

Humboldt Unitarian Universalist Fellowship



November 2013

A Note from Bryan

What values do the members of the Humboldt Unitarian Universalist Fellowship serve?

This is a question that all of us human beings need to ask individually if we intend to live in a thoughtful way. And it is a question that religious congregations need to ask if they hope to be focused and purposeful.

Individually and as groups, we also need to regularly remind ourselves of how we have answered. This is one reason why, nearly every Sunday, we in this Fellowship repeat our Aspiration.

And according to that Aspiration, we serve: Love, Truth, Peace, Freedom, and Helpfulness to one another and the world.

Do these values speak to your heart? Are these the values you hope to serve?

My response to both those questions is yes! Our values are not easy to embody. They require a great deal of ongoing thought and effort. But they speak very clearly to the direction in which I want to develop my own life and to the kind of people with whom I want to work.

May power and gracefulness be with us all as
we labor to make our values real.

Bryan Jessup

Healing the heart of the Fellowship

The October 13 service introduced the Board's theme for the year, "Healing the heart of the Fellowship." The theme is informed by the book, *Healing the Heart of Democracy: The Courage to Create a Politics Worthy of the Human Spirit* by Parker Palmer (2011). Within the service, we focused on five habits of the heart that Palmer identifies:

- We must understand that we are all in this together.
- We must develop an appreciation of the value of otherness.
- We must cultivate the ability to hold tension in life-giving ways.
- We must generate a sense of personal voice and agency.
- We must strengthen our capacity to create community.

A book group could be formed for those who would like to read the book and explore how these habits of the heart relate to our Unitarian Universalist principles. If you want to participate, email me at wndyrwn@gmail.com.

Wendy Rowan

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People

Jana Kirk-Levine and Eric Kirk are pleased to announce that **Berti Welty** will have an art show at the offices of Stokes, Hamer, Kaufman and Kirk, Attorneys at Law during Arts Arcata in November. We invite all to the Arts Arcata opening **November 8** from 6-9 p.m., 381 Bayside Road, Arcata. Come see Berti's art and enjoy treats made by Jana.

Chip Sharpe believes there is a possibility that surgical removal of lymph nodes and right tonsil in August dispatched all his throat cancer. There is also this other possibility, the one that requires six weeks of chemo-radiation therapy beginning on October 21.

Joy Thomas went to Yuba City for a visit with former Board president **Jo Anderson**, who is recovering from major surgery.

Karen and Stephen Underwood, Susan and Scott Allen, Celest Armenta, and Chip Sharpe spent October 16-20 in Ashland. Yes, they went to see plays.

John McAlinn had surgery on October 17 and is recovering well.

Jenny Cranston is expected to be back home this week from Pacific Rehab.

Adieu to **June and Dave Davis**, now living in Hawaii. See photos on page six. **Jeff, Karen and Justin Knapp** will soon move into the Davis's old digs.

Beverly Allen and Bert Taylor went on an adventure to visit families on Bainbridge Island and included a visit with our long time HUUF member, **Marilyn Walker**, on their return trip home.

Mayer Segal enjoys visitors. Please call first.

We continue to send good thoughts for the health of **Karen**

Knapp, Mary Freedlund and Betty Sloane.

The Caring Circle's quarterly HUUF party celebrated **Elva Banducci's** 99th birthday. There was plenty of pumpkin pie for all. (Note: The Caring Circle encourages *all* members and friends to attend these parties which occur every three months. Watch for the announcements for the next one which will be in January.)

Karen Knapp



Soup and 'stone' salad

The third Tuesday potluck will take place on **November 19**. Come to a joyful yummy evening. Either prepare your favorite soup or bring your favorite topping for a green salad. Berti and Jo will provide the greens; you provide your favorite toppings. Fruit or nutritious desserts okay too. Bring your ready-to-serve dish to the Fellowship. Dinner is at 6 p.m. Program will start by 7 p.m. The program will be games, especially get-acquainted games for all ages. Childcare will be provided, although most children will choose to stay around for this intergenerational game night. We plan to get downright silly at times. Let your inner child play. Questions? Call 476-0654.

Berti Welty

Coffee hour

Because much decaf coffee is frequently poured down the drain, we have stopped making it on Sunday, but someone said a few weeks ago that they were so happy to see it on the cart. I'm wondering if you decaf drinkers would mind instant decaf, as that is not such a waste.

