

# Humboldt Unitarian Universalist Fellowship



October 2020

## Board Musings

The Transformational Team has been hard at work planning and executing the smooth sailing of the ship called HUUF that has been tossed and turned in our tumultuous times. I am exceedingly proud of the work these dedicated volunteers and staff have done in the last four months. What follows is a summary of the current functioning of the Fellowship. Tomorrow, circumstances may change *and* our ship will still be afloat with a dedicated and capable crew.

**Staff:** Bridgette, Amy, Scarlett, Annette and Elisabeth are being supervised by the Board co-presidents. Berti attends weekly staff meetings.

**Board:** This Board has been dealing with many challenging issues as we travel these uncharted waters. The hours are long yet the work and companionship is rewarding.

**Daily operations:** Bridgette handles all incoming correspondence and calls, directing them to the appropriate person or group. She is in the office most Mondays and Thursday's and works from home on Tuesday and Wednesday. All her normal administrative tasks remain the same.

**Current HUUF stance on in-person gatherings:** In-person gatherings are allowed outdoor only, with a maximum of 25 persons, masked and maintaining social distance of 6+ feet. No food is to be served and bathrooms are limited to one person (or adult with child) at a time.

**Pledges & Sunday donations:** Members are encouraged to set up an automatic transfer to pay their pledges. If using a credit card, that can be easily done on the website. Other options such as bank bill payer (for which HUUF does not pay fee) are possible through banks. Checks for pledges or donations can be mailed to HUUF. Sunday donations can be made through the website or through the new instant donate that has been recently enabled. It is easily set up and instant to use after that. Sunday donations and pledges are drastically down at present.

**Communications:** Monthly newsletter will now focus on in-depth articles and monthly presentation of upcoming services. **HUUF Weekly** is a new once a week email mini-newsletter that has up-to-date information, links to all Fellowship engagement activities, an RE corner, and a community bulletin Board. **HUUF Website** is being updated. **HUUF Facebook:** Staff are posting information, pictures etc. **HUUF Instagram** is now up and running, mostly by Scarlett. **HUUF emails:** We are trying to reduce the amount by putting everything in the Weekly. **YouTube:** We now have a HUUF YouTube site –

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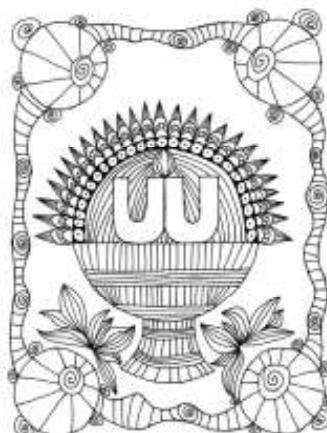
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*HumboldtUU Fellowship* - on which we can post videos and to which our Sunday services are live-streamed.

**Sunday Services:** The Worship Leaders team, under the direction of Pat McCutcheon, has been providing quality zoom services each week. Additional members on that team are needed. They meet the first Saturday morning of each month, currently on zoom, from 9 to 11 a.m. Services vary from being the traditional sermon by a presenter or minister, congregational interactive services, joining another congregation for their zoom service, etc.

**Children's Religious Education:** **Soulful Home** is a UU program that provides programming and short activities to parents to integrate into their lives in the home vs. attending a virtual RE gathering. Amy Day is working with families to provide packets. Judy Rishel is helping with preparing craft packets. Zoom gatherings for families and/or children are happening twice monthly. Small in-person masked and distanced gatherings may be offered for families in the near future.

**Teen and Young Adult:** Plans are in process to provide a bridging program to our older teens, and perhaps an outreach to young adults. Suzanne was planning this and Scarlett will be implementing it. The OWL (Our Whole Lives) program that was interrupted in the spring may resume outdoors.

**Fellowship Engagement Offerings:** (Previously called Adult RE). The committee is coordinating various day and evening offerings, mostly on zoom for months, and a big push at the beginning of this Fellowship year is in progress. Discussions, book groups, etc.

**Earth Centered Services and activities:** At least one Earth centered service has been conducted on zoom by Lucera Love. More will follow. Smaller in-person outdoor gatherings may be happening in the near future on a reservation basis.

**Buddhist:** Ancient Forest Sangha continues to meet, both on Zoom and at least one in-person gathering.

**Choir:** The choir practices at distance with special masks and will be presenting shortly.

**Thursday Reflections:** Weekly meetings are facilitated by Diane Dickson, now on zoom, Thursday 7 to 9 p.m. Check-in followed by an in-depth discussion of the weekly topic. While the group is open, it is asked that new persons try it out, then make a commitment to attend regularly to enhance group cohesion that has developed over the years.

