economic systems. Come see and hear a video of that sermon in the Main Hall of the Fellowship on Saturday, **September 24**, at 7 p.m. This event is sponsored by the Social Action Committee.

*September 2016*

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## Board minutes

Governance is a dynamic process, as we try new things and tweak them where necessary. In the recent past, we had a structure of two teams, with the intent that all the committees would have an opportunity to express their ideas and concerns to the Board through those teams. The intent was good, but the execution did not go as planned. So the Board thought about how we could keep the good elements of the idea, and came up with the idea of “circles.”

These circles would be smaller than the teams, and each circle would focus on one of the five top priorities on which our community as a whole has decided. Each circle is made of committees directly related to a priority (some committees may be a part of more than one circle). One Board member (and in one case, two Board members) is assigned as a liaison to each circle. The liaisons will interact with their circle as they see fit, and each circle’s style may vary. The circles may meet face to face, or have email discussions, but the point is that the circles will be the voice of the committees, and they will focus on their given priority.

The circles, their priorities, and assigned committees are:

### Circle 1: Priority - Strengthening with Modest Growth

Committees - Membership, Worship Leaders, Adult RE, Youth RE, Caring Circle, Beloved Community, SAC, Stewardship

Leader: Bryan Jessup, minister; Board Liaison: Berti Welty

### Circle 2: Priority - RE a Top Priority

Committees - Youth RE, Adult RE, Worship Leaders, SAC, Leadership Development, Denominational Affairs, Stewardship, Music

Leader: Jillian Mooney, DRE; Board Liaison: Katherine Almy

### Circle 3: - Priority - Physical Plant/Grounds to Keep us Strong

Committees - Building, Grounds, RE, Beloved Community, Finance

Leaders: Scott Allen (building), Virginia Chatfield (grounds); Board Liaisons: Greg Blomstrom, Kate McClain

### Circle 4: Priority - Focused Community Social and Environmental Justice

Committees - SAC, Denominational Affairs, RE, Beloved Community

Leader: SAC Chair; Board Liaison: Joanna Welch

### Circle 5: Priority - Financial Strengthening

Committees - Finance, Stewardship, Planned Giving, Endowment, Fund Raising, Membership

Leader: David Harris; Board Liaison: Cynthia Chason

The Board welcomes congregational input on this structure. You can find our contact information in the directory or on the back of any order of service. If you are the chair of one of these committees, you may have already been contacted by your Board Liaison. This is your opportunity to share the concerns and hopes of your committee. Also, please watch for Board Coffees, starting in October, between services. Everyone is invited to these chat sessions.



Katherine Almy

## Name tags

Wouldn’t you rather be greeted by name instead of “Hi” or even “Hey”? Addressing the person you’re talking with by name is much more pleasant and personal. We have many visitors at Sunday services, and there are those of us who’ve known each other for years but the name does not come to mind. So, please, do wear your name tag, as it feels right to you.

Aiko Uyeki

# Religious Education

It's a new year with many exciting changes in Religious Exploration.

The ad hoc committee has been meeting and planning how we will improve connections with the whole congregation. We are embracing and exploring the curriculum from our UUA Tapestry of Faith that I spoke of in our last newsletter. It is a multigenerational curriculum called Miracles. We will be asking all of you to think about ways you can contribute, and continue your own spiritual journey at the same time.

Let me assure everyone who is considering helping out, you won't be asked to volunteer without support. We will offer volunteer training and a teacher will be there to both support your experience and our children's experiences as we learn and explore together.

Upcoming events include our beginning of the school year Family Fiesta Night on Saturday, September 10, from 5-7:30 p.m. A taco and burrito bar will start at 5. Please bring a filling or topping to contribute. RE will provide tortillas and drinks. Watch for the email for sign-ups. This will be your chance to meet the new teachers, learn more about our new curricula and register your family for RE. Join other UU families participating in PRIDE day (see separate article) that morning and then meet together to share a meal and continue the conversation.

