

Humboldt Unitarian Universalist Fellowship



A note from the minister

October 2016

I passed another “milestone” in life this past month. I had my *second* angioplasty for clogged arteries. My first angioplasty and stent was 12 years ago. That stent got clogged and was unclogged in this second procedure. This whole event has offered me a great opportunity for reflection.

To begin with, I am very fortunate on several levels. Medical science has progressed to the point that it can keep people in my condition alive and healthy for a long time. And I have access to this help. That good fortune and privilege leads me to the awareness that far too many people do not have the medical care they need. And it leads me to join so many others in advocating for universal health care whenever I have the opportunity.

In physical terms this experience has given me both a boon and a challenge. The boon is that not only do I get to stay alive, but I also get to feel a lot better and more energetic. The challenge is to respond to my good fortune by changing the way I eat. For me, and for many others too, eating is a source of comfort and relaxation. To a certain degree, of course, that is fine. But 50 extra pounds on my body tell me that I am going to have to learn to find comfort and relaxation in other ways. Wish me luck.

In spiritual terms, having another heart procedure reminds me of my mortality. It reminds me that all of our lives hang by a thread all of the time. It offers me an opportunity to reflect on what I am grateful for and what I hope to do with this extended “gift.”

I will be answering those questions much more consciously for the next few months, I am sure. At least part of my answer already is that in the days I have before me I want to truly live, love and be present with you and all my loved ones on this journey of life. Too often I get overwhelmed with schedules and duties and my spiritual heart gets clogged and “tired.”

The Hebrew prophet Ezekiel offered his people encouragement in one of their many difficult passages with these words from the Source of Life: “I will give you a new heart and put a new spirit in you; I will remove from you your old heart of stone and give you a new heart of flesh.” That is certainly my hope for myself and for all of us in the days ahead.

Yours on the journey



Rev. Bryan Jessup

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Board of Trustee coffee corner

On **October 9**, take the opportunity to share your concerns and thoughts with board member Pat McCutcheon between services in corner of foyer where the coffee cabinet hangs on wall.



Sylvia Shaw

People

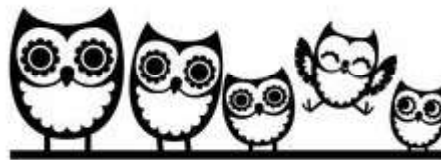
Bryan and Edie Jessup send thanks to the congregation for its wonderful support during Bryan's recent angioplasty adventure. The procedure went well and Bryan is back up and running.

The congregation sends good energy to our member **Jamila Tharp**, who went to Boston to visit the UU Ministerial Fellowship Committee. We are very proud of her and her great work.

We're over the moon and sending belated congratulations to **Charlotte Olsen** (daughter of **Veronica Galiani**) as she played among the stars this past summer. Charlotte was selected for a NASA CRESST internship this summer at NASA Goddard Space Flight Center in Maryland to study star formation in close pairs of galaxies.

Terry, Aiko, and Ed Uyeki are congratulated for sponsoring a great fundraiser party for flood victims.

Sylvia Shaw



Thanks OWL participants

The Board wishes to honor and thank those who made the Our Whole Lives curriculum such a success. Kim Moor's coordination gave impetus to make this vision a reality. Debbie Harrison, Sean Nichols and Anne Wadham offered excellent OWL training to twelve students. For twenty-five weeks, these three taught twelve- to fourteen-year-olds about sex. No small feat! Kudos and deep appreciation to all for your dedication and important, caring work.

Pat McCutcheon, for the Board

RE cont.

October 23: New, this year too! We are calling our Fourth Sunday, "Awareness Sunday."

We may work on inner awareness, awareness of others, of those who need our help, or we might go out onto our grounds to be aware of what our Earth gives us in miracles.

October 30: All ages together

Friendship Sunday- We will read books and make masks, all ages together.

Notes From Navarra - Intermediates/Youth Group

October 2:

Intermediates: We will discuss our first principle and listen to music through the ages.

October 16:

Intermediates: Bring music that relates to our first UU principle to share with the group.

October 23:

Youth group: will meet during the 11 a.m. Service. We'll work together on building our youth group, including brainstorming our new name.

Jillian Mooney

Religious Education

Many changes are afoot in the Religious Exploration Cooperative this year.

