

Humboldt Unitarian Universalist Fellowship



September 2019

Honoring our Expectations

Greetings and Blessings to you all. It is an honor to have been selected to serve as your minister and to be able to make my contribution to the glorious, dedicated, and unique history of this Fellowship.

Our “Soul Matters” theme for the month of September is “Honoring our Expectations.” Expectation may be defined as: “a strong belief that something will happen or will be the case in the future.” I wonder out loud: “What are your expectations of your new minister? What are your longings for this new ministry? Do you trust that I will honor them, whatever they may be?” I too show up with expectations and concerns: “What will they think of me? Will or can they be honest with me? Are they willing to be open to what I bring if it’s not what they expect?”

My first expectation for our shared journey is for our sacred space to be maintained and expanded so that it is welcome to all, closed to none, and always growing in Spirit and in Love. My commitment to you is that I will, at all times, honor the storied past and speak truthfully to your longings for the present and the future of our Fellowship. I realize that I am not the center of this congregation just as none of us is the center of our universe. We are all integral parts of one whole. “This,” as they say where I’m from, “is where I’m coming from.”

My request is that you feel free to share with me your vision, your concerns, and your longings for our ministry at any and all times.

Hope and hard work, coupled with the principle of compassion, will guide me as I remind us always to treat all others as we wish to be treated ourselves. Compassion impels us to work tirelessly to alleviate the suffering of our fellow humans and all sentient beings.

The forces of violence gather at our every turn. Violence gives a false meaning to the nature of power to all who participate. I know that a disciplined love is our only hope for a future for our children and grandchildren. Vaclav Havel asks us: “Can the words of the wise be enough to achieve what must be done? Or will it take an unprecedented disaster to provoke this kind of existential revolution - a universal recovery of the human spirit and renewed responsibility for the world?”

It is my expectation and hope that a small group of spiritual folks, in a beautiful part of Northern California, will come together to model and dedicate themselves to the best of what is possible. To be able to look each other in the

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eye and know, as James Baldwin reminds us: “love takes off the masks that we cannot live without and know we cannot live within.” This is our heritage and this is the work that remains in our journey toward love and justice for all.

To the Future

Can we go back to the Future?

Can we go forward into the Future?

Is the Future ours to behold, to control or to vanquish?

Is the Future ours at All?

Does the Future belong to anyone?

Or, is the Future like Life, that is, a Riddle and a Mystery?

Yes, I say, the Future belongs to no one, yet belongs to All.

The Future is a Riddle and a Mystery.

A Riddle whose expression flows like a River, a river that is never the same twice.

A mystery beyond comprehension, beyond any price.

The future Is mine, is yours, is hers, is his and is theirs.

Yet, is no ones and like the Tao, cannot be truly expressed.

The Future is only to Behold, to be seen, yet is always somehow hidden.

Without name, the Future alone nourishes and brings everything to fulfillment.

We Bless the Future and the Future Blesses us, Here’s to The Future!



Anthony Mtuaswa Johnson

People

Margy Emerson will have a reading and book signing for her new book, *Laotse, Waldo, and Me* at Northtown Books on Friday, September 27, at 7 p.m. Laotse, Ralph Waldo Emerson, and Margy share a conversation on topics like the Tao, the Inner Guide, love, illusions, friendship, and balance.

We’re happy for **Anna May Botley** because her family from New Zealand will be visiting her in September.

Plumbing problems seem to have plagued several members in August, and we are delighted that all have been discharged from hospitals. Welcome back **Ann Kilby, Anne Weiss, and Berti Welty!**

Condolences to **Archie Mossman** whose brother passed away recently. He was surrounded by love and laughter.

Also, condolences to the family of **Marilyn Walker**, who died peacefully at the end of July. She was a long time beloved and active HUUF member, a former HUUF administrator, and had moved to Corvallis to be closer to her daughters.

