

Humboldt Unitarian Universalist Fellowship



September 2022

HUUF Pastoral Counseling

The pastoral counseling team is part of HUUF's current joint ministry. Pastoral counseling is a function of ministry, which is the actualization of religion in life. Pastoral counseling is part of the model for ministry developed in the Judeo-Christian tradition in the Middle East during the Axial Age (from year 1000 Before the Common Era to 600 in the Common Era).

The disciples asked Jesus what was expected of them and he replied, "Feed my sheep." This goes back to the Psalms passage "The Lord is my shepherd, I shall not want." This is to say that the members of the community are like sheep and the pastors are shepherds, an image that has gotten way out of hand. As I would not be a sheep, I would not be a shepherd. A more modern image is that we are all sheep, hungry, sometimes in green pastures and sometimes in the valley of the shadow of death. We also all need to be willing and able to look after, love, protect, and care for others. What was once top down can now be seen as central, each to the other, caring and cared for, giving and receiving love, trust, and our selves.

So, if you need a hand or a hoof, or have a hand or hoof to give, join us. Next time comes professionalism (talk about "the big head").

Shawn Nichols



The Future of Worship and You

The Program and Worship Committee has completed the series of three Sunday service discussions on the future of worship at HUUF, yet we know that many people were unable to attend any or all of them, and others may have had further thoughts on the questions. So we are inviting people to follow the link (<https://huuf.org/future-of-worship-discussion-forms/>) to give us your input. The link will also be available on the HUUF website and in The Weekly. The portal will be open through September 10 for your responses to the questions. The Program and Worship Committee will report on the results in the October newsletter. We look forward to hearing from you as we shape the future of the Fellowship's worship.

Pat McCutcheon

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RE

To Our Beloved HUUF Families

The past three years have drained something from me. They have deadened my time-tested receptors for outward markings of success. As I have watched people lose beloveds – Mothers, Friends, Children, Elders – suddenly ripped from this world, I have felt, for a time, like Death was a constant presence at the Table, and wondered why I, and my own dear ones, were still allowed to be here. The old metrics no longer made sense.

I have needed a new way to quantify value in this freefall of collapse we are living in now. While the world is burning, I do not need to stake my claim on singed (stolen) land. While the conversation gets ever more heated, strained and vitriolic, I've wanted to grow more quiet, rather than add to the constant barrage of theater, of noise.

While wealth, home ownership and even just the ability to scrape together a halfway decent life and living has become ever more unattainable for so many, I have examined more and more – “What in my own small, humble life suffuses it with richness?” How much stuff do I really need? And is my time, my attention, and the space to dream, savor, and drop more deeply into this present moment, worth more than whatever monetary unit someone might be willing to trade me for it? What am I here to do?

I'm excited to drop into this space once more. My family, and I hope yours as well, got some marvelous opportunities to unplug, slow down, savor and delight in the simple but potent pleasures of being human this summer. Sunshine. Food. Water. Hours and days with nothing much planned. Adhering to an agenda that is constructed of little more than watching what the tides will do, and asking what would delight us in the here and now. The past six weeks have provided me with some delicious breadcrumbs leading back to my body and soul, distancing me from the ticker-tape tyranny of a life lived solely in the mind. But more than anything, the past three years have built up a hunger in me. I am ravenous. I am mindful of the flimsiness of time. The looming awareness that all of this is just on loan. As we are to each other. And I want to do something worthy with whatever I've been given.

I ponder: *What is the role of spiritual community in a time such as ours?*

Perhaps it is to remind us, over and over again, of “our place in the family of things.” To call us into felt and lived awareness of a Deeper Agenda. The one the Earth and our Ancestors (and perhaps our children unwittingly so) are dreaming for us all. The one that defies and decimates all our puny, daily to-do lists. Perhaps we are here to re-orient ourselves and one another to an internal compass point, a bedrock of truth, justice, and beauty. To leave crumbs, mementos, snapshots and postcards for each other – through our art, our service, our partnering and parenting and living of this life in a way that honors the full web of existence. Ram Dass famously said, “We are all just walking each other home.” And so I greet you, my fellow travelers and lantern-bearers. I look forward to the path we seek to forge together. May the steps we now take form the way.

yours in grace & gratitude,

Amy Day (she/her) Director of Lifespan Religious Exploration

Fellowship engagement

Toning Our Temple - Yoga for ALL Bodies: Mondays, 8/22 - 9/26, 5:30-6:45 p.m.

A gentle, multi-level, outdoor practice lovingly offered by Jamie Kessloff. Jamie brings 16 years as a Yoga Teacher and Healing Arts Practitioner to this space. Her classes focus on therapeutic alignment and connecting to one's brightness from within.