Watch for our claim-the-classroom day. Many children will be changing classrooms, the teen room needs to reflect our current teen group, and our library needs some TLC. We will be organizing a time for families to come for 1-2 hours to sweep, de-cobweb, wash tables, etc. so we can start our year with proud ownership of our classes. Studies have shown when we volunteer in our child's classroom, they see that we value what they do in those classrooms.

We will be changing the name of Social Action Sunday to Awareness Sunday. It will still be the fourth Sunday of the month as usual (subject to occasional change). We will still work towards social justice, but we will also add a component of Earth awareness, self-awareness and cultural awareness. All these concepts and more will be tied into our social justice work as one of our UU values.

RE Cooperative classes will start again with the two-Sunday service schedule. But don't miss the Gathering of the Waters service for all on **September 11**.

## September 18: Religious Exploration Sunday

Children will gather by classes to get to know new students and their teacher and share their summer stories to reconnect.

## September 25: Awareness Sunday

We will meet together to glean at Redwood Roots Farm. This is a fun tradition where we pick food to donate to the Food Bank locally. We always need lots of adult help, please come and wear clothes that can get dirty.

Jillian Mooney



# Shay MacKay – Starr King Commencement 2016

It began as nothing more than a whisper of sound,  
faint notes of a melody playing deep within me,  
calling me.

It was a breath that carried me into the Unknown,  
an exhalation of the Spirit that moves through all things,  
a single note of the Song that sings us all into being.

On this journey I learned to listen,  
and heard the Song everywhere;  
and I learned that when I listen  
this Music grounds me,  
inspires me,  
moves me forward,  
toward greater life.

On this journey I remembered that I am divine,  
participating in the creation of my own reality,  
and I learned that participation in creation  
requires spiritual practice,  
loving relationships,  
intellectual challenge,  
emotional honesty,  
and psychological transparency;  
and then it requires surrender –  
to the breathing of Spirit into the Silence of the Unknown;  
surrender to the composing of the Song that sings Life.

But this is not a solo, my friends!  
I do not walk – or sing – alone.  
I must attune my heart and mind in harmony with yours  
and to the rhythms of this planet we call home.  
And I must listen for the silence that dwells between all things,  
the silence in which I can find rest  
until I am ready to sing once more.

So as the last notes of my seminary journey  
fade into the silence from which they came,  
I close my eyes and listen...  
waiting to hear the melody  
of the next verse in my song.



**Shay and her mother**

## HUUF Concert with Annette Hull and Nancy Correll

Our pianist Annette Hull and her piano duo partner, Nancy Correll, will be joined by Justin Sousa on bassoon and April Sousa on flute as we present a concert of classical music at HUUF on Saturday, **October 1**, at 7 p.m. Justin Sousa will play Paul Hindemith's Sonata for Bassoon and Piano. April will play J. S. Bach's Flute Sonata in E minor and Gabriel Faure's Fantasie, Op. 79. Annette and Nancy will play John Corigliano's Gazebo Dances for Piano (4 hands).

Proceeds from the concert will go towards paying for full time ministry in the coming year. Tickets are \$15 (\$10 for seniors) and are available from Roxana in the office, or at the door.



*Greg Blomstrom*

## Valentines Day for HUUF lovers at Folie Douce

HUUF has reserved Folie Douce for Valentine's Day, 2017 (well, technically Monday, **February 13**, 2017) as both a fundraiser for HUUF and a way for you and your significant other to celebrate each other. This benefit is similar to the last one in that we need to have at least 45 people attend so that Folie Douce has a full house. In return, we get a superb meal in the company of friends and lovers, and, as a side benefit, HUUF gets the net proceeds. Last year, we made about \$1500 and everyone had a great time. Hope to see you there. Please contact Berti Welty to reserve a spot.