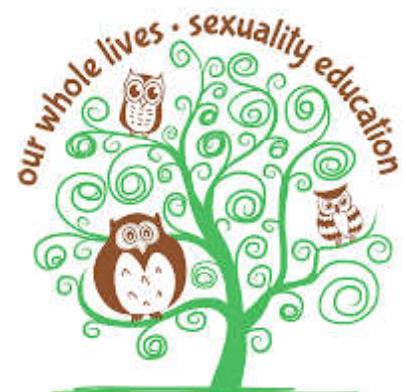
Steve Sottong successfully had eyelid surgery to correct the droop caused by his attack three years ago. He’d especially like to thank **Jenny Hanson** and **Sylvia Shaw** who provided much-needed assistance.

We are holding **Dave Troxel** and **Kathy Layton** in our hearts and thoughts.

If you have information about people to include in the People column, contact **Jahnan Derso** <wisdomiskey@gmail.com>.

7th-8th grade OWL Class

Our fourth offering of the 7th & 8th grade Our Whole Lives Sexuality Education begins with the parent/caregiver orientation on Friday, September 6 at 6 pm. The class will be held on Mondays from 3:30-5, mid-September through mid-May with some sizable breaks throughout the year. There are still three spots open in the class. If you or anyone you know is interested, you can find out more information at HUUF.org/youth-family or call/email Therese FitzMaurice at t_keslin@hotmail.com, 498-3564.



Religious Education

Welcome back. As I gather in the warmth of late summer, I am delighted to reflect upon the transformational experiences our community has co-created this summer. Both the Lammas and Lithia rituals supported our children's connection to our beloved Earth. The intergenerational retreat on the Mattole wove our hearts together a little stronger as we sang, painted, and created some splashtastic river waves. The ease and joy in which we facilitated the details of eating, cleaning and being together is a testament to the fruits of a long-term commitment to create a community where children feel seen, nurtured and loved. There is a growing group of families who are benefiting directly from their commitment to simply be present.

As we pick back up the routines of fall, many of us will viscerally feel the abundance of opportunities. I still struggle with deciding what is a "yes" this season for my children and for myself. Choosing to do it all often leads to a sense of burnout and anxiety. There is an increased variety of opportunities at the Fellowship: Sunday service, seasonal rituals, Soul Matters Groups, Family Friendly night, Sexuality Education classes, and more. May you lean into the possibilities, and listen carefully for what will best nurture you and your family this coming year. May you consider both the fruits of long-term commitments and the immediate needs of this season. May you find in one or all of the Fellowship offerings just what it is your spirit is longing to receive.

In fellowship,



Therese FitzMaurice, DRE

Soul Matters Family Practice:

To deepen our collective experience, I offer a monthly practice for all ages to explore at home. The practice aligns with our monthly Soul Matters Theme. We email the packet to all friends and members to explore, regardless if you are participating in a monthly group. I highly encourage you to explore the September packet and notice if it influences the quality of your internal life and to what degree it ripples out into your external life.

As we explore the theme of "Expectations" this month, consider the following journal or discussion prompts: What are healthy expectations around communication within my family? My friends? My colleagues? My spiritual community?

In which circles may it be beneficial to create or revisit a covenant around communication norms? The youth will be co-creating a covenant during RE to clarify their group expectations. They will all sign the covenant, and we'll keep it posted in the room. What might that look like for your family?

September Calendar:

- 9/8** All ages Gathering of the Water ceremony in the main hall, childcare provided in the CARE building.
- 9/14** So ReUUnite 5:00-7:00 pm family taco potluck, kick-off celebration
- 9/15** Last 10:00 service: First Curriculum Sunday, Community and covenant building through age-based games and get-to-know-you activities.
- 9/22** 11:00 Service Sunday: All ages will visit Redwood Roots farm to glean for the Food Bank.
- 9/29** 11:00 Friendship Sunday: Choose from a variety of friendship building games and activities.

SO-ReUUnite: Summer's Over- Religious Education UU Night

Join us September 14 from 5:00-7:00 for a taco bar potluck and a kick-off celebration of the new year. Families will have a chance to socialize, meet our new teachers, and participate in classroom activities with their children.