With Board and Congregational approval (many thanks), an ad-hoc committee was formed to hire teachers. Please welcome:

Daisy Cruz is a Child Development/Criminology major who plans to work with foster children and children from trauma backgrounds. She has worked at the HSU Child Development Lab for the aftercare program for 2 years and just returned from a study abroad program looking at how other countries serve children in need. She is also the Youth Educational Services Director of the Hand to Hand Program, that works with local foster families. She will be teaching the Preschool class.

Lorraine Duran is a Senior in Child Development, second year assistant teacher at the Lab and will be teaching the Kdg-2 grade class. She has experience in working with children on the autism spectrum and in a variety of settings.

Celia Haro is a Child Development graduate, past assistant teacher for 2 years at the Lab. She has experience in working with children that exhibit trauma-based behavior and children on the autism spectrum, works for First 5, and is in the Masters program for Sociology in the field of advocacy. She will be teaching the 3-5 grade.

All three are trained in problem-solving with children which follows our UU principles, as well as extensive knowledge in child developmental stages and curriculum development.

And of course, our wonderful Navarra Carr will return as our Intermediate teacher and Teen Leader.

We are still growing out of our seams. Our first day in RE we had over 35 children, with two new families. We may need to change classrooms to accommodate our numbers. But, our classrooms are spanking clean, thanks to all our families who dusted, scrubbed, washed, swept, organized, purged and perked up our classrooms. It will help both teachers and children feel ownership as they add their new creations to our walls. Please remember to honor their work when you use our classrooms by picking up after yourselves and taking your dishes and other items with you when you leave. We also need volunteers to help. Although we have trained professionals, we want our whole congregation to bring their gifts to share with our children. Our teachers will support you and we will have an upcoming volunteer training for interested folks.

New this year as well, is our Miracles curriculum, which we will connect to our Congregational Theme, Building Beloved Community. If you haven't noticed the recycled art project that is in the foyer, take a look. Children spent the summer creating a community together and their thoughts and ideas were recorded by Jennifer Mager, our Childcare Coordinator. Many thanks to Jen for her engaging ideas and for sharing them with our larger congregation.

"Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child -- our own two eyes. All is a miracle." Thich Nhat Hanh

October 2: Exploration Sunday

Children will explore in individual classes. We will continue to talk about what a miracle is.

Preschool: we'll explore through stories and music.

Kdg-2: we'll practice yoga outside.

3-5: we'll look for miracles around us outside and take photographs to create a display of what we find.

October 9: All Worship

All ages together to share their individual experiences with one another. We will continue with our ideas about what is a Miracle. Please bring an item you wish to share on our miracle altar.

October 16: Exploration Sunday

Children will continue to explore what is a miracle in individual classes.

Continued on page 2

Clean-up volunteers needed

On Wednesday and Thursday, **October 5 and 6**, Scott Allen will pressure wash the outside of our Fellowship buildings. Helpers are needed to climb ladders, tape over vents, spray, clean and scrub walls and decks, and move hoses around. We will begin at 10 a.m. To volunteer, please email me at katemcclain@earthlink.net or call 839-0313.

Kate McClain, Building Committee



Financial Peace University

Financial stress leads to spiritual impoverishment and tears families apart. We all need a plan for our money. Financial Peace University will help you create that plan. It's not magic, it's common sense and telling your money where to go instead of wondering where it went. You tailor your plan to your family. You work your plan in a supportive group.

Nine sessions cover these topics: Super Saving, Relating with Money, Cash Flow Planning, Dumping Debt, Buyer Beware, The Role of Insurance, Retirement and College Planning, Real Estate and Mortgages, and The Great Misunderstanding. The course is taught on video by Dave Ramsey; the group facilitator is Margot Julian. The fee is \$93 for a single or a couple and includes the book, *The Complete Guide to Money*, audio CDs of all lessons, a wallet, a workbook, access to online resources and other tools. When they start using this plan, most people find that they save more than \$93 during the first month.

Classes meet 7-9 p.m. on Tuesdays, October 11 to December 13, at the Fellowship. A preview and registration session will be held Tuesday, October 4, at 7 p.m. For more information, contact Margot Julian at 442-2770 or margoteka@aol.com.



What can your minister do for you?

For many years the Humboldt UU Fellowship operated without a minister. The members did a wonderful job of supporting one another through all the ups and downs of life. That kind of peer support is essential for all healthy congregations and it needs to continue.