Your main coffee team consists of Kathy Layton, Steve Sottong and Jan Rowen. We would love to have two more volunteers for Sunday coffee for those months with five Sundays or when one of the team is out of town. It adds an hour onto your time here on Sundays, as clean up is required but really isn't difficult. I would walk you through the process if anyone is interested in helping. Please call Jan Rowen for questions.

Shay MacKay

Talking about two services again

It's a wonderful puzzle to have. We're full on Sundays at 10:30 so we need to consider a return to two services. Would you like to help with this discussion? Come to a meeting on Monday, **November 4**, at 6 p.m. in the main hall or contact me at minister@huuf.org or 707 822-3793. I will be gathering data and working with folks to formulate a plan.

Bryan Jessup

Board update

The Board is benefiting from Bryan's participation in our meeting. We get grounded together before we launch into the business of the Fellowship.

We were pleased to have Dave Harris with us to help prepare for securing approval of the budget at the Congregational Meeting. The Board greatly appreciates the continued work of the Finance Committee for the Fellowship.

Wendy reviewed plans for the upcoming service focused on the Board's theme for the year, "Healing the Heart of the Fellowship." Richard, Anna Mae and Edie will participate in the service. We will focus on the 'five habits of the heart' identified by Parker Palmer in his book *Healing the Heart of Democracy* and how they relate to our UU principles.

Anna Mae shared how membership was willing to be in charge of the children's name tags. Bob Wolterbeek will install a board on which to hang them near the adult name tags.

Shay announced that she will be moving away in August to attend school in Berkeley. So we will all need to start preparing for a big transition. Shay briefed the Board on the launch of the OWL program.

Richard reviewed plans to improve our lighting in the parking lot. The cost will be approximately \$8,000. The improvements are necessary for safety.

Wendy Rowan, Board Secretary

Sharing blessings

As has been our tradition since the previous millennium, we join with other congregations in this season of gratitude and giving to support the Unitarian Universalist Service Committee. By making the work of UUSC possible, we affirm commitment to peace, liberty, dignity, justice, compassion and respect for the interdependent web of all existence.

UUSC works in this country and around the world helping people recover from disasters; strengthen communities; and secure employment, health-care, shelter, clean water and good food. UUSC is a membership-based organization, receives no funding from the Unitarian Universalist Association, and could not continue without our support. Each fall, during the Guest-at-Your-Table campaign, our fellowship has shown increasing support for UUSC. In past years, our individual gifts have averaged \$50-75, ranged from \$20 to \$200 and totaled \$2,000-3,000.

We hope each of you will take a Guest-at-Your-Table box or otherwise create a daily reminder in your home. These "guests" at our tables represent brothers and sisters whom we may not know but who share this planet with us. The empty box reminds us to give from our fullness to those who are in need, so that everyone can live in justice and peace. We all need help sometimes; we all give help sometimes; and we all deserve a beautiful table, with plenty of good food, love, and beauty.

Boxes will be presented during the services on Sunday, **November 17**, and will be available in the foyer. You collect daily contributions and bring them to the Fellowship on the first two Sundays of 2014. Contributions of \$100 or more are matched by the Unitarian Universalist Congregation at Shelter Rock, Manhasset, NY.



You and your family can earn UUSC membership by giving at the membership level during Guest at Your Table. Contributions of \$40 or more qualify for membership (\$75 for dual memberships, \$20 for seniors, \$10 for youth). Let's see if we can achieve 100% membership.

Chip Sharpe

Congregational meeting

Our annual fall congregational meeting was well attended. A big thanks to Jillian Mooney for arranging child care and food for the children so their parents could attend. A big thanks to Cynthia Chasen and Anna Mae Botley for arranging for food for those attending the meeting.

Richard Kossow facilitated the meeting. Agenda items included approval of the Nominating Committee and the Budget for Fiscal Year 2013-2014, as well as input on implementation of the revised Dog Policy.

Appreciation to Katherine Almy, Nancy Cook and Bert Taylor for serving on the Nominating Committee this year.

With a good discussion, the Budget for the current fiscal year was approved by the Congregation. A big thanks to Dave Harris for his assistance with this agenda item.

A variety of input was provided about implementation of the revised dog policy. Overall, folks seem to feel it was well thought out. Some work has to be done, however, on how we welcome those with service dogs. We will consult the laws pertaining to service dogs and strive to create a protocol that is welcoming and appropriate.