**Soul Matters:** These groups meet monthly to discuss the topic of that month's packet which each member receives well in advance. It is an invitation to deep sharing and reflection.

Some groups have assigned facilitators, others take turns leading the discussion. David Marshak and Amy Day are coordinating the establishment and facilitation of new and existing Soul Matters groups. Interested persons need to contact David or Amy ASAP. Rev. Jamal Tharp is participating in and facilitating two of the continuing groups. The second Thursday at 10 a.m. open soul matters group on zoom will continue to be offered.

**Fellowship Multi-generational Activities:** During spring and summer we had garden art installations and a community grief altar. The book, puzzle and games sharing in front of HUUF and community weave are continuing. Our first in-person intergenerational gathering was Friday September 11 with live music and croquet. These will continue most weeks. Reservations are required.

**Social Action:** While the brunches are not taking place, the monthly donations of the Sunday offerings have continued. Persons are being encouraged through the emails and HUUF Weekly to participate in holding a Black Lives Matter and HUUF banner on Saturdays on a prominent corner. The HUUF Weekly has a community Bulletin Board which refers people to social action opportunities in the larger community. **UU the Vote.** Some members have been involved in letter writing and other actions to get out the vote. Others are financially donating to the cause.

**Faces of HUUF:** Acknowledging that HUUF members are involved in many social action, educational, and religious organizations throughout the community, we are working to put in place an organized way for specific individuals to represent HUUF in these organizations and bring back to HUUF information about the organizations and specific ways people can assist. Berti, Amy and Suzanne are working up a plan to implement this. Some community organizations will be featured in Sunday service programming, starting with Cooperation Humboldt on October 11.

**Pastoral Care Team:** Plans are currently being finalized to provide short term pastoral counseling by the volunteer ministers and counselors within our Fellowship. If you have a need of any kind, contact Bridgette who will put you in contact with the right individual.

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**Caring Circle:** Using members of this committee, and others, all congregants have been called just to check in – at least twice so far. Further calling and in-depth conversations are in the works. Anyone knowing of a member or friend in need please inform this small committee led by Nancy Engel. More volunteers are needed to assist.

**Membership Committee:** Persons wishing to join are currently referred to Kate McClain. Amy will be working with this committee to provide a new person orientation to HUUF and Unitarian Universalism.

**Climate Action Campaign (CAC):** This active committee has continued to meet and lobby on various topics.

Members and others have attended on-line conferences and webinars. CAC are proposing that the Fellowship improve our carbon footprint by getting a new, energy-efficient furnace.

**Building:** Scott Allen has been very busy fixing many items. The leaky skylight is being replaced. Many of the items on the deferred maintenance list are being brought to the Board for approval and allocation of funds.

**Grounds:** Valarie Gizinski is leading this gallant group. Monthly in-person work parties have accomplished a lot while maintaining social distance. It is a great way to have community during Covid. The restoration of the water system for RE building is almost done. Funds have been released to finish the handicapped mandated sidewalk.

*Berti Welty, Co-President of HUUF*



## People

Congratulations to **Alison O'Dowd** (HSU Professor of Environmental Science and Management) on the recent publication of two papers. She and former graduate student Lara Jansen's paper was accepted in the journal *River Research and Applications*, and is entitled, "A comparison of benthic algal and macroinvertebrate communities in a dammed and undammed Mediterranean river (Eel River watershed, California, USA)." A second paper by Alison and her co-authors entitled, "Characterizing benthic macroinvertebrate and algal biological condition gradient models for California wadeable streams, USA," was accepted and published in the journal *Ecological Indicators*.

Congratulations to **Dave Woody** for his photo on the cover of the September 15 issue of the New York Times Education Issue.

Love and prayers for a good smooth recovery for **Jenny Hanson** who had hip surgery on September 15.

**Laura Phelan-Shahin's** mother passed away recently, and we send our love and condolences to Laura and her family.

A memorial service is pending for **Ann King**. A small group of HUUF friends attended the visitation and sang her out before her cremation on September 18.

A note of thanks from Lori Brannigan:

I want to offer my deep thanks to HUUF for giving a spiritual home to my friend and neighbor, **Steve Wallace**, who passed away in late July. Steve often mentioned how much he enjoyed HUUF and attending services.

I also want to thank HUUF for hosting a book and games exchange that's so easily accessible. Steve's family couldn't take all his possessions with them, so many of his books were left with me. I've been leaving them at the book exchange, and it's a solace to know it's what Steve would've wanted.