A minister can add another resource to the support networks of congregations and is available for spiritual counsel. Hospital and home visits can be made as requested and needed. A minister is also available to help with rites of passage such as weddings, memorials, child namings, house blessings and more.

So, in this Fellowship, my hope is that you will continue to support one another strongly as you always have, and that you avail yourselves of the ministerial services that are here for you as they might benefit you. Don't hesitate to give me a call at 822-3793 or email me at minister@huuf.org. I am here for you.



Rev. Bryan Jessup

Building your own theology II

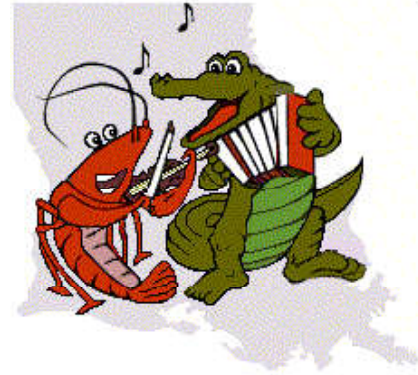
Beginning **October 3** on Monday evenings at 7 p.m. in the Preschool Room, Rev. Bryan Jessup will offer an adult religious education class called Building Your Own Theology II. The class is ten sessions long and will run through Monday, **December 12**. The class is based on a UU curriculum created 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 to sign up.

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



Cajun Dinner & Dance a successful FUNdraiser

A big thank you to all HUUF and community members who helped out and supported the Cajun Dinner and Dance on September 17, to benefit victims of the unprecedented Louisiana flooding in August. With the encouragement and co-sponsorship of Kate McClain and support of the Social Action Committee, Sylvia Shaw and I organized the kitchen and volunteers to be ready for the dinner, which served more than 90 people. Sweet Mama Janisse of Bless My Soul Café cooked and served jambalaya and red beans and rice – no small feat. The Bayou Swamis played Zydeco music for happy dancers in the sanctuary following the dinner. Cornbread was donated by many HUUF members, and initial donations from the Uyeke family with friends Kay Sennott and Dale Preston helped cover pre-event expenses.

We want to acknowledge donated beer from Lost Coast Brewery and tulips and lilies from Sun Valley Florals, co-sponsorship from the Humboldt Folklife Society, and a 'bowl assist' from the Bayside Grange. As a part of the Humboldt 'Cajun Navy' effort, we could not have carried off the event without crew, Bryan and Edie Jessup, Chip Sharpe, Scott Allen, Berti Welty, John Schaefer, Admiral Sylvia, First Mates Ed & Aiko, and community crew members Kay Sennott, Kate Vogelsang, Leslie Stalder, and Maggie Banducci.

Close to \$3,000 was raised (at press time, not all donations have been tallied), which will benefit the students of the Livingston Parish Public Schools, in one of the hardest hit areas, and Together Baton Rouge, a community organization helping residents of the greater Baton Rouge area.

Terry's friend, Mary Loofbourrow, who lives in Denham Springs, where 90% of the homes were flooded, said:

"It still boggles my mind how widespread the devastation is here. Someone in the paper said that Katrina caused a lot more deaths, but in terms of destruction, Katrina was a baby compared to this disaster. Everyday life here is a struggle now, bridges are out, traffic is unbelievable, we have to travel a ways to get building supplies, groceries, etc. because almost everything in our town and surrounding us was destroyed. (I had to get a prescription filled and it was quite an adventure because both my doctor and my pharmacy were wiped out!)

...So, from the bottom of my heart, thank you again. And thank your community - there must be a wonderful group of people there. Your sensitivity to what happened here is so touching to me, and inspiring. I hope I can help someone like you have."

This is a warm hug from the people of Southern Louisiana to all who helped and supported this fundraiser.

Terry Uyeke

SAC harvest-time brunch

Social Action Committee Brunch will be on **October 16**, following second service. In celebration of the new season, this will be a harvest brunch, and will emphasize local, organically grown produce as much as possible. Expect to see fresh garden cooler-weather salads, a harvest soup or two, local breads, autumn veggies and stews. Amongst desserts we may even find a home-baked pie or cobbler.

Please allow 10 or 15 minutes for dishes to get to the table, so everyone can be easily served. Suggested donation is \$5 per adult and \$1 per child. Proceeds will go to Circulo de Amigas in support of our commitment to the continuing education of Genderling, a young Nicaraguan girl.