Wendy Rowan

Dance the night away

Want to dance the night away while supporting a great cause?

Humboldt Mediation Services is hosting a Swingin' Peacemakers Ball in celebration of 30 years of service on Saturday, **November 2**, at the Bayside Grange in Arcata. Live music by the Jim Lahman Band, swing dance lessons with DJ Boogie Woogie, a silent auction, raffle prizes and more. Savory food and a variety of beer and wine selections from many local businesses will be available for sale. All proceeds directly benefit Humboldt Mediation Services. Tickets are \$15 in advance and \$17 at the door. All are welcome. Call (707) 445-2505 to reserve your tickets today.

Doors open at 6:00. Dance lesson at 7:00.

Humboldt Mediation Services has helped people resolve conflicts peacefully throughout Humboldt County for three decades. Without the support of our community over the years, what we do would not be possible. Thank you.

Chip Sharpe

Sunday services on the web

Would you like to read the text of Sunday Services lead by the Rev. Jessup? Well, you can. Go to the Humboldt UU website at www.huuf.org. On the left you will find Sunday Services in bold type. Click on Sunday Services and you will be able to choose from several services to read.

Bryan Jessup

Social Action committee

On September 21 we had our annual retreat at the home of Marianne Pennekamp. Twelve members were present and are pictured below.

After extensive discussion, it was agreed to take a three-pronged approach for our 2013-14 efforts. We will continue the current charitable work of the committee as funded through our brunches and coffee sales. We will work against injustice locally and in a larger context, by working to articulate and support remedies and needed changes. A current key concern focuses on housing and homelessness. We will work to educate ourselves and other members of the congregation to help determine actions of the committee and the congregation as a whole. We will do this, at least in part, by arranging four Sunday services. We will research and reach out to other organizations in order to partner with them to increase our efforts.

The Lantern Ceremony went extremely well with over 150 people in attendance. The SAC agreed to support it next year.

This year's Pride Festival had the best response from our congregation of the last three years.

The committee agreed to stop collecting food for the Loleta Food Closet and, instead, to donate \$200 to Food for People designated for Loleta.

Our SAC Brunches, enjoyed by this fellowship every 3rd Sunday, have been very successful in raising money for various non-profit organizations. We need help, however, from the congregation to clean up after the Brunches.

Our SAC coffee, tea, cocoa and chocolate sales featuring equal exchange products will be offered for sale in the foyer the second and fourth Sundays of the month.

Joanna Welch will be our representative the UU Legislative Ministry Walk the Walk Conference at the UU deBenneville Pines Camp in the mountains of Riverside County November 22-24.

We are planning a protest on Black Friday at the local Wal-Mart store, the Friday after Thanksgiving. Come and stand for fair wages in solidarity with Wal-Mart Workers.

Finally, we plan to have a reading and discussion group on the UUA Read of 2013, *The New Jim Crow: Mass Incarceration in the Age of Colorblindness*, beginning at the end of January 2014.

Joanna Welch



SAC brunch

So as not to compete with all the festive and traditional foods of Thanksgiving, the Social Action Committee decided to keep our November brunch simple. Therefore, and since the weather is getting cooler, soup seemed to be a good option for a brunch. There will be lots of variety, a fair share of unique recipes; and everything will be healthful and nourishing. We'll have the appropriate accompaniments, of course, such as breads, possibly some token salad, and definitely dessert of some variety (or varieties). So join us for some wonderful food and fellowship.

Brunch will be on the third Sunday, which is **November 17**, following service.

Please allow 15 minutes for food to come from kitchen and be placed and arranged on table. Heavy pots and hot casseroles often need to get to the table quickly. When added to queued-up groups of people and children, this can sometimes seem like a hazardous obstacle course.

Suggested donation: \$5 for adults and \$1 for children.

Proceeds will go to support an organization in the community where the need at this time is greatest.

To keep SAC brunches a successful and enjoyable experience for all, some help in the kitchen with clean-up after the brunch is necessary and would be greatly appreciated. Thank all of you who contribute to making these brunches possible.

Eve Anderson

Religious Education



November 3

Daylight savings time ends; set your clock back

Preschool. Being Generous. We will read the book, *Should I Share My Ice Cream?* by Mo Williams. We will discuss being generous and practice with a fun musical game.