I hope to meet you all in person, someday.

## Book groups

HUUF will host three new book discussion groups in the coming months. Links for all groups will be provided in the Weekly email “Green Sheet”:

The first group will meet Monday, **November 9, 16 and 30** from 6:30 to 8:30 p.m. Berti Welty will lead a discussion of *An Indigenous People’s History of the United States*, the UUA Common Read for 2019-2020. In 2015, Beacon Press published this extraordinary book by Indigenous scholar and activist Roxanne Dunbar-Ortiz that challenges readers to learn US history through a narrative that centers the story, experiences, and perspectives of Indigenous peoples. In 2019, Beacon Press published an adaptation for young people by Jean Mendoza and Debbie Reese. Upending myths and misinformation promulgated by leaders and media, it asks readers to reconsider the origin story of the United States taught to US schoolchildren.

In 2020, our nation ‘celebrated’ the 400th anniversary of the much-mythologized encounter at Plymouth between colonists and those native to the land. The virtual UUA General Assembly 2020, which was to have been in that area, spoke of the truths that contradict that mythology. Movements in response to global and local environmental emergencies, many involving UUs, are increasingly recognizing the connection between Indigenous rights and climate justice. This Common Read invites UU congregations, communities, and individuals to learn the story of trauma and resilience that is the Indigenous Peoples’ History of the United States.

If you are not familiar with this history, it is suggested that you read the version for young people. It has diagrams, illustrations, and other features that are helpful. Our study group will be using the discussion guide for this Common Read, which will work for readers of either version. Note: The original version is also available to download from Audible as an audiobook. Berti has purchased 10 copies of the young people’s version which will be available for \$19 at HUUF. Other copies are available through the UUA bookstore, Beacon Press.

Another new book group will discuss *My Grandmother’s Hands: Racialized Trauma and the Pathway to Mending Our Hearts and Bodies* by Resmaa Menakem. The group will meet every two weeks from 6:30-7:45 p.m. starting on Wednesday, **September 30** and continuing **October 7, 21, November 4, 18, December 2, 16, and January 6, 20**. We will cover about three chapters at each gathering.

The body is where our instincts reside and where we fight, flee, or freeze. *My Grandmother’s Hands* is a call to action for Americans to recognize that racism is not only about the head, but also about the body. Menakem introduces an alternative view of what we can do to grow beyond our entrenched racialized divide and takes readers through a step-by-step healing process based on the latest neuroscience and somatic healing methods.

This book provides an opportunity for readers to move out of their intellectual understanding of racism, or out of their heads, and into a better awareness of how our bodies hold racism. Menakem describes the trauma held by white, black and blue (police) bodies and how to go about individual and collective healing. We will hold ourselves and each other gently as we explore racism through the somatic practices in each chapter.

If you have a recent or an unresolved personal trauma, let’s talk. We can go over the exercises in the book in more detail, so you can make an informed decision about how participating will impact your well-being. Please contact Suzanne Kimmel, MDiv at: [suzcal@yahoo.com](mailto:suzcal@yahoo.com) if you are interested or have questions.

Finally, join Laura Phelan-Shahin, LMFT, monthly, to explore our spirituality through the creative process. We will be following Matthew Fox’s book *Creativity: Where the Divine and the Human Meet*. We will read a chapter (or two) throughout the month and then use the reading as a springboard to explore our creativity. No need to read the book in order to participate but reading along will just deepen the process. To join please bring some of the following materials: watercolor paper, writing paper, collage material (i.e. magazines), glue, scissors, watercolors, markers/colored pencils/oil pastels, black outlining pen (like a sharpie or micron pen), and any other supplies that inspire you or you are drawn to. No need to have artistic experience but artists are welcome. We will explore this subject matter through story-telling, painting, collage, poetry and connection with one another.

The group will meet the second Thursday of every month 7-8:30 p.m. via Zoom starting **October 10**.

## Offshore Wind Energy Talk

HUUF's Climate Action Campaign is co-sponsoring Ciara Emery's talk "Stakeholder Perceptions of Offshore Wind Energy in Humboldt County," live on Zoom on Monday, **October 5**, 7-8:30 p.m. Ciara is the Eureka field representative for Congressman Jared Huffman. For her Masters degree in Social Sciences she researched attitudes among those who have the most at stake in the decision whether a wind energy project is built off our Humboldt coast. She will discuss this along with information about potential benefits and concerns, the development process, and climate change considerations. To register, go to: <https://www.facebook.com/350humboldt>.

