

Humboldt Unitarian Universalist Fellowship



October 2019

A note from the minister

Heritage may be defined as something transmitted by or acquired from an ancestor or predecessor. Heritage may be a genetic quality or trait, or it may be inherited by tradition or birthright. As I reflect upon my heritage, which I am so proud of, I recall the night of June 27, 1990 in Washington, D.C. It was a typical hot and humid D.C. summer night, the usual, with one huge exception. That night, I was one of some 19,000 people crowded into the D.C. convention center to see one of my heroes. I pumped my fist in the air, I danced the toi-toi in the aisles with many others, mesmerized by the man who embodied the hopes of millions. It was Nelson Mandela's first visit to the United States, as a just-released political prisoner. I was working as Director of Production and Operations for Black Entertainment Television at the time. Recalling Mandela's arrival, two days earlier, on a now defunct Trump Airlines plane, brings an ironic smile to my face.

My heritage includes my father telling me stories of having to get off the sidewalk if a white person was also walking on the sidewalk and to never look a white man in the eye. He told me stories of my grandfather who worked in a warehouse and could hold the entire inventory in his head and how he trained all the young white managers who would become his bosses.

When I ponder my heritage, I feel an ancestral call for restorative justice for the African-American community. Restorative Justice or, as in 1969 Dr. Homer Jack, Director of the Division of Social Responsibility of the Unitarian Universalist Association, referred to the issue, "Reparations Investments." This call for restorative justice is woven into the very fabric of our country. It is not un-American to call for justice, to call for the redress of criminal wrongs. In a moral sense, our American religious literature and scriptures speak to a morality between humans and the Divine. Was it not this morality that spawned those Unitarian Universalist ministers and lay people to hear the call of Rev. Martin Luther King, Jr. and travel to Selma, Alabama, in 1965? I Bless the Rev. James Reeb, Ms. Viola Gregg Liuzzo and the other white Americans who heard the call and supported the movement for justice for all Americans.

I believe we are faced with the reality that American slavery was and remains the basis of American Prosperity — all of our prosperity. In the words of Ta-Nehisi Coates, "until we reckon with the compounding moral debts of our ancestors, America will never be whole." How do we do it? I don't know. What I do know is that we need to talk about it. Let's talk about it in sacred



Inside

Page 2: RE

Page 3: RE cont.

Congregational meeting

Towels and coats

Benefit Humboldt Mediation

Endowment Fund

Page 4: Sunday Services

Page 5: Looking Ahead

Page 6: Halloween volunteers

Matilda the Musical

Arts Arcata poetry

Page 7: Nominating Committee

Don't stand on chairs

Nonviolent Peaceforce

Art & Aesthetics

Page 8: no .pdf's

CUUPS meetings

CUUPS events



space from a place of grace, with no blame, no shame, and allow to happen what James Baldwin reminds us of, "love takes off the masks that we cannot live without and know we cannot live within." This is our heritage, and it is the work that remains.

Rev. Anthony Mtuaswa Johnson

Religious Education

The Religious Education program is back in full swing. Alanna Reyes, who is still serving as our childcare coordinator, will mostly be found in the nursery this year. Scarlett Tripsmith, an HSU environmental science major, is working with the preschool-kindergarten group. Recent Religious Studies graduate, Cornelius Austin, will guide the 1st-3rd grade group exploring religions of the world. Caitlin Bair, parent, story-teller and RE board representative, will work with our 4th-8th grade group, also exploring world religions. We are delighted to have Kit Lynn back leading the teen group for a third year.

I want to send out big love and appreciation to our playscape champions Michelle Hastings and Judy Rishel for stewarding our vision into some solid steps. We are deeply grateful for Ryan McCutchan's craftsmanship in installing the new patio and Scott Allen, Montana Cauotte, Jamie Flowers, Vaden Lee, and Michelle Hasting for grading the grounds, moving those huge stones, and laying the pavers. We plan to add the chalice mosaic when we can secure more of Ryan's time and a little more funding. We do plan to remove the play structure soon due to cracks in the slide. This will be just another motivation to continue implementing the playscape vision. If you're inspired to help, please contact Michelle Hastings or Judy Rishel.

Soul Matters Family Practice: Belonging

Create a place in your home where ancestral memories can be honored. Many cultures honor their ancestors this time of year. Samhain, Dia de los Muertos and Diwali all include a belief that the veil is thin between life and death during this season. What prayer or practice can open your heart to the wisdom of your ancestors? What stories or prayers do you hope your children or loved ones will sing after you have crossed over? Tell the story. Sing the prayer, together.

