

Humboldt Unitarian Universalist Fellowship



To the Beloved HUUF Community

Let us share our light—we are *all* needed here

As the designated writer of the family, I've been tasked with penning the obituary for my mother, Diane Day, who passed on August 30, at 73-years of age. What an ask: To boil down the vast complexity of a long, human life into a few narrative threads. What will we remember her for? To what did she devote herself? When we think of her, what are the things we will never forget?

I'm reminded of the words of yet another recently and dearly departed soul.

Writer Annie

Dillard wrote: "*How we spend our days is, of course, how we spend our lives.*" Or when Maya Angelou said: "*I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.*"

It occurs to me in this moment that each of us, cognizant of it or not, are in the daily process of penning our own life's stories. As we either rise to meet the collective call and challenges of this time (or find ways to isolate, numb and check out). As we decide how we shall be of service to the larger whole—as the old world is actively dismantled and the new world has yet to take form. We know there is no singular right way to be of service. As Deepa Iyer reminds us, change is a multifaceted process, requiring a multiplicity of skills, gifts, and resources. From the healer to the storyteller to the frontline responder—all of us are needed. Just as the villagers of our Stone See "*Light*," page two



Friday, October 2, 1:00-3:00 p.m.

Come play the Shed Shuffle

Our sheds are playing musical chairs, and you're invited to join in the fun. We will be moving rarely used items from the office shed into the loft shed, so the easier-to-reach shed can hold our extra chairs. Come for the whole two hours or for twenty minutes if that's what works for you. You'll get good company, easy conversation, and a hand in caring for what this community has built. Every pair of hands helps.

Sunday, October 25

Brief Congregational Meeting coming up

HUUF will hold a Congregational Meeting during our Sunday Service on October 25. This will be a very short meeting; the only business item will be to approve three members of the Nominating Committee. Thank you in advance for attending.

Greg Blomstrom,
Co-President.

November 6, 7, 8, at the Eureka Muni Auditorium

Come volunteer at the California Care Force clinic

California Care Force, with the support of a local Host Committee, will provide a free healthcare clinic offering medical screenings, dental services (fillings, extractions and cleanings) and vision exams including dispensing of new glasses. The clinic will be located at the Eureka Municipal Auditorium, 1120 F St., Eureka, and will run from Friday, November 6 through Sunday, November 8. We will need volunteers, both professional and general, to do tasks, including unloading equipment, set up and teardown equipment, patient registration, and patient escorts. Brief trainings will be done early each morning before clinic doors open.

Please register to participate by going to: californiacareforce.org and follow the prompts. For more information, call Tom Lewis at (530) 774-3550.

Light, from page one

Soup story each bring a humble offering, and together craft something that will nourish and sustain the many, so too can our own small, individual gifts be multiplied when laid upon the altar—a gift for the village.

As I consider this next season of our Fellowship—the things we’re inviting in, the events, initiatives and causes we’re choosing to champion and uplift—I see a beautiful story continuing to unfold. From the upcoming Death Doula training on offer (where we are granted the opportunity to accompany one another through this sacred, final portal with grace and care), to the service on Green Burial, or learning to embrace “the Dark,” I see we are collectively amassing skills and sharing conversations on how to meet the moment at hand. Consider the 33 people who signed up and said, “Yes!” to be a part of this year’s Generations in Covenant—a Mentorship program. In doing the brave and tender work of building relationship, sharing skills and knowledge and story, and choosing to leave a gift to those who shall follow, our stories are being writ in the voices that continue to assemble on a Friday afternoon or Wednesday evening, blessing the space with music and warmth. Or in the hands being extended, gifts of time and attention shared in the foyer, or seated at one another’s kitchen tables, or carrying the banner in the public square.

In the end, my mother will be remembered for her love—however inconstant and imperfect it may have been. She offered it freely—to the people in her world, to the work of making music, and beauty, and meaning. She lived out, whether she intended to or not, the maxim that Rumi put forth when he bade us: “*Ring the bells that still can ring. Forget your perfect offering. There is a crack in everything. That’s how the Light gets in.*”

Keep shining, dear ones. Keep showing up. Keep offering. Keep letting your heart be cracked open in service to this world. Keep bringing your gifts to the village altar. Keep writing the story of how this Light—holy, incandescent, healing—finds its way into the larger world, inside the chipped vessels of these broken, but willing, hearts and hands.

Yours in the journey,

Amy Day, Lay Minister, HUUF

Sunday Services

Sunday, October 4, 11:00 a.m.

Go Gentle into that Good Night

With Dot Campbell

Rebecca Stauffer, board member of Sacred Groves Memorial Woodland Cemetery and longtime HUUF member, will share with us the benefits of a green burial. We are being offered the newest option in natural burial services. Join us as we learn about Earth friendly interment options that work in harmony with the natural intelligence of the soil, and allow us to extend our green living all the way to our death.

Rebecca Stauffer is a retired pediatrician, public health officer, college health director, and now board member of Sacred Groves Memorial Woodland Cemetery. Sacred Groves will open soon in Kneeland and is set to be the first conservation green burial cemetery in California, and only the second on the west coast. This opens the possibility of a truly green burial option while at the same time influencing the practice of saying goodbye to loved ones, humanizing our death practices to be inclusive, intimate, participatory, and beautiful, and influencing other communities to move toward greener burial practices.

Sunday, October 11, 11:00 a.m.

"A Tree Called Life..."