Patrick Carr



## Climate Action Campaign (CAC) news

CAC will hold monthly virtual meetings on the second Sunday of the month after the service at 1 p.m. Everyone may join our first virtual meeting on Sunday, **October 11**, at 1 p.m. The Zoom link will be on the HUUF Weekly.

We can put our faith and values into action and pledge to be a Faith Climate Justice Voter with Interfaith Power and Light by going to <https://tinyurl.com/y3zss3k4>.

UU Justice Ministry for CA has just released its 2020 ballot recommendations at <https://tinyurl.com/y3zss3k4>.

Putting faith into action, our Board at its September meeting expressed full support for CAC's recommendation to consider climate impacts when replacing fossil fueled appliances on the Fellowship campus. CAC will coordinate with Scott Allen to help with assessing total energy needs for the next 10 years and researching costs and benefits of converting completely to alternate sources of energy for heating and other purposes. If you can help with this endeavor, please contact me or Scott Allen.

A recommended documentary currently available is "The Invisible Hand" which delves into the importance of understanding how the "invisible hand" philosophy of the corporate free market economy is at the root of racial, environmental, and climate issues. See <https://tinyurl.com/y34oolza>.

A recommended hopeful documentary is "Return to Eden" on the worldwide movements in regenerative agriculture at the Youtube livestream link <https://tinyurl.com/y3wpraep>.

On **October 14** at 9 a.m., there will be a webinar on regenerative sourcing of raw materials for the clothing and shoe industries. You can register at <https://tinyurl.com/yxnntojz>.

The Climate Reality Project gives nine reasons for climate hope in 2020. Among them are the demand for alternate sources of energy is rising; the cost of alternate energy is decreasing; and regenerative agriculture is on the rise. For more information on these and the others, see <https://tinyurl.com/y6f53e3q>.

## Solidarity Economy discussion

Sue Lee Mossman

Last fall David Keith Cobb spoke to us on a Sunday at the Fellowship about the economic changes needed to create a new and better society in America, actually to simply see America survive. The mission of Cooperation Humboldt begins with the desire to build a solidarity economy on California's North Coast, empowering residents to meet their collective needs in harmony with nature, without exploiting anyone. In a five week class, Cooperation Humboldt representatives, Todd Hoberecht (member of HUUF and former minister) and Molly Cate (minister of Unity Of the Redwoods in Eureka) invite you to join them in looking at the spiritual foundations and connections within this solidarity movement. The group will meet Mondays, October 5, 12, 19, 26 and November 2, from 7:30-9 p.m. See the "Green Sheet" for links.

# Sunday Services

**Sunday, October 4 – 11 a.m.**

## Lingering effects of the 1493 Doctrine of Discovery – Berti Welty

Shortly after Columbus returned to Spain, Pope Alexander VI issued the Papal Bull “Inter Caetera,” which came to be known as the Doctrine of Discovery. This decree justified Christian European explorers laying claim to lands and waterways they allegedly discovered. This ideology supported the dehumanization of those living on the land and their dispossession, murder, and forced assimilation. The doctrine fueled white supremacy insofar as white European settlers claimed they were instruments of divine design and possessed cultural superiority.

We will examine how the actions and edicts of the mid and late 1400s continue to fuel white supremacy to this day. In what ways can we change this ingrained narrative that is part of our heritage?

**Sunday, October 11 – 11 a.m.**

## The World Beyond – David Cobb and Todd Hoberecht

In the wake of 2020, many of us are asking: “How did we get here?” And yet, in our hearts, we know that the answer to that question lies in the very systems that our society is founded on: exploitation, extraction, manipulation and oppression. So the question then becomes: “How do we get *past* here?”

Our faith helps us do the brave and painstaking work of reimagining the world we want to inhabit: a world where we acknowledge the inherent worth and dignity of all; a world where we honor the interdependent web of life; a world that regenerates rather than destroys. Join David Cobb of Cooperation Humboldt and Todd Hoberecht in a lively, heartfelt discussion of how we begin to create that world – together.

**Sunday, October 18 – 11 a.m.**

## Deep Listening – Lezley Troxell and Amy Day

In a world that honors pithy sound-bites, mega-platforms, and (shouting) talking heads, listening can be a radical act, even countercultural. What happens when we pause inside the noise and gain access to the still, small voice within? How does this practice shift our experience of the natural world, our relationships, even the maelstrom of the current political storm? Herbalist Lezley Troxell and Amy Day will explore of this powerful, yet deeply accessible, practice. See what benefits it can have for you.