Eve Anderson

Circle Dinners

Circle Dinners are a fun, casual opportunity to socialize with other HUUF members and friends to get to know each other. These occur once a month at the convenience of hosts and guests.

One person (or 2 people for those wish to co-host) hosts a dinner in their home or appropriate place of their choosing. They decide how many they would like to participate in their dinner and organize the dinner from a list of names provided to them. The host(s) usually prepares the main dish and contacts their guests to bring side dishes, salad, appetizer, dessert, beverages, etc. Different people attend each dinner, allowing guests to vary each time. For those who can, individuals should host twice a year and couples three times a year to accommodate once-a-month Circle Dinners for everyone who is signed up.

For those not currently on the Circle Dinner list, please add your name and contact info on the sign-up sheet available in the foyer on Sunday mornings, or contact me at 444-8220.

Eve Anderson

Support Humboldt Mediation Services in style

Please support peaceful conflict resolution in Humboldt County and join us for a locally seasonal organic dinner at Folie Douce, 1551 G Street in Arcata, on Monday, **October 24**, between 5 and 9 p.m. Enjoy a gourmet four-course meal in a warm and friendly restaurant known for its unique ambiance. Folie Douce will announce the menu the week prior to the event.

The \$50.00 price (plus tax and gratuity) benefits Humboldt Mediation Services, a non-profit organization of trained volunteer mediators working locally toward global peace by providing community-based peacemaking tools to individuals and organizations in our community.

Call Folie Douce at 822-1042 to select your time and reserve your table.

Chip Sharpe



Deadline info

Deadline for the **October** issue of the newsletter is Thursday, **October 20**, 5:00 p.m. Send your committee reports and articles 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 cannot be accepted.

Stephen Sottong, editor

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 (email only).

New member bio

I moved here in 2006 with my husband, Michael, when he became Arcata city manager. As beautiful as the area is, the main attraction was to be closer to family in California. I lost Michael to cancer three years after moving here, and so was grateful to have the love and support of family here. Three of our children, Brooke, Robin and Sean, have lived here awhile - Brooke graduated from HSU and is a school psychologist in Ukiah; son Robin got a marine biology degree from HSU and is a naturalist on whale boats in Maui and living with fiancée Naomi. Step-son Sean moved back to Colorado after getting a degree in environmental law and works for the state air quality department. My stepdaughter, Sarah, an artist and baker, lives in Spokane, and has blessed me with two grandsons I'll see next month!

I'm grateful for my father's mentoring in research, and for my mother's gift of writing. I've had a checkered professional past, from health behavior research on healthy eating and activity in Colorado, to AOD prevention and grant writing for the American Nurses' Association.

I will retire on October 1 after 10 years as a program evaluator, researcher and facilitator for CCRP at HSU. I vow to not 'fill my dance card' too fully in the next year, but hope to spend more time with family, boyfriend Chris, hiking with spaniel Bosco, playing ukulele, reading, fiber arts-ing, exploring and discovering, and just 'being.'

Terry Uyeki



Member bio

When I was a young child growing up in a secular Jewish family, religion was never discussed at home. Yet I was always curious about other faiths and felt that somewhere under the surface, we were all searching for meaning.

In 1978, after ten years of marriage and having two young children, Dave was offered a teaching job at College of the Redwoods. In two weeks, we moved from Mill Valley to Fortuna, bought a home on seven acres and never looked back. But it took 23 more years before we discovered the Fellowship.

Shortly after Nine Eleven, I drove up to HUUF to hear a professor emeritus talk about Islam. Sitting in the sanctuary, looking out the window at the pastoral view and being surrounded by interesting people I had never met before, I was intrigued. I started coming regularly and Dave soon followed.

I appreciate the values of the Fellowship and the fact that we are a diverse group. At this time, I like having a part-time minister along with members still having a share in services. It's also wonderful to see more young families becoming involved.

Ilene Harris





Humboldt Unitarian Universalist Fellowship

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CLASSIFIED ADS

Water Lilies

Recently repotted water lilies free to home with large water pot, pond, wine barrel or? Berti Welty 476-0654
bertijo@humboldt1.com



Congregational Meeting October 16 between services

There will be a Congregational Meeting between services on **October 16** starting at 10:15. The main order of business will be to consider approving the nominating committee's recommendations for new nominating committee members. If there is time, we will also discuss a proposed change in our governance structure that groups committees into "circles" in order to improve communication.

Greg Blomstrom, Co-president