This class is made possible through our Fellowship Engagement program, as a way to promote spiritual and physical well-being, in the individual, and throughout the collective. Donations gratefully accepted, but no one will be turned away for lack of funds. For more information, contact Amy at comm@huuf.org

Soul Matters Sharing Circles are starting back up soon:

The new curriculum year begins in September and explores the theme of “Belonging.” If you are not yet a part of an established sharing circle and would like to learn more, please contact Amy Day for more information. She will offer an in-person group, an online circle, as well as one specifically designed for single parents.

Sunday RE schedule

Thank you so much to our dedicated and dynamic Childcare Coordinator, Jessalyn DeLucchi, and RE Teacher Debbi Kallish, who so gracefully stepped in to tend our kiddos for the month of July whilst I was away. I'm happy to be back with you all and resuming some former, as well as new, offerings for our children and families.

September 4, 11:00 a.m. - The Play's the Thing: This is an all-ages service. See the Sunday Services for a description.

The Caring Circle is offering rides so we can be together in person. Contact the HUUF office if you need a ride. Childcare will be available in the nursery for those little bodies that need it.

September 11, 11:00 a.m. - Gathering of the Waters: Join us for this rich annual ritual to share a bit about where your summer sojourns (both inward and outward) have taken you. Bring water from somewhere you've visited (even a nearby river or backyard swimming pool is great!) and share a bit about your time away. The children will share some of their own adventures in our RE classroom, followed by an ALL AGES potluck and Congregational meeting after the service.

September 18, 11:00 a.m. - Deep Dive: Inside our multi-age RE classroom, we'll look at ways we tend our spirits, bodies and communities - through play, service, silence and ART.

September 25, 11:00 a.m. - Social Action Sunday with NEC: Coastal Clean-up Day: See the Sunday Services for a description.



Board update

The HUUF Board of Trustees, comprised of Debi Cooper, Sally Williams, Rebecca Paez, Sandy Lynn, Cassie Brillbeck, Montana Caoutte, and Chris West, met three times in July and August. At the July 12 meeting, Bonnie MacGregor gave a summary of the Ministerial Relations Committee's recommendations to help the Fellowship move forward during this time of ministerial transition. The proposal included scheduling small group discussions to explore our vision for HUUF's future, and forming committees to help with the transition. Other business included the renewal of staff contracts and revised job descriptions and salaries, and considering adopting guidelines for newsletter submissions.

Later in July there was a special executive meeting to discuss Ursula Bishoff's report concerning HUUF's bylaws. During the discussion it was determined that all of the bylaws could use a thorough review, so the Board started updating them one article at a time. The proposed changes will be brought to the next congregational meeting for approval.

The regular Board meeting on August 10 addressed the Religious Education budget, which included a proposal for a new position of Assistant Director of RE; the UUA membership dues contribution; hiring a consultant to train staff on the sanctuary sound system; and buying a new office computer. Another topic centered on improving communication between Board, staff, and the congregation. We decided that a Board member will join staff meetings once per month. Several Board members and a staff member are also attending an online UUA workshop titled "Helpful Board Habits." The first session covered communication.

Other business at the meeting included a review of the transition process and planning for transition committees. Also, Scott Allen's proposal to paint the exterior of the buildings was approved; there was a report that thank-you letters will be sent to members who have pledged; and we approved a proposal by Berti Welty to allow the HumDog organization to use HUUF's grounds for dog training classes while their usual venue is not available, provided classes are outside and they clean up where necessary.

The next congregational meeting was set for Sunday, September 11, and the Board retreat was set for Saturday, **September 17**. Board meetings are on the second Tuesdays of each month and are open to all HUUF members. The next Board meeting will be Tuesday, **September 13**, 7-9 p.m.

Sandy Lynn

Climate Action Campaign (CAC) news

As we begin the new Fellowship year, CAC continues to inform and educate. Check our link at <https://huuf.org/cac-climate-action-campaign/>

Recently, we have seen the passage of the Inflation Reduction Act (IRA) by Congress and signed by President Biden. Though it's a big win on many issues, it is not nearly enough for the climate and for climate justice. Concessions had to be made, and there are provisions in the act that perpetuate and even expand the impacts of fossil fuel pipelines, leasing, and drilling on minority communities. While something is better than nothing, this bill is a mixed bag, and we have critical work ahead to support bills that will address these missing provisions.