**Sunday, October 25 – 11 a.m.**

## U.N. Sunday – Sue Lee Mossman and Suzanne Kimmel

This is United Nations Sunday. It celebrates the work of the U.N and our Unitarian Universalist Office at the United Nations (UU@UN). This year also marks the 75th anniversary of the U.N. The theme for this year’s celebration is “All In for Climate Justice: People, Power, Planet.”

Climate change is a human rights issue. The increase in extreme weather conditions in just the past few years makes it clear that we need to work together to make our world more livable. Our UU faith can provide the ethical and spiritual grounding to sustain us as we create a new way of being in relationship with all life and our planet Earth.



## Ordination invitation

Hello Beloved HUUF Community,

I hope this reminder finds you and yours more than well in this Time of Tumult. I miss y'all.

The Redwoods and the HUUF campus remain as vivid in our minds and hearts as when Lydia and I walked the HUUF grounds. We shall never forget. Please consider being a part of my upcoming Ordination via the virtual reality within which we find ourselves. It will not be complete without you. Thank you all for your Presence and your Blessings, it is a major reason that Lydia and I feel so Present and Blessed.

The Unitarian Universalist Congregation of Phoenix and HUUF joyfully invite you to the Ordination of Anthony Mtuwaswa Johnson on Saturday, **October 24**, at 11:00 a.m. Pacific time.

Please share your joy of Anthony's ordination by sending a picture of you holding a piece of paper with ONE word that represents your wish or blessing for Anthony and his ministry to [ordination@phoenixuu.org](mailto:ordination@phoenixuu.org) by Friday, **October 14**. The Ordination may be viewed online by accessing: [phoenixuu.org/ordination](http://phoenixuu.org/ordination).

*Rev. Anthony Mtuwasa Johnson*



## Cairn restored

On Saturday afternoon, September 19, the cairn memorial to Marilyn Walker was restored. Thanks to the hard work of Bert Taylor, Ann King, Sue Lee Mossman, Barbara Barrett, Cynthi Chason, Bonnie MacGregor, Cheryl Rau and Pat McCutcheon, stones of many sizes were hauled from Dry Lagoon, the pump station, and Clam Beach to create a tower of rocks. Then they were lovingly placed to recreate the cairn in the Memorial Garden of the Fellowship. Take a walk and take a look.

*Pat McCutcheon*

## Grief Altar

In these trying times, there is so much to grieve. There is also so much beauty and love available to us in every given moment. The grief and the heartbreak blessings of being alive seem to hold hands tenderly. May our hearts remain open, open wider even as they break, and may love flow freely through the spaciousness of our hearts. Rumi said, "You have to keep breaking your heart until it opens." Let us give thanks when our hearts are breaking, because they are being opened as they break.

Lydia asked me to help care for the grief altar upon her departure. She gave me instructions on how to take it down when it was time. Her intention was to keep the altar up through August. It felt right, however, to keep it up a little longer. The altar is a holy place that has held us in our grief as the Earth holds us. It has made sacred our tears and born witness to the breaking open of our hearts.

As we move forward into the autumn time, it feels right to lay the altar to rest. A small group of us will be taking it down with love and care on the next new moon, **October 16**. We will leave a "touchstone" under the tree where the altar now stands, and the bench will remain as a place where you can touch in with the heart of your grief. Please remove any personal objects that you wish to keep prior to this date.

*With Love,  
Lucera "Luz" Love*

## Welcome New Members

Peggy Ho and Wally Lee, joined the Fellowship in August. Welcome!

Peggy was born in Taipei, Taiwan to parents who had fled Mainland China during Mao's revolution. Peggy's ancestors can be traced back to the Yuan dynasty, over 200 years ago. She has a most intriguing family lineage so be sure to ask her to tell you about her ancestors when you have a chance to spend time with her. Peggy had two brothers. One surviving brother, her three nieces and one nephew all live in Honolulu, Hawaii.

Wally was born in Chico, CA. His dad was from Portland, Oregon and his mom was born in the United States and grew up on a rice farm in Hong Kong. Wally's grandfather was an herbalist and his dad was an MD and acupuncturist in Chico. Wally had three sisters, two live in the Chico, Sacramento, Orinda area, as do his six nieces and many cousins. As a young man Wally attended law school in San Francisco and then moved to Hawaii to work for Hawaii's Civil Rights Commission.