Family Friendly third Fridays

We held our first Family Friendly Karaoke night in August hosted by our very own K.J. (Karaoke Jockey) Bek Paez. We had five families and one rockin' elder attend to sing, dance and soak up the joy of music. We heard country, rock, top 40, classic oldies and even a moving rendition of the Star Spangled Banner. We had so much fun we decided to try it out as a monthly event. Join us September 20 from 5-7 p.m. for our second round of Karaoke. Bring finger food to share. Future months we may try other activities like a game night. Let us know what you'd like. Sincerely, your team of three champions, Bek Paez, Mary Douglass and Therese FitzMaurice.

Climate Action news

Better late than never - CAC spotlights two more actors who performed in the Big Think and Challenge skit presented on March 17 who were missed in the June newsletter: Savannah Tarlton and Zoe Moor.

Stimulating, informative, and fun CAC summer events included a July showing of “Paris to Pittsburgh” followed by a discussion with Arcata City Council member, Michael Winkler on local energy innovation plans and efforts; and “Summer Dreaming”, a benefit concert for CAC in August performed by Elisabeth Harrington, Jenny Villasenor, and Nancy Correll. CAC also spotlights Pat Carr, Valerie Gizinski, Ann Kilby, Joanna Welch, Sylvia Shaw, Eve Anderson, Patrick Culver, John Schaefer, Linda Lee, Steven Kossow, Archie Mossman, Tina Vaughan, Bonnie Burgess, Cindy Meadows, Karen Sack, Lorenza Simmons, and Stephen Vaughan for invaluable help on these events.

The CAC thanks all the HUUF folks who wrote postcards to their legislators on key climate-related issues at the fourth Sunday of the month legislative letter-writing table throughout the summer. Our next letter writing table will be on September 22 after the 11 a.m. service. CAC will provide postage paid postcards and names and addresses of key members in the Federal, state, and local governments.

The Fellowship Board and congregational members are continuing efforts to reduce our individual and congregational carbon footprints. At the August meeting, the Board approved having HUUF “Opt-Up” its electric account to the Redwood Coast Energy Authority’s (RCEA) to the 100% renewable option. The additional cost for electricity that’s cleaner and all renewable, according to the Board, is minimal with projected additional cost for HUUF to be about \$56 per year. During our March mini climate fair, many Fellowship members designated to “Opt-Up” for renewable energy at the RCEA table. If you did not do it then, and have been intending to “Opt-Up”, you can easily still do so by contacting RCEA at <https://tinyurl.com/RCEAoptout> or calling 1(800)931-7232. We also applaud the Board and efforts by Sylvia Shaw for approving a green policy for all events at the Fellowship regarding food, paper, and waste issues.

As the CAC begins its second year, we continue our efforts to raise awareness and inform our Fellowship and the Humboldt community about possible individual and congregational actions we can take to reduce energy use. In the upcoming year among our activities, CAC will continue to encourage and expand carpooling to Fellowship events by joining efforts with those of the Caring Circle. We are looking for members who want to reduce fossil fuel consumption by carpooling, especially folks based in Eureka. If you wish to participate, please contact Sue Lee Mossman by phone or email. CAC will also be monitoring energy use by various appliances in the kitchen.

In response to CAC’s inquiries about our Fellowship’s energy use, Scott Allen’s reported on the extensive energy conservation efforts he and his intrepid Building Maintenance crew have accomplished in the building. These folks deserve to bask in the limelight of the congregation’s gratitude: Scott, Chip Sharpe, Tommy FitzMaurice, John Schaefer, and Peter Lusa.

From Scott – update on energy conservation efforts at HUUF:

The 5000-watt solar photovoltaic array went online in October 2008. It was designed to meet the Fellowship’s average needs based upon an analysis of several years of usage data from PG&E bills. The array appears to be functioning as designed, but electrical consumption overall has increased, so the array does not completely offset our electric consumption. For that reason, a number of efforts to reduce electrical demand have been undertaken in recent years.

1. Fluorescent lighting fixtures throughout the Fellowship campus are being rewired and the ballast transformers removed so that direct LED lamps can be installed. The latest space to be converted was the Kitchen on August 14, 2019. Chip Sharpe has been leading this major, technically confusing and time-consuming effort. The Office and Multi-purpose rooms will be converted soon.