In the California State Senate, A.B. 2316 would increase access to solar energy for renters and low-income communities. Combined with funding legislation, this bill calls for addressing inequity by investing in community solar projects and energy storage infrastructure to increase grid reliability. It also requires that 51% of power generated by those projects go to underserved communities. Write our state legislators to support this package at: Assembly Member Jim Wood: <https://a02.asmdc.org/> contact Senator Mike McGuire: senator.mcguire@senate.ca.gov

Relative to the upcoming elections, according to the Environmental Voter Project, a large number of environmentalists in this country seldom vote. The Project proposes that this group of voters be targeted in Get Out the Vote campaigns. Environmental voters could be key to electing the leaders we need to address the climate crisis. Thank you, Margy Emerson, for September's Climate Action of the Month.

Over the summer, CAC members wrote letters and attended local meetings about Arcata's Gateway Plan and the Nordic AquaFarm project. Members also signed petitions, called and wrote letters to legislators and President Biden on a number of climate issues including: support for Build Back Better (now called IRA); requesting that Biden declare a national climate emergency; and to the California Air Resources Board to lay out a stronger plan for the state to move away from fossil fuels and reduce greenhouse emissions drastically and move toward renewable energy as quickly as possible; opposing the Mountain Valley Pipeline and further development of fossil fuels in the Arctic and the southeast.

CAC also joined national climate groups to sponsor or endorse ten petitions over the summer that were distributed throughout the country. These included petitions to Congress to reject any effort to promote fossil fuels, such as the Willow Project (a gas treatment plant and liquified natural gas pipeline in Alaska); the Mountain Valley pipeline; and efforts to boost unproven carbon capture technologies. We also opposed efforts to weaken core environmental laws like the National Environmental Policy Act and Clean Water Act which especially protect the rights of indigenous and marginalized communities.

Thanks to CAC and HUUF members who joined the No Coal in Humboldt Coalition and wrote letters to Huffman, Padilla, Wood, and McGuire, in early June, the Federal Surface and Transportation Board denied the application by the North Coast Railroad Authority to railbank 175 miles of rail line from Willits to just north of Arcata for freight and coal transport.

In early August, CAC co-sponsored a webinar presentation by Peter Lehman, founding director of the Schatz Energy Lab, on plans for zero emission transportation on the North Coast.

Beginning this month CAC will resume its regular second Sunday of the month Zoom meetings at 1:00 p.m. All can join on Sunday, **September 11**. See the meeting link on our Fellowship website mentioned above. As we join our efforts in the coming months to restore Earth's life support systems, we also restore our souls.

Sue Lee Mossman



UU CLIMATE ACTION
NETWORK

Sunday Services

Sunday, September 4 – 11 a.m. – The Play’s the Thing – Amy Day

Maria Montessori famously wrote that, “Play is the work of the child.” In an extractive, capitalist culture such as ours, too often we adults are taught to prioritize only those labors that culminate in an end product, a paycheck, or some other tangible, commodified outcome. Yet where, in our work-driven society, do we set aside time and space for the element of play?

In this all-ages service, Director of Lifespan Religious Exploration Amy Day will move us through a multifaceted experience designed to re-orient us to the value and impact of play, curiosity, and delight, and invite us to create space for these life-affirming qualities and practices inside our world once more.

September 11 – 11 a.m. – Gathering of the Waters

Each fall our Fellowship officially reconvenes with a Gathering of the Waters ceremony. Our various experiences, insights and gifts are blended to rebuild our community. Each person will have a chance to pour a small amount of water (real or virtual) into a common vessel. While doing so each one will fill in the following sentence: “This water from _____ symbolizes _____ which I bring to this community.”

Following the service there will be an all-Fellowship potluck with exciting games including derby races with “cars” made from zucchini squash. Drop your ready-to-serve potluck dish in the kitchen prior to the service. Assistance with set-up and clean-up is greatly appreciated.

Sunday, September 18 – 11 a.m. – Learning How to Live in this Transformative Time – Lama Choyang (Allison Rader)

Lama Choyang will speak about change and the unknown. She will delve into how we relate to trust and transformation, how we meet this moment, ourselves, and our world – on the ground, moment by moment. We can tend our hearts and nourish our fierce commitment to care for the Earth and each other.

Lama Choyang is a Tibetan Buddhist teacher who worked as a hospice chaplain for five years with Hospice of Humboldt. She completed seven years of retreat under Lama Drimed Norbu’s guidance and was ordained by him in 2009. She teaches dharma, leads retreats, and offers grief counseling, grief workshops, and spiritual mentoring in Arcata and online.

Sunday, September 25 – Social Action Sunday: Coastal Clean-up Day

Coastal Cleanup Month is one of the largest cleanup events of the year. The Northcoast Environmental Center is Humboldt County’s coastal cleanup coordinator, and each year the organization inspires hundreds of volunteers to pick up thousands of pounds of trash. This month, we will join community members from all around our region to participate in one of many cleanup efforts taking place every weekend of this month.