Peggy moved from Taiwan to Hawaii and lived there from her late teens to early thirties working as a theatre manager, film projectionist, real estate agent and photographer. She attended University of Hawaii and later, upon moving to California, attended San Francisco State, studying a variety of art disciplines including photography.

Wally and Peggy met in Hawaii and married. Later they relocated from Hawaii to Berkeley for Wally's work as a consultant for anti-discrimination cases with the California Department of Labor. They lived in the East Bay for about 20 years and upon Wally's retirement moved to Humboldt to be with friends and enjoy the beautiful natural environment.

As a retiree Wally continues to be active in liberal politics, civil rights issues. In addition, he has taken up the homeowner challenges of yard and garden maintenance and production. "He's becoming an outdoor guy," says Peggy.

Photography has been Peggy's passion for some time. Presently she is working with the Arcata Playhouse on the Just Arts project. Peggy also loves to play a variety of musical instruments, especially the guitar. She is looking forward to playing guitar with others.

Ginger and Richard Kossow have been influential in both Peggy and Wally's decision to join the Fellowship. Wally volunteers for our local NAACP as does Richard. Wally and Peggy are participants with the Kossows in HUUF's meditation group, Ancient Forest Sangha. Friendships that have developed with Valerie Gizinski, Harriet Hill, Terry Uyeki (BLM banner holders), Debbie Cooper, Margie Emerson, Kate McClain and other HUUF members attracted Peggy and Wally to the Fellowship. Finally, after attending Sunday services for 4-5 years they decided to join. They appreciate that many HUUF members are progressive activists in social justice issues and they look forward to getting to know more of the community in the near future.

Welcome back to HUUF, Tom Lewis. Tom rejoined the Fellowship this fall having been a long-standing Unitarian Universalist member for 40 years and an active member of HUUF when he lived here around 1980 - 2000.

Tom's ancestors from his mother's side were from Hanover, Germany. They settled in Winterville, GA in the 1700's. His father's kin came from Scotland but their history is not well known. Tom was born in Atlanta, Georgia. He attended University of Tennessee, studied dentistry and came to Beal Airbase, Yuba City as an Air Force captain during the Vietnam War. He has lived in California ever since. Tom practiced dentistry and later attended seminary. He was ordained as an UU minister here at HUUF in 2001.

Chico was Tom's home until moving back to Humboldt this year to be with his daughter and 2 granddaughters ages 3 and 18. Even though he is "retired" Tom is not "tired". He acknowledges his white privilege, (male, well educated, professionally trained) and feels it is important for him to contribute to the welfare of others. He continues to be an active volunteer as a board member for 3 dentistry clinics, (Chico, Sacramento and Solano) and hopes to support such an endeavor here in our area. In the meantime he is committed to personal health and fitness, works out at a gym and walks everyday.

When asked why he is a UU, Tom said that as a child he was fond of attending church. As a teenager, however, more questions than answers were available to him through his Christian upbringing and he stopped being active with a

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spiritual community until he found HUUF. He still believes in God and is fine with those who don't. He highly values the UU principles, especially treating all people with dignity.

Tom is pleased to renew former HUUF friendships and become involved with the current HUUF community. He loves to sing and is excited to begin participating in the HUUF choir. As a minister he will be available to conduct weddings and memorial services and to provide pastoral care for those members who may need counseling support.

## Fire victim aid

If you are interested in volunteering to help fire victims, Cooperation Humboldt is working with the Red Cross to coordinate help. To volunteer, sign up with the Cooperation Humboldt "Disaster Response Team" by filling out the online form at <https://tinyurl.com/fire-volunt-CoopHum>.

Currently they are scheduling people to deliver meals to evacuees placed in hotels 3 times a day, 7 days a week.

*Terry Uyeki*



## A letter from Ann King's family

Friends of Ann King,

Ann King's time with us is now over. On September 10 she released her love back into the universe. We, the family of Ann King, would like to thank each and every one of you for the support and care you have provided Ann and us during her final transition. Some of you we know and have met, but we are aware there are many more people that provided care for Ann and us in ways we never saw. All your support, no matter how given, helped Ann and us. She smiled when the cards were read to her and when we gave her the food you provided. We know it was very difficult to stay away from her at this time because your hearts wanted to provide her comfort personally. We are glad mom had so many close friends to travel with her through the last years of her life.

While we will not hold formal funeral services because we feel the current health crisis has created an environment where such an event would endanger those who might attend, which is unacceptable. However, the Seven Friends and Bonnie MacGregor have been asked to support ceremonies at the spreading of her ashes at a later date, which we will be unable to attend.