*Greg Blomstrom*

## Dispatches from the War Zone



**Mike Rhodes**

## Mike Rhodes Book Tour

On Friday, **August 26**, at 7 p.m. in the main hall, author Mike Rhodes will discuss his book, "Dispatches from the War Zone." The book concerns Rhodes's work as a reporter covering ten years of homelessness in Fresno as well as his collaboration with ACLU in a successful lawsuit against the City of Fresno regarding the taking of homeless property by the police. He will discuss what can be done to defend homeless peoples' human and civil rights. There will be a panel discussion about organizing support with homeless people, and defending homeless civil and human rights in Humboldt County. This free presentation is sponsored by ACLU-Northern California, AHHA (Affordable Homeless Housing Alternatives), the Humboldt Edge (homeless newspaper), and the HUUF Social Action Committee. For further information, email [ediejessup@gmail.com](mailto:ediejessup@gmail.com), or call 407-0047.

*Edie Jessup*

# **Sunday Services**

## **Sunday, Sept. 4 – 11 a.m. only**

### **Honoring All Labor: It's more radical than we often think – Rev. Bryan Jessup**

Around election time many politicians pay lip service to labor, but our economic system often works to pay as little as possible to working people. That system frequently pits workers against each other and devalues the nurturing and supportive work done by women, nursing assistants and more. Changing that system so that all labor is honored and compensated is an ongoing task.

## **Sunday, Sept. 11 – 11 a.m. only**

### **Renewing Blessed Community – Berti Welty**

Celebrate our return from summer adventures and reflections. The gifts we bring from our times apart combine to enhance our beloved religious community that nurtures us. Everyone is invited to bring real or virtual water to blend in our community bowl. Be prepared to briefly (one sentence, please) share the source of the water and what it symbolizes for you.

Remembrance of Sept. 11, 2001 will be woven into the service.

An all-Fellowship potluck picnic on the patio will immediately follow the service. Bring a ready-to-serve dish to the kitchen prior to the service. Refrigerator space will be available. The oven can be used to keep items warm during the service, but please, do not plan to prepare or cook items in the kitchen.

## **Sunday, Sept. 18 – 9 and 11 a.m.**

### **Our Source and Our Values – Rev. Bryan Jessup**

We live in an interconnected web of existence wherein collaboration and mutual cooperation leads to harmony and health. The deep values at the core of all great religious traditions call us to love the web of life, ourselves as part of it and our neighbors as ourselves. These deep, life-enhancing values are often scorned in our hyper-competitive world. Yet, in the end, human survival and the health of our planet depend on them.

## **Sunday, Sept. 25 – 9 and 11 a.m.**

### **Autumn Equinox Celebration – Bonnie MacGregor**

For 15,000 generations, human beings have been guided by the forces of nature to find their place in the cosmos. Each season's turning not only impels us to respond to our physical needs, but also draws us to new inner understandings. At the fall equinox the "world is in balance." We will gather to celebrate our harvests and to reflect on maintaining our balance in the dark and storms ahead.

# HUUF Events – September 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1			1 7 pm Thursday Reflections	2	3 <b>Private Event (All Day)</b> 8:30 am Private Event
4  11 am Service 12:30 pm SAC Mtg. 6:30 Private Event	5 Labor Day	6  6:30 Private Event 7 pm Financial Peace University	7  10:30 Private Event 1:30 pm Crafts Group 7 pm Choir 7 pm Worship Leaders	8  7 pm Thursday Reflections	9  9 am Private Event	10 Humboldt Pride  4 pm Fiesta Night
11  11 am Service	12	13  5:30 pm Board Mtg. 7 pm Financial Peace University	14  10:30 Private Event 10:30 MRC 7 pm Choir	15  7 pm Thursday Reflections	16  9 am Private Event	17  8:30 am Private Event <b>Garden Work Party</b>
18 SAC Brunch 9 am Service 11 am Service 6:30 Private Event	19  10:30 Membership Committee Mtg.	20  6:30 Private Event 7 pm Financial Peace University	21  10:30 Private Event 7 pm Choir 7 pm Private Event	22  7 pm Thursday Reflections	23  9 am Private Event	24  7 pm UU's Black Lives Matter
25	26	27	28	29	30	
9 am Service 11 am Service 12:30 pm Aging w/ Grace		5:30 Council of Chairs	10:30 Private Event 10:30 MRC 7 pm Choir	7 pm Thursday Reflections	9 am Private Event	

## People

Welcome **Trevor Lynn** back from studies in Germany.