K-2nd: The emphasis for this month will be on our second principle: "We believe that all people should be treated fairly and kindly." We will continue working on our UU Principle booklets.

3rd-5th: This month we will explore further the concepts of peace and justice and the relationship between these two concepts. We will discuss and continue to define these terms.

Intermediate: Spirituality. What does this mean to you? To others? What is considered sacred in our culture?

November 10

Preschool: Being Thankful. We will read *All The World* by Liz Garton Scanlon. We will talk about being thankful and create a Thankful Tree for our classroom.

K-2nd: We will hear story about our second principle. We will have an activity that will illustrate this principle. We will be looking for some acts of kindness at home.

3rd-5th: We will begin to link our definitions of peace and justice with personal qualities that help us decide and act for peace and justice.

Intermediate: We will talk about the meaning of the phrases of "haves and have-nots" and "to stand in another person's shoes."

November 17

Social Action Sunday: We will cook food for the Night Shelter. Bring an apron and some cooked beans to add to the meal.

November 24

Friendship Sunday: All ages together – Read, games, crafts with friends.

Jillian Mooney

Thursday reflections

Every Thursday at 7 p.m. in the main hall we have an open group for spiritual reflection, meditation, singing, silence and UU-friendly prayer. As we begin, we are focusing our reflection on the foundations of our UU faith and why they might still be important in our lives today. You are welcome. Come join us.

Bryan Jessup

Halloween festival

As of the newsletter deadline, the festival has not happened. However, the weather prediction looks good, and we have a lot of Fellowship and community support. We anticipate a huge success. Thank you to everyone. A longer article will be forthcoming in December. Let the magic begin.

Berti Welty

Need stewardship volunteer

I have received a suggestion that we install grab bars in the non-handicapped stall of the women's room. There are pretty specific requirements for such things to meet legal standards and to be useful. Perhaps there is someone in the Fellowship (you?) with some expertise or experience that would be willing to research this and select some appropriate hardware. I can arrange or make the installation happen, but a volunteer for that would be welcome as well.

Scott Allen



Goodbye to the Davises

Long-time members June and Dave Davis recently moved to Hawaii. Here are pictures taken by Cathy Enis at the going-away party.



Historical notes

The First Unitarian minister in Eureka, Rev. Franklin Baker, said in 1906: "Young ladies, you had better be old maids than neglected wives taking care of worthless husbands. Never marry a man to reform him. It's poor business. It don't pay and you'll go bankrupt before life's over."

In the March 3, 1968, newsletter our minister, Horton Colbert, had a quote from Aristophanes which seems apropos: "From the murmur and subtlety of suspicion with which we vex one another, give us rest. Make a new beginning, and mingle again the kindred of the nations in the alchemy of love; and with some finer essence of forbearance temper our minds."

Beverly Allen

Charity bingo

The Sisters of Perpetual Indulgence will hold a charity bingo night at 6:00 pm on **November 16** at the Bayside Grange to benefit the G.I. Rights Hotline and Redwood Coast Peace Poetry Contest. HUUF is a sponsor of the Peace Poetry Contest. The theme of the night is "Give Peas a Chance." These evenings are always fun. There will be prizes for best individual and group costumes, contest, auctions and general hilarity. This is an 18 or over event. Tickets are \$15 at the door.

Stephen Sottong

Are you thinking about joining?

Would you like to talk about joining HUUF at a time other than Sunday when it is so busy? Talk to a greeter, and we can schedule a time during the week when it is convenient for you.

Awanna Kalal

High notes for the HUUF choir

The HUUF Choir will perform this month on November 3 and 17. We are expanding in number. It has been such a treat seeing and hearing all the new people in the group. As always, new singers are welcome at any time. More singers means increased possibilities for new and exciting musical repertoire.

Choir rehearsals take place Wednesday evenings at the Fellowship from 7:00 to 8:30 (sometimes 8:45), and we sing at two Sunday services each month. On performance Sundays, we meet at 9:30 to warm-up and rehearse.

If you would like to participate in the choir but cannot commit to rehearsing regularly for the whole year, you might consider joining for a pre-determined amount of time such as the month of November (hint hint), or for holiday caroling and/or the Christmas Eve Service, or for the annual Music Day Service in March. There are many options.

And, please feel free to contact me directly with questions or comments.

mUUsically yours,