All of the parking lot lights and the round ceiling lights in the Sanctuary hallways, closet and exterior walkways and doorways will be replaced with LED fixtures. The conversion of exterior lighting to LED is complete. The final interior light conversions will take place by the end of 2019.

2. Timer switchers for the bathroom fans will be installed in August.

Sue Lee Mossman and Pat Carr

Volunteer of the month

We treasure our Treasurer! In her willingness to help in any way. Rebekah Paez is always ready to learn and tackle a new project. Most recently she stepped up to organize the Suzanne Moore estate sale. Last month she had her first experience as a painter when she joined in to refresh and paint the Fellowship sanctuary. Rebekah brings her competence and cheerful enthusiasm to every job that she undertakes. Her hard work enriches our Fellowship.

Nancy Engel

Yoga as an Act of Resistance

We all know about yoga's benefits for a better mind and body, but what if there was a way to use these teachings to bring about a better world? We'll dive into yogic philosophy as a way to explore how we, as everyday householders, can systematically embody the type of change we wish to see.

This is a 6-week course on Thursdays, that will run from September 19 to October 24 and will be donation based. For more info, contact Amy at theworkofthesehands@gmail.com.



Calling all singers

Regular rehearsals for the adult choir will resume on Wednesday, August 28. All interested persons ages 14 and up are invited to come sing together from 7-8:30 p.m. every Wednesday evening. We will prepare songs to share at two Sunday services each month while also building skills such as sight singing, tone quality, breath control and singing together in harmony. Singers of all experience levels are invited to come make a joyful noise together.

Choir director Elisabeth Harrington is available to answer questions at elisabethharrington@yahoo.com.



Like coffee between services?

A very small crew has kept the coffee coming between services. That crew is getting smaller all the time. We need volunteers to learn how to make the coffee with our very special coffeemaker and then to regularly come and perform this vital service. Without three or four new volunteers, coffee will not be made most Sundays. This is one of the few volunteer opportunities that has regular hours and is time limited. And it is deeply appreciated by the Fellowship. Contact Jan Rowen at jangrowen@gmail.com or 599-1250 to set up training and schedule times.

Steve Sottong

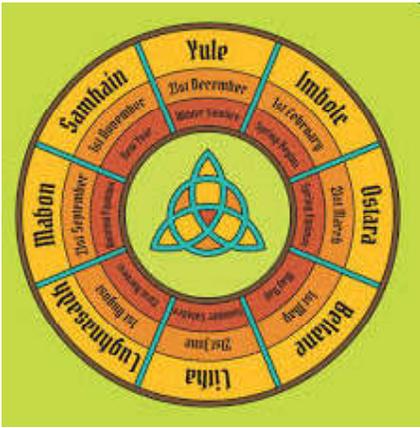


Committee Fair

Looking for a way to help the Fellowship in our exciting new year and strengthen your commitment to HUUF? Stay for the Committee Fair on Sunday, September 22, following second service. Some of the 22 committees that help keep the Fellowship functioning and reaching our goals, will have display tables on the patio featuring their activities, meeting schedules and sign-up information. Everything from Social Action, Building Maintenance, Grounds, Religious Education, Caring Circle, Membership and more. Representatives will be there to answer your questions.

You are invited to browse around, appreciate all the work these committees do and see how you can fit your interests and talents to their activities. While you're looking, you can enjoy a free ice cream treat. So plan to attend. All ages are welcome.

JoAnn Thomas



Mabon, the Autumn Equinox

Join the ritual of music and meditation on Sunday, September 22 from 6-7:30 p.m. Poised at the moment of balance between day and night, yang and yin, we'll celebrate the abundance of our farms and gardens while being mindful of the needs that exists around us. Bring offerings for Food for People—fresh produce, canned goods, and cereals (no glass).

Also bring drums and rattles as well as finger foods and drinks to share afterward. Dress in colorful fall layers—we plan to dance around the fire on the patio. Childcare will be provided. For more information, call me at 822-6508.

Margy Emerson

Halloween Festival Volunteers Needed

Once again we are having our Fabulously Magical, Family Friendly Halloween Festival on Saturday, October 26. This is an amazing event that draws people from all over Humboldt County. It is a well attended annual celebration that helps support our beloved Fellowship. This is an AMAZING opportunity to serve hundreds of families in having a more thoughtful and magical Halloween experience.