We will miss **Sonja Hansen**, who moved to Boulder, Colorado, and **Allen Lesser**, who moved to Washington state.

**Pat McCutcheon** and **Cheryl Rau** served as a temporary American Field Service Welcoming Family for Belkisa Music from Bosnia. Pat is going to British Columbia for a week-long writing workshop at Lake Connamarra.

**Richard** and **Ginger Kossow** took the Empire Builder train trip from Portland to St. Paul, Minnesota, in May, and returned on it in June after a long visit in their home state. A wonderful trip both ways and enough thunderstorms in Minnesota to delight them.

At the beginning of August, **Bryan Jessup**, and his wife, **Edie**, returned from their June and July adventures. Ask them about the UU General Assembly and about the PICO National Leadership training they attended. Both events had a powerful impact.

**Barbara Barratt** traveled to Denmark in March to celebrate her 80th birthday with her brother and his family. One of her nieces has been living in Copenhagen for about five years and arranged for a great AirBnB to stay in, and her apartment was only about two blocks away. Barbara had worked in Copenhagen for six months in the early 60s, so it was a place she looked forward to revisiting. On the way to Denmark, Barbara and her brother stopped in Spain, where they visited the Guggenheim Museum and Guernica before going to Madrid, where his wife joined them for a six-day tour of Madrid, Toledo, Granada, Seville and Cordoba.

**Steve Sottong** went to a writer's workshop in Tacoma and returned with lots of editing to do.

Yours Truly moved to Arcata this summer and is delighted with the walkability of the town.

Hopefully other traveling members will let me share their adventures in the months to come.

*Sylvia Shaw*

## Summer Sizzle was grand

Our first annual all-Fellowship retreat on the Mattole was a lively, fun-filled weekend. From drumming to campfires, from worship to jumping off boulders into the swimming hole on the Mattole river, the activities were enjoyable. Whether people stayed in the cabins, tents or RVs, smiles abounded. New friendships flourished. Sue Mossman and her team kept us well fed. Jana Kirk-Levine's "kid-zones" gave parents some precious time on their own.

We have reserved Mattole Camp and Retreat Center for another Summer Sizzle the first weekend of August 2017. Make your plans early, as space will be limited.

*Berti Welty*

## Mediator training

Humboldt Mediation Services' community mediator training will again be in the Care building at HUUF. This 34-hour course begins on Monday evening, **October 3**, and continues from 5:15 to 9 p.m. on Tuesday and Thursday evenings, as well as from 8:45 to 5 p.m. on Saturdays, concluding on Saturday, **October 15**. This is two weeks of intense role-playing, discussion, and fun in preparation to serve on a panel of three mediators. These skills are applicable to every facet of life.

Two spaces in the class are tuition-free for HUUF members. Priority is given to staff or committee members. Pre-registration is required. Register by September 6 for discounted fees.

Contact me at [chipsharpe@sbcglobal.net](mailto:chipsharpe@sbcglobal.net) or 599-6009 or Humboldt Mediation Services at 445-2505 or [www.humboldtmediationservices.org](http://www.humboldtmediationservices.org) for more information and to register.

*Chip Sharpe*

## Service Auction 2017

On Saturday, **April 29**, HUUF will hold its next service auction, usually the biggest FUNdraiser of the year thanks to our members' generous donations and to all of your bids. Please start thinking of your creative auction offerings, and start saving your pennies for those bidding wars! We also would appreciate a few more volunteers - flexible tasks and times - to join in the fun and help us get it all done. Questions? Suggestions? Contact me at cbhanafi@yahoo.com.