You may join us from 10 a.m. to 1 p.m. at the Arcata Marsh, on South I Street for an opportunity to express our values in the larger world. Come for part or all of this important action. Cleanup supplies will be provided, but if you have any of your own gear (gloves, a clipboard, trash grabbers) that you would prefer to use, feel free to bring it. Find out more or sign-up at <https://actionnetwork.org/events/arcata-marsh-cleanup>.

A separate gathering will be hosted at 11 a.m. online for those who prefer to participate via Zoom. You can expect a lively and heartfelt facilitated discussion in an intimate small group setting.

September climate action of the month: Get out the vote

The upcoming midterm election could determine our ability to grapple with the many crises threatening this country – including climate change.

The best way for us to pitch in to strengthen our democracy is to help get out the vote. And the best way to do that, short of going door-to-door to your neighbors, is by volunteering with an organization that helps you send hand-written letters or postcards to prospective voters. VoteForward.org is one such group, and they are an established organization that has proven their ability to mobilize voters.

Through VoteForward.org, you can choose from “social campaigns” that target voters in historically underrepresented groups who are believed to be unlikely to vote and who live in states with recent histories of voter suppression. Or you can choose from “political campaigns” that target progressive-leaning voters believed unlikely to vote and who live in swing districts or states.

Vote Forward provides names, addresses, and a letter template for each voter. Numerous well-known political action groups have teamed up with VoteForward.org, including UU the Vote, Indivisible, People for the American Way, Democracy in Color, Women’s March, and genEquality.

If you have a hard time doing all that handwriting, you could team up with someone who could do the writing but might need help with the expenses: paper, ink, envelopes, and stamps. Let me know if you’d like a partner to help with one or the other.

Everyone needs to find a way to be a part of this crucial effort to save our democracy.

Margy Emerson

Art at the Fellowship

The display of art in the HUUF sanctuary has two goals. First, like the landscaping of the grounds, it enhances our environment by adding beauty and interest, and it gives the artists a venue to display their work. So if you are an artist and wish to display art here, contact Cheryl Rau. My e-mail is cpetersonrau@gmail.com and phone is 707-826- 7107.

The next scheduled show will be the delightful art of Laura Phelan-Shahin in September. Then in December we will display the art of the HUUF children and youth. Next year in January and February the Art and Aesthetics Committee will hold an All Fellowship Show. So if you are an artist, get ready. If you are not ready to jump in with a solo show, you can dip your toe in then.

Cheryl Rau



Example letter



Dear *Stephanie,*

An important election is coming up on **Tuesday, November 8**. Are you ready to vote? I vote because *I believe in democracy.*

I want to be represented by people of conscience and integrity.

The more people who vote, the more equitable and stronger our society will be.

Every single vote counts

November 8 is your last chance to make your voice heard in this election. Will you *please join me as a voter?*

I'm not asking you to support specific candidates, only to vote. Thank you!

Sincerely,

Margaret E.

A volunteer wrote and sent this letter through Vote Forward, a nonprofit organization that serves volunteers who want to help fellow Americans vote.

Visit vote411.org/georgia for up-to-date election details including voting options, deadlines, and what's on your ballot. You can also call 866-OUR-VOTE (866-687-8683) if you have questions.

Use code RVVJRZJ at vote411.org/vote to let me know you plan to vote or to opt out of future mailings.

For: STEPHANIE WRIGHT, 1160 LITTLE PHOEBE CHURCH RD, FOLKSTON, GA 31537-7502



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Co-Presidents Debi Cooper

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People

Our hearts and thoughts are with **Bernie Hansell** and her family. **Bill Hansell** passed away on Saturday, July 23 after a short stay at St. Joseph Hospital. He had been rapidly declining in health recently. Bernie requests no phone calls, but cards are welcomed.

All good wishes for a good recovery and rehab for **Sylvia Shaw** following lung surgery on August 13. Sylvia reports she is "on the mend and tumor markers are low on the spectrum." May they continue to be so.

All good thoughts and good qi also for **Helen Vatcher** who says she has a touch of pneumonia and is on a course of antibiotics. Upon completion of the course of antibiotics, Helen is expecting to move to Alder Bay in Eureka for a trial period to see how things match up for everyone. All good wishes to Helen for this transition.

Sue Mossman

Deadline information

Deadline for the **October** newsletter issue is Tuesday, **September 20** at 5 p.m. Send committee reports, announcements and articles related to HUUF (email only) to newsletter@huuf.org.

Many file formats are acceptable, but .doc, .docx, .rtf and text are preferred, and .pdf and .pages cannot be used. Late submissions are not accepted without prior approval. Full guidelines at:

<https://tinyurl.com/HUUFNewsGuide>

Stephen Sottong, editor

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