With Amy Day

Years ago, a prolific activist and spiritual leader was asked in an interview how they kept from being overwhelmed by all that was being asked of them (and all of us). They replied: "The antidote to exhaustion is wholeheartedness." Come explore what it means to live life with an open and rooted heart. Through song, poetry, and communal exploration, we'll find out what it means to give ourselves fully to the call of our time.

Sunday, October 18, 11:00 a.m.

Embracing the Dark

With Berti Welty and Dot Campbell

What are we called to do as we enter the closing of the year? Instead of fighting the dark, how do we embrace it? As the days shorten, many cultures and traditions have developed ways to use this time of year to go inward and evaluate one's life. During this service some tools for doing so will be explored.

Our own internal light can become our navigator, guiding us to greater understanding and trusting our ability to be present with what we don't know. We can slow down, cultivate curiosity and accept that we are safe in doing so.

Sunday, October 25, 11:00 a.m.

We Need One Another

With Amy Day and Rev. Bryan Jessup

In this service, Bryan and Edie Jessup (our Minister Emeritus and his beloved wife) will return to HUUF. Bryan will share a family story about our need for one another and how both need and loyalty flow through generations. Let this personal story inspire our collective imaginations, so we can see it playing out around us. Whether you are relatively new to the Fellowship or can remember Rev. Bryan's ministry, please join us. Bryan and Edie will be delighted to see you.

Climate Action Campaign

Keeping up the work of saving our climate

All Species Parade on September 19

Fun was had by all, whether in costume, wearing an animal or plant inspired hat, sandwich board, carrying the Climate Action Campaign banner and signs, or singing with the Raging Grannies at the North Country Fair's All Species Parade. Thank you to the CAC team: the RE families, Tiffany Hess, Judy Rishel, Pat Carr, and the Raging Grannies (Laurel Busse, Judy Riegel, and Ellen Ryan) who helped get everyone there so we could sing the message of protecting Earth's climate.

For a dose of climate hope, read the book review in this issue by long time CAC member, Cena Marino.

For another October dose of climate hope, you can also join a conversation with two people who've turned that idea of hopefulness into a daily habit: Community organizer and activist Jessica Craven, author of the weekday Chop Wood, Carry Water newsletter, and climate journalist and environmental science analyst, Sam Matey-Coste. Sam also writes the daily dose of climate hope for the newsletter, *ClimateAction Now*. Both send out short, doable political actions you can take five days a week. Since 2016 Jessica has connected with more than 152,000 subscribers every weekday. You won't want to miss her newsletter. To register, go to <https://tinyurl.com/rxarjnpv>

Book Project Update

See "Climate action," next page



HUUF members and friends, and kids, prepare for the All Species Parade on September 19

Book Review

“365 Ways to Save the Planet”

This book, published in 2023 by Penguin Random House, is described as a “day by day guide to sustainable living.” It is written primarily for adults but contains lots of ideas that are good for families and children seeking to help save the planet. Each idea presented has an “impact index” to evaluate the climate-saving effect your actions might have and their relative importance.

A few examples of things you will read: limiting your cellphone use reduces carbon emissions; which planes/flights emit less carbon; how much water you can save by changing a few habits; ways to preserve the environment by changing how you shop for food, clothing, dish wares, and drinks; reducing plastics in your life and finding alternatives to them; how to use leftover foods including bread, stale salad, fruits, and more.

Cena Marino

Climate action, continued from page four

A thank you letter to Ellen Davidson was sent on behalf of CAC thanking her for donating six copies of her book, *The Miracle Forest* to HUUF. Thanks to Cena Marino for delivering a set of books to Kneeland School in September. The set included a copy of *The Miracle Forest*. Cena also obtained four locally hand-sewn tote bags for climate related books to be delivered later this year to additional local schools.

I'll close with the poem, “The Peace of Wild Things” by Wendell Berry (1934-2026), writer, farmer, and environmental activist who passed away at the end of August.

*When despair for the world grows in me
and I wake in the night at the least sound
in fear of what my life and my children's lives might be,
I go and lie down where the wood drake
rests in his beauty on the water, and the great heron feeds.
I come into the peace of wild things
who do not tax their lives with forethought
of grief. I come into the presence of still water.
And I feel above me the day-blind stars
waiting with their light. For a time
I rest in the grace of the world, and am free.*

Wendell Berry also wrote, "To cherish what remains of the Earth and to foster its renewal is our only legitimate hope of survival."

Please let us know if you'd like to join our CAC team. We'd love to have a few more members!

Sue Lee Mossman, Co-chair



Humboldt Unitarian Universalist Fellowship

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Tell us what you think—in the next *HUUF Newsletter*

Your thoughts are always welcome in the *HUUF Newsletter*. Whether you found a Sunday Service especially interesting, or have an opinion about what you've seen at the Fellowship or in the world at large that you'd like to share, let your fellow HUUF members and friends know. Deadline for the November issue is Tuesday, October 20, 5:00 p.m. Send your thoughts to newsletter@huuf.org.

And remember, classified ads are available at the ridiculously low cost of \$.10 (one dime) per word. What else can you get for a dime?

Classified Ad

Housing wanted: one staffer, seeking four walls

Bek here! My current living situation is great, but my housemate's household is growing, so it's time for me to find my own space. Since I'm a member and staff person at the Fellowship, close by is ideal, but Arcata, Eureka, and Manila are dream areas too. My wish list: room to nest and decorate, host game and movie nights with friends, a patch of lawn or patio for sunbathing, and a washer dryer on site or with hook ups. Know of a rental, a lead, or a friend of a friend with a spare cottage? Reach me at 430bek@gmail.com