Your help is needed. It takes about 100 people to put on this extravaganza. Rest assured that you will be given clear instructions for whatever role(s) you choose. Starting on Sunday, September 7, there will be a table in the lobby with sign up sheets for all the different volunteer needs and a Halloween Committee Member to answer any questions you may have. There are many different ways you can help. You can:

- write and act in a skit
- bake cupcakes
- help set up
- facilitate parking
- make crafts
- donate items

the list goes on and on...



So stop by our table on any Sunday in September to learn how you can join in this community effort to put on the best Halloween celebration in the county.



Deadline info

Deadline for the **October** issue of the newsletter is Friday, **September 20** at 5 p.m. Send committee reports, announcements and articles related to HUUF to 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 are not accepted without prior approval. Full guidelines are available at:

<http://huuf.org/upcoming-events/newsletter-2/newsletter-guidelines/>

Stephen Sottong, editor

Little Free Pantry

We are a generous community. Every week donations appear to fill the bellies of hungry folks. Here's a recap of just the month of July: On average we had 26 items in the pantry each week. Popular items were cans of tuna, chicken, beans, and fruits and vegetables. Peanut butter and soups, along with boxes of cereal and oatmeal were also taken.

A friendly reminder: please, no over-the-counter medications or anything sharp. Any item that can be easily opened without a can opener is helpful.

Thank you all for your generosity and remember the Little Free Pantry whenever you come by the Fellowship.

Carol Newman



Art & Aesthetics

The Annual Humboldt Unitarian Universalist Art Exhibit for September and October features the work of various Fellowship members. You are invited to enjoy the wonderful variety of media and styles utilized by our resident artists.

The Aesthetics team wants to thank the intrepid crew that painted the sanctuary early this summer. There are some rules for preserving the beauty of their efforts. Please do not put nails, pins or tape on the wall. Art must be hung using our official hanging system. Tags are applied only with a special tape provided by the committee. This tape is not blue tape or standard masking tape. If you need to post, contact me several days ahead to get permission and access to the appropriate materials, at 826-7107 or cpetersonrau@gmail.com.

Cheryl Rau, Aesthetics Chair

All-Fellowship Potluck

On September 8, immediately following the Gathering of the Waters Service, we'll have a welcome-to-all potluck. This is a wonderful opportunity to chat with others, meet new people and get the nitty-gritty about summer experiences. Bring your already prepared potluck item to the kitchen before service. While we will be able to keep several items warm in the oven during service, there will be no cooking prior to the potluck. Items can be refrigerated during the service. Assistance with receiving items, set-up, serving and cleanup will greatly appreciated. Call or email me if you plan to help at 476-0654 or bertijo@humboldt1.com, or just pitch in.

Berti Welty



September SAC Brunch

Our first Social Action Committee Brunch of the season, welcoming everyone back from their summer adventures, will be on September 15 (third Sunday) following the service. Please allow 10 to 15 minutes for dishes to be placed on the tables, so everyone can be easily served. Suggested donations are \$5 per adult and \$1 per child.

This will be an international foods brunch, and funds raised will go to Betty Chinn to help with all the wonderful work she does for the community.

Eve Anderson



Humboldt Unitarian Universalist Fellowship

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CLASSIFIED ADS

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

Margaret Emerson has a new book titled *Laotse, Waldo, and Me*. Margy talks with the author of the *Tao Te Ching* and Ralph Waldo Emerson on topics vital to all three, including the Tao, the Sage, the Inner Guide, love, illusions, and unlearning. The conversation builds toward the urgent need to restore balance between yin and yang, feminine and masculine in our out-of-balance world.

Reading and book signing at Northtown Books on Friday, September 27, at 7 p.m. Also available on Amazon (\$20 paperback, \$5 eBook). Or ask Margy when you see her. More information on margaretemerson.com.

From the book: "What do age and time matter? Laotse was 2500 years old; Waldo (the name he preferred) was over 200; I was 65. We were all intensely eager to talk and we were all good listeners."