We remind everyone that, in fact, mom already held her own wake at her 80th birthday party. That event was so wonderful and full of love. So like mom to outmaneuver death so she could attend the party and have some more fun.

The family will hold a very small closure meeting since this represents not just the end of our time with mom, but also possibly the last time we will see Humboldt County.

Please do not send flowers or food since there will not be anyone here to receive them. If you are compelled with the spirit of giving, we request you choose a charity such as the Cancer Society or Humboldt Unitarian Universalist Fellowship to receive your gifts. Reach out to each other and share the stories of your travels with mom and don't forget to include those who may be alone in this time of morning.

Peace be with you, life is short, love each other, do silly things.

Sincerely,

Scott, Pey, Dan, Karin, and Alyx

# Fall HUUF Congregational Meeting

We will hold our Fall Congregational Meeting on Sunday, October 25, after the Sunday service. Given the conditions, we will meet on Zoom as we did in June.

The Board will present a revised Annual Budget to the members, now that we've had an opportunity to organize our staff and volunteers for the current year.

The Nominating Committee will present three new volunteers for significant roles in the Fellowship:

Cena Marino to fill an open slot on the Nominations Committee.

Cena Marino bio - I was born and raised in New Jersey and joined the USAF for 4 plus years. I went to school at Buffalo State College and HSU ending with a MA in school psychology. I worked for Eureka City Schools during the years of 1978-2000 and have been involved with Rape Crisis, shelter for women, chronic pain management, caregivers and counseling for abuse survivors. I have attended HUUF for two years.

Chris West to fill an open slot on the Board of Trustees.

Chris West bio - I'm a full time Nurse Practitioner with a focus on adult medicine and diabetes. My family and I have been HUUF members for over 3 years and have grown to love the caring and accepting community into which we've been welcomed. In that time I've participated in Soul Matters as well as our annual retreat. Our family participates in RE and appreciates all of the hard work and love that goes into creating such a dynamic and supportive space for our children to develop. I am honored to be nominated for the HUUF board and if selected look forward to serving our beloved community.

Hart Mendenhall to fill the newly created fourth member slot on the Endowment Committee.

Hart Mendenhall bio - I've lived in Humboldt for a few years now and have been a HUUF member for most of that time. I deeply enjoy having this community around me, regardless of how actively involved I may be at any given time. I find something quite reassuring in the fact that some of the most peaceful, thoughtful folks I've ever known are a part of my community. I hope to join the Endowment Fund Committee because I believe that my service will give me an opportunity to consistently engage with and give back to the HUUF community by utilizing my strengths.

The Board will also invite questions and comments from the members.

*Sylvia Shaw*



## Getting out the vote

The UU the Vote campaign is in high gear and we at HUUF have the chance to help get out the vote in the battleground states of Florida and Wisconsin. I talked with Susan Leslie who is leading the UU the Vote campaign. As of September 2, they had made over 150,000 phone calls into the two states. The calls are organized through Zoom. Phone banking is usually in 2 hour shifts, with phoning taking place on **9/29, 9/30, 10/7, 10/17, 10/21 and 10/27** and, given the time differential between here and the two states, usually in mid to late afternoon. It couldn't be easier to participate. First you go to <https://www.uuthevote.org/phone-banking/> to register. Look for Bayside when selecting the congregation you belong too. You'll be sent the Zoom link for the phone banking event and get approximately half an hour training and then do the phone banking in community with other UUs. You must have a computer, not a tablet and Firefox or Chrome as your browser. The process works through both Zoom and your phone (smart or not). Zoom and the UU Thru Talk program will only connect you to phones that are picked up. The name of the person pops up on your computer along with a script with various questions. You click a box on your screen to record the answer. This process helps clean up the lists so that volunteers on Election Day have only phone valid numbers. Last week, 200 UUs made 12,000 calls/hour to Wisconsin. So, if you want to help change the direction of the country, go to the link above and in community with other UUs help get out the vote.

## Meeting time change

The weekly Zoom Gathering about “Conversations about How We Nurture Ourselves in Place,” facilitated by Terry Uyeki, will now meet on Wednesdays, 3-4 p.m., beginning September 23 rather than Mondays at 11 a.m. Anyone can ‘check in’ - no prior attendance needed. Besides sharing what we have been doing to nurture ourselves at home or be safe outside, this group has spawned new ideas and ways for HUUF members to connect, including the Saturday morning ‘Black Lives Matter’ banner-holding in Eureka (4th & V St.), and a puzzle and game exchange table outside the building. See the weekly email “Green Sheet” for the link.