*Cathy Hanafi*



## High Notes

The Choir is back in full “sing” for the 2016-2017 year. All are invited to participate in weekly rehearsals at HUUF on Wednesdays, 7 to 8:45 p.m. We begin with vocal warm-ups each time, take a few minutes to center and focus, and then continue with diverse vocal music.

We sing for two Sunday services each month from September through May, and also participate in special HUUF events like Holiday Caroling, the Christmas Eve service, and the annual HUUF Music Day service. New members are welcome at any time, and you do not need to read music in order to participate.

Please direct questions to me . I'll be happy to answer and try to (gently!) coerce you into singing with us.

Finally, we are currently searching for a new choir accompanist after Levi's departure to begin graduate school in Texas. If you know of talented pianists who might be interested, please have them contact me at elisabethharrington@yahoo.com.

*Elisabeth Harrington*



## Want your jacket back?

We will be donating jackets to needy people unless they are picked up soon from our Lost and Found rack. We have an assortment of quality navy zippered jackets, a size large hummingbird sweatshirt, a black Humboldt Hotsauce sweatshirt, and many more items.

*Awanna Kalal*

## Pride Parade

Saturday, **September 10**, is the Humboldt Pride Parade and Festival. Our Fellowship will again be part of the effort. Line up for the parade starts at 10:30 a.m. at First and C streets in Eureka. The parade itself begins at 11:30 and the Festival begins at noon at Halvorsen Park. HUUF will have a booth at the Festival. To take a turn staffing the booth, please contact Kate McClain, [katemcclain1@gmail.com](mailto:katemcclain1@gmail.com); or Bryan Jessup, [minister@huuf.org](mailto:minister@huuf.org).



## Lantern Ceremony

On August 13 more than 200 people gathered to float lanterns at a memorial ceremony sponsored by the HUUF Social Action Committee and many local community service organizations. The event honors the memory of the people killed by the atomic bomb at Hiroshima and Nagasaki in August of 1945. UUs involved were Joanne Mc Garry and John McAlinn helping with traffic, Fry Woolhandler and Ruth Broderick helping with music and Chip Sharpe helping with canoes. Many UUs were in attendance for this moving ceremony.

*Edie Jessup*

## Deadline info

Deadline for the **October** issue of the newsletter is Tuesday, **September 20**, 5:00 p.m. Send your committee reports and articles to [newsletter@huuf.org](mailto:newsletter@huuf.org) (email only). While many file formats are acceptable, .doc, .docx, .rtf and text are preferred, and .pdf and pages cannot be used. Late submissions cannot be accepted.

*Stephen Sottong, editor*

## Building your own theology II

Beginning **October 3** on Monday evenings at 7 p.m. in the Preschool Room, Rev. Bryan Jessup will be offering an adult religious education class called Building Your Own Theology II. The class is ten sessions long and will run through Monday, **December 12**. The class is based on a UU curriculum created by the Rev. Richard Gilbert and offers participants a chance to develop their own thinking around such topics as: truth and authority, suffering and meaning, good and evil, the meaning of holy and more. Call Rev. Jessup at 822-3793 or email [minister@huuf.org](mailto:minister@huuf.org) to sign up.



## Becoming a member

If you are ready to become a member of HUUF, please talk to a greeter and we will schedule a time during the week for you to sign the Membership Book. There is a pamphlet available in the lobby which explains some of the details of becoming a member. We'd love to have you join us when you're ready.

*Awanna Kalal*

## CLASSIFIED ADS

Classified ads are 10¢ per word. Send your check to the HUUF office and the text of your ad to [newsletter@huuf.org](mailto:newsletter@huuf.org) (email only).