October Calendar

Preschool-K: with Scarlett Tripsmith

10/6- Explore the meaning of Belonging. Make name tags, drawing pictures of our loved ones in nature and fun games in the glen.

10/13- Make clay chalices, discuss the meaning of worship, and have a dance party.

10/20- Costume optional. Color chalices and learn what our symbol represents, ending with the hokey pokey and light child's yoga.

1st-3rd Grades: with Cornelius Austin

10/6- Intro to Buddhism: The story of Siddhartha.

10/13- Intro to Buddhism part 2: Dharma, Sangha, the Eightfold Path.

10/20- Buddhism Continued: Jataka Tales, Mindfulness, and Meditation.

4th-8th Grades: with Caitlin Bair

10/6- Developing our animal guide wisdom and making shadow puppets.

10/13- Continue shadow puppets and work on personal stories.

10/20- Ancestor Feast, please bring a special snack that an ancestor used to make or love to eat and/or any stories about loved ones who have passed.

Teen Group:

10/6- Build community and create our space in the teen room.

10/13- Attend the adult service or volunteer with the young kids.

10:20- Meet our new minister, Anthony Johnson.

All Ages Service Sunday:

10-27- Learn about our ancestors as we steward our sacred memorial garden and grounds. →



Youth Choristers:

Our All Ages Youth Choir will begin meeting again. Our beloved Anna Gaines has taken a full time job and is finishing graduate school, so she is too busy this season to lead the choir. Luckily, Amy Day, who assisted last year, has accepted the role. The RE committee has approved funding through December for this lovely program. If you value this opportunity for your children, please let us know by being there as much as possible. Amy is out of town 10/6, so our first rehearsal will be 10/13 from 10:00-10:45 in the Multi-Purpose room. The first performance will be 10/20 at the 11:00 service. All ages are welcome, though we do ask that a parent stay with children under 5.

Young Adult Group:

The young adult group will continue with Soul Matters in October, as well as discussing outreach and social action opportunities. Meeting times, dates and locations can change, so please contact Kit Lynn at kitestingsflying@gmail.com to be added to the email list and keep up to date with all HUUF YA info.

Congregational Meeting

There will be a congregational meeting on October 13 between services (10:30) with a single order of business to approve new Nominating Committee members (see bios on page 7).

Greg Blomstrom, co-president

Congregational Meeting



Towels and Coats

Our friends at AHHA are launching a mobile shower unit to serve unhoused people of our community. They need lots of bath towels. Please bring donated towels to me and I will pass them on.

And Charmaine Lawson and the Justice for Josiah group are collecting warm coats and raincoats this fall and winter for distribution to those who need them. I will also collect these coats on Josiah's behalf. You can contact me at 407-5076 or richardk@humboldt1.com.

Richard Kossow

*In Fellowship,
Therese FitzMaurice, DRE*

Benefit for Humboldt Mediation Services

On Saturday, October 12, at 7:30 p.m., the Fourth Annual Storytelling Benefit for Humboldt Mediation Services will take place at The Sanctuary, on the corner of 13th and J Streets in Arcata. Entertainment includes storytellers Jeff DeMark, Jim Steinberg, Chip Sharpe, and others.

Chip Sharpe

Fellowship Endowment Fund - grants and donations

Have you noticed some changes around the Fellowship? A new door on the CARE building bathroom? Parking lot lights? How about our slick new website, huuf.org? Did you know that several members of the congregation were able to go to the GA conference with some financial support? RE rolled over funds from last year's Endowment Fund grant to help fund their playscape improvements. These are the kinds of things that a congregation can do when they get to a financial standing above and beyond just making ends meet and dealing with issues at hand. These are the kinds of projects that can be funded by an endowment.

HUUF has an Endowment Fund that stands, as of the beginning of the current fiscal year, at just under \$117,000. This allows us to keep a balance of \$100,000 in the investment fund, and use anything over that to fund improvement projects. Ideas for these projects come from you, the congregation. If you have an idea for something you'd like to be improved at the Fellowship, you can apply for a grant from the Endowment Committee to "get 'er done." The grants range between \$200 and \$2000 (but are not limited to those amounts), and although these are not big grants, they've had a big impact. This program is entirely by us, and for us.

Your regular pledges help the Fellowship meet the daily costs of our programs, but the Endowment Fund allows us to dream a little bit bigger. If you'd like to make a donation, please contact one of the Endowment Committee members — Howard Stauffer, Cynthia Chason, or Katherine Almy — and let us know. If you have an idea for an improvement you'd like to see, you can apply for a grant to fund it. Thanks to all who have made this program a success.



Howard Stauffer

Sunday Services

Sunday, October 6 – 9 and 11 a.m.

Belonging to a Community – Rev. Anthony Johnson

What does it mean to belong to a community? Well, asking for what you need is belonging to a community. Needing one another is belonging to a community. Sharing your gifts is belonging to a community. Sharing your weaknesses is belonging to a community.

Sunday, October 13 – 9 and 11 a.m.

What is Soul? – Rev. Anthony Johnson

Ralph Waldo Emerson referred to the Soul as “the wise silence.” Lao Tzu called it the Tao. Plato called it the “good and the beautiful.” Aristotle called it “being.” In Zulu it's called “Moya.” In Judaism some call it “Ein Sof,” that which is everything and nothing. The “Ka, the “Ba” and the “Akh” were what the Egyptians called it. We call it “the Soul.” This sermon will speak to the concept of soul in our modern lives and what it may mean to be in harmony with “the Soul.”

Sunday, October 20 – 9 and 11 a.m.

There Are No Others – Lark Doolan

When asked, “How should we treat others?” Ramana Maharshi famously responded, “There are no others.” There is power in building inclusive community, where diversity isn't just tolerated, but valued. Lark will look at group membership and inclusion from a gender diversity perspective.

Sunday, October 27 – 9 and 11 a.m.

Building Community through Caring – The Caring Circle

"We commit ourselves to be present for support and assistance to one another in generosity of spirit, and sharing both our needs and strengths." This is why the HUUF Caring Circle wants to explore with you, our congregation, how we can best respond to the needs of our community. Help us identify 1) What are the important needs of our members and 2) What are your suggestions as to how we can best facilitate meeting these needs. Your input is important, so please join us creating beloved community.



Looking Ahead

Options for Getting involved

HUUF Events—

October

Sa	Oct. 5	9 a.m.	Worship Leaders Meeting
Su	Oct. 6	12:30 p.m.	Social Action Committee (SAC)
Su	Oct. 6	12:45	RE Committee meeting
Mo	Oct. 7	6:30 p.m.	CUUPS meeting (Covenant of UU Pagans)
Tu	Oct. 8	11 a.m.	Membership meeting
Tu	Oct. 8	6:30 p.m.	HUUF Board of Trustees' meeting
Th	Oct. 19	10 a.m.	Open Soul Matters Group
Fr	Oct. 11	6–7:30 p.m.	Ancient Forest Sangha
Sa	Oct. 12	10 a.m.–1 p.m.	Grounds work party
Su	Oct. 13	10 a.m.	Congregational Meeting
Su	Oct. 13	12:30 p.m.	Climate Action Campaign
Fr	Oct. 18	5–7 p.m.	Third Friday Family Friendly Night
Sa	Oct. 19	7 p.m.	Teen movie or Worship
Tu	Oct. 22	6:30 p.m.	Council of Chairs
Fr	Oct. 25	3–7 p.m.	Halloween Festival set-up
Fr	Oct. 25	6–7:30 p.m.	Ancient Forest Sangha
Sa	Oct. 26	all day	Halloween set-up and preparation
Sa	Oct. 26	5-9 p.m.	Halloween Festival

November

Fr	Nov. 1	6 p.m.	Ministerial Start-up Gathering and dessert potluck
Sa	Nov. 2	8 a.m.–5 p.m.	Ministerial Start-up Seminar
Sa	Nov. 2	5–9 p.m.	In the Pursuit of Peace—Film night and Potluck
Su	Nov. 3	12:30 p.m.	Social Action Committee (SAC)
Su	Nov. 3	12:45 p.m.	RE Committee meeting
Su	Nov. 3	4-8 p.m.	Samhain Ritual
Mo	Nov. 4	6:30 p.m.	CUUPS meeting (Covenant of UU Pagans)
Sa	Nov. 9	10 a.m.–1 p.m.	Grounds work party
Fr-Su	Nov. 15-17	all weekend	Teen Con at UU Fellowship of Redwood City
Th	Nov. 28	2 p.m.	Thanksgiving Dinner at HUUF

December

Tu	Dec. 24	5 p.m.	Christmas Eve Service
We	Dec. 25	2 p.m.	Holiday Potluck at the Fellowship

Weekly:

Sunday	9 & 11 a.m.	Sunday Worship Services
Mon.	3:30 p.m.	7 th -8 th grade OWL Class (9/16 thru mid-May)
Wed.	7–9 p.m.	Choir practice
Thurs.	10 a.m.–noon	Social Change Through Yoga Adult RE (9/19 thru 10/24)
Thurs.	7–9 p.m.	Reflections—open discussion group in CARE building
Mon. & Fri.	10 a.m.	Music Together

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 and helps support our beloved Fellowship. It is an 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.

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 ...

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 questions. So stop by our table on any Sunday to learn how you can join in this community effort to put on the best Halloween celebration in the county. You can also sign up at:

<https://www.signupgenius.com/go/8050a49a4e2dabfc1-halloween>



Sarah Trapkus

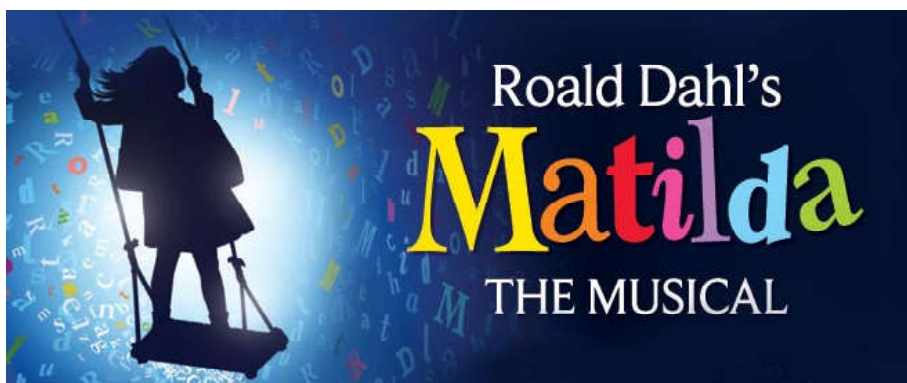
Matilda the Musical

Matilda the Musical is stage play based on the 1998 book by Roald Dahl. The story centers around 5 year old Matilda who has the gift of Telekinesis. If you are familiar with Dahl's books for children (e.g. Charlie and the Chocolate Factory) you'll know he has a zany sense of humor, combining nice and wicked kids. All ages will be delighted. The musical is especially appropriate for ages 6 and up. In 2013, the musical won five Tony Awards, including Best Book of a Musical.

Tickets are \$18 for Children 12 and under. General Tickets are \$25. They will be available at the Fellowship Office, at Sunday Services in October, by contacting Ilene Harris at 725-9043, and at the Ticket Office (Wildberries).

Arts Arcata poetry

Pat McCutcheon and Steve Cavin will be reading their poems and spoken word pieces Friday, October 11, at the Arcata Library during Arts Arcata from 6:00 to 8:00 p.m. There will be wine and treats available to celebrate. Steve and Pat will read between 6:30 and 7:30. You are cordially invited.



Deadline info

Deadline for the **November** issue of the newsletter is Sunday, **October 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, 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 are available at:

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

Stephen Sottong, editor

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.

Bios for Nominating Committee

Colleen Broderick

I'm a retired Nurse Practitioner who has been a UU member for 5 years. I love our Fellowship, am thrilled to see the growth of our community and welcome our new minister. I have served on the Caring Committee, the Worship Committee, the Stewardship Committee, and Membership Committee. I am also in the choir. Serving on the Nominating Committee would be a privilege and I look forward to the challenge if selected.

Judy Rishel

Judy Rishel has been a member of HUUF since 2008 and has attended two other UU congregations in Maryland and Kensington, CA. She has participated in Fund Raising, RE, Halloween Festival and the Grounds and Memorial Garden Committees. She would like to continue one more year on the Nominating Committee. Thank you for your consideration.

Sylvia Shaw

I am a six-year member of HUUF and have lived in Humboldt for 11 years. I have served on the HUUF Board for two years and also on UU of Eugene, Oregon's Board for 4 years. In previous lives I was a member of the UU fellowship in Santa Rosa and what we called "UU church by mail" (prior to the internet), The Church of the Larger Fellowship.

In the HUUF family I currently participate in Soul Matters, Caring Circle and activist groups on climate and social justice. I serve on the Kitchen Committee and various events committees. Sometimes, I just hang out with UU's and other community involved Humboldt folks.

Nonviolent Peaceforce presentations

On Saturday, November 2, at 6 p.m., a potluck and discussion will take place at HUUF with Gilda Bettencourt, representative of Nonviolent Peaceforce. She will present a 30-minute film, "In Pursuit of Peace," highlighting their work in South Sudan. Please invite other friends to accompany you and enjoy food, fellowship, and a short program about this remarkable organization.

Nonviolent Peaceforce works to protect civilians in violent conflicts through unarmed strategies, build peace side-by-side with local communities, and advocate for wider adoption of these approaches to safeguard human lives and dignity. Unarmed civilian protection builds relationships and fosters communication amid violence while encouraging and supporting local people to protect their communities and prevent violence, or "What to say 'Yes' to when you say 'No' to war." Nonviolent Peaceforce has trained and deployed unarmed civilian protectors into conflict areas in some of the most troubled spots on the globe, from Sri Lanka to Myanmar to Standing Rock, North Dakota. More information is available at: <https://www.nonviolentpeaceforce.org/about/our-mission>

And on Sunday, November 3 at both services, Gilda will present "Nonviolent Peaceforce: improving security through peaceful means."

Chip Sharpe

Please don't stand on our chairs

Repairing broken chair bottoms on our wooden, folding chairs is difficult. We've had to do this too many times. The only explanation that occurs to me is people standing on the seats and breaking the supporting fiberboard. Please do not stand on chairs. Standing on the wooden folding chairs breaks them. Standing on the folding metal chairs risks breaking legs or other body parts. There are three step-stools and four or five ladders at HUUF. Please use these and not the chairs.



Chip Sharpe

Art and Aesthetics

The Art and Aesthetics Committee needs you. Our jobs are fun. We hold committee meetings as needed to discuss issues that effect the Aesthetics of our campus. We consult with the various grounds committees such as Memorial Garden, sheds people, and the over-all landscaping committee. The Building Committee also checks with Aesthetics when changes are going to be pursued on and in any of our structures.

In addition our committee is responsible for arranging, and hanging art exhibits. A couple of people who are agile and able to be on ladders to hang shows are *most* needed. the shows change on roughly a six week cycle.

Contact Chairperson Cheryl Rau
826-7107 or
cpetersonrau@gmail.com



Humboldt Unitarian Universalist Fellowship

P.O. Box 506
Bayside, CA 95524

24 Fellowship Way (off Jacoby Creek Road)
(707) 822-3793 www.huuf.org
e-mail: office@huuf.org
Administrator: Bridgette Garuti
Monday - Thursday 10 a.m. - 3 p.m.
Minister: Rev. Anthony Mtuaswa Johnson
Monday - Thursday 10 a.m. to 2 p.m.
822-3793 minister@huuf.org
Director of Religious Education: Therese FitzMaurice
498-3564 t_keslin@hotmail.com
Newsletter Editor: Stephen Sottong
newsletter@huuf.org

Board of Trustees:

Co-Presidents Berti Welty
Greg Blomstrom
Vice-President Cathy Hanafi
Secretary Peter Gillis
Trustees Kate McClain, Caitlin Bair,
David Marshak
Treasurer Rebekah Paez

no .pdf's

It is amazing and confounding that the words in the headline of this article have appeared in every newsletter for the past **9 years**, and yet I still get PDF submissions. My software will not import them and extracting the text is difficult to impossible. Don't send them (or .pages). And please read the guidelines: <http://huuf.org/upcoming-events/newsletter-2/newsletter-guidelines/>

Stephen Sottong



CUUPS meetings

Are you interested in learning more about Redwood Coast CUUPS (Covenant of Unitarian Universalist Pagans)? Want to get involved, help plan a ritual or other event, or are just curious to find out more? CUUPS has monthly meetings on the first Monday of every month at 7 p.m. in the multipurpose room. Next meeting will be Monday, October 7, at 7p.m. For more information contact me at 601-6447 or AshaNanMusic@aol.com. Blessed Be!

Yemaya Kimmel



CUUPS events

On Tuesday, October 29, at 6:00 p.m., CUUPS will host Dr. Thomas Torma (Lecturer at HSU's Departments of History and Religious Studies) for a talk on the history of Samhain and Halloween. Bring snacks and drinks to share for a CUUPS social afterward. (Donations will be accepted for the Fellowship.)

On Sunday, November 3, from 5 to 7 p.m., CUUPS will host a Samhain ritual at the Fellowship. Please bring finger food or drinks to share. Details will follow. For more information contact Yemaya at AshaNanMusic@aol.com 601-6447.

Tom Torma