## Soul Matters

### Introducing the UUA’s Soulful Home Program

This year HUUF is inviting families with RE-age children to participate in the Soulful Home program, created by UUA staff and particularly appropriate for a time in which we cannot offer an RE program in person. Soulful Home parallels the themes of Soul Matters, with a new theme each month. Amy Day, our Fellowship Engagement Coordinator, is supporting families with their engagement with this program.

“It’s hard to carve out time for faith-full family experiences, so many of us try to weave spiritual exploration into the routine spaces of family life. Helping parents create this sacred space in their daily lives is what Soulful Home is about.” Each family receives a packet of resources at the start of each month that, “is organized around eight distinct family ‘spaces’ with ideas and resources to fill those spaces with UU theme-based exploration.”

#### **The Welcome Mat**

The Welcome Mat section provides a brief introduction to the theme and how it relates to family life.

#### **At the Table**

The At the Table section engages the theme through discussion. Questions are designed for a family gathering, perhaps in the dining room when everyone is together or during a meal.

#### **Around the Neighborhood**

The Around the Neighborhood activity engages families with their surroundings through the lens of the theme.

#### **From the Mailbox**

This section connects families with “special deliveries” from leaders in the field of anti-racism. The goal is to support families as they engage in the work of dismantling white supremacy culture.

#### **At Play**

The At Play activities and questions are a way to joyfully, playfully and imaginatively experience the monthly themes.

#### **On The Message Board**

The On the Message Board section lifts up a theme-related mantra for your family to carry with them throughout the month.

#### **At the Bedside**

The At the Bedside activities engage the theme through storytelling. This takes place during the dreamy, almost otherworldly hour or so before children or youth drift off to sleep.

#### **At the Kitchen Sink**

At the Kitchen Sink suggests ways for parents to connect with their co-parents, close circle of supporters or both. Perhaps this happens as the dinner dishes are washed and dried or with friends over a cup of tea or coffee.

#### **The Extra Mile**

The Extra Mile section invites families to explore the monthly theme through larger adventures and more complex projects.



# Humboldt Unitarian Universalist Fellowship

P.O. Box 506  
Bayside, CA 95524

24 Fellowship Way, Bayside (off Jacoby Creek Road)

(707) 822-3793 <http://huuf.org/>

e-mail: [office@huuf.org](mailto:office@huuf.org)

**Administrator:** Bridgette Garuti

Monday - Thursday noon - 3 p.m.

**Family Religious Education:** Amy Day

[comm@huuf.org](mailto:comm@huuf.org)

**Teen program director:** Scarlett Trippsmith

[rst146@humboldt.edu](mailto:rst146@humboldt.edu) or 708 1583

**Newsletter Editor:** Stephen Sottong

[newsletter@huuf.org](mailto:newsletter@huuf.org)

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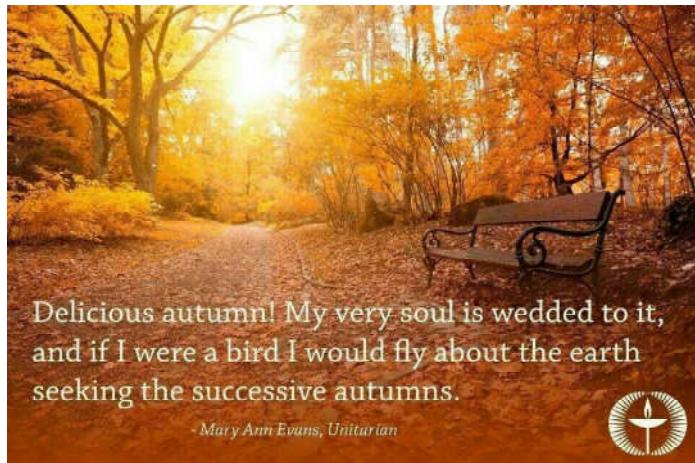
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## Member statements

Each month, the newsletter will have a space for a personal or family biography or an article about what HUUF or Unitarianism means to you. We'll also make room for creative works that are in the UU spirit. Submit your articles and works to the regular email address.

*Stephen Sottong*



*Delicious autumn! My very soul is wedded to it, and if I were a bird I would fly about the earth seeking the successive autumns.*

*- Mary Ann Evans, Unitarian*



## Deadline info

Deadline for the **November** issue of the newsletter is **Tuesday, October 20** at 5 p.m. Send committee reports, announcements and articles related to HUUF (email only) to [newsletter@huuf.org](mailto: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/HUUFnews>

*Stephen Sottong, editor*

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