## In Memorium

Our condolences to the family and friends of Phyllis Hazel Carlson Brant Helligas, who died of her own choice on August 14 at the age of 92. We are grateful to Phyllis for so many contributions to our Fellowship and to the larger community over the years. She was very proud of being one of the ten original founding members of HUUF in 1954, and felt it was one of her greatest accomplishments. As an avowed atheist, she was motivated to establish a group that would provide a liberal religious education for her children.

Phyllis was very active in the life of the Fellowship, serving on almost every possible committee as well as being an early President. More recently she served several terms on the Ministerial and other personnel committees, and on the annual canvass pledge drives. In addition to her involvement with the Fellowship, Phyllis was a charter member of the Humboldt County League of Women Voters and actively served with the League for many years, working on election days when she was still in her 80s.

Phyllis graduated from the University of Minnesota with a B.S. in Home Economics Education in 1945, married Daniel Brant in 1946 and the two began teaching high school in Milford, Utah. They moved to Arcata in 1952 and Phyllis added a B.S. in political science at HSU. They had three children before divorcing in 1968. In the 1970s and '80s, Phyllis moved away to pursue an advanced degree at Berkeley, and then worked in the Bay Area as chief personnel officer for several municipal governments. While in the Bay Area, Phyllis met and married the Rev. Byrd Helligas, a UU minister, in 1971. After they both retired, Phyllis got Byrd to move to Humboldt County with her, and Byrd served briefly as a part time consultant minister with our Fellowship (1993-1994).

Still very active through her 80s, Phyllis went for daily swims at the Arcata Pool, walked to the Plaza to shop, and volunteered at the Hospice Shop. She managed her large rental next door and walked to HSU to attend classes, lectures, plays, and concerts. She served on the Board of the Big Lagoon Park Company for over 20 years, as well as participating in a weekly walking group, the New Yorker discussion group, a book club, a weekly "family dinner group," at least two monthly lunch groups, and was often called upon to be a substitute bridge player.

Phyllis loved to design, build and remodel homes and cabins. She also traveled to Mexico, Hawaii, Canada and parts of California with friends and family, and attended several Freedom from Religion annual conventions.

Until about a year ago, Phyllis was still driving locally. Ever curious about the world and her community and active to the end, Phyllis attended a month ago the day activities commemorating the 100th anniversary of the National Park Service at Redwood National Park with her son, Bruce and his wife, Roseanne. She certainly kept all of us on our toes, setting a high bar for us elders, and we will all miss her sprightly smiles, her energy, her warmth, her warm hugs and open heart.





# Humboldt Unitarian Universalist Fellowship

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Roxana Stengl

## CLASSIFIED ADS

**LINDA VINSON** is offering her service as house/pet sitter and companion/caregiver to the HUUF community.  
Contact her at [linvinson@yahoo.com](mailto:linvinson@yahoo.com) or 808-987-7323

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**T'AI CHI WITH MARGY EMERSON** The upcoming year, 2016-2017, will be Margy's 28<sup>th</sup> and final year of teaching T'ai Chi sequences. Classes are at 1049 C Samoa Blvd., Arcata (K St. & Samoa). The 13-week fall term starts September 13. Three styles are offered: Traditional Long Form Wu Style, Chen style, and Combined 42 Forms. (New Chen and 42 Forms students must begin in the fall—their sequences will continue through winter term and finish in the spring.) A new T'ai Chi Sources class includes posture, breathing, qigong, Push Hands, meditation, Silk Reeling, and the Tao Te Ching. Daytime and evening classes. Begin as late as the third week. Visit a class with no obligation to pay or enroll. For details: [www.margaretemerson.com](http://www.margaretemerson.com) or 822-6508.

## Two services resume

Double Sunday services resume at 9 a.m. and 11 a.m. on Sunday, **September 18**. The 9 a.m. service is quieter and a bit more contemplative, while Religious Education for children and the Choir are part of the 11 a.m. service. You are welcome at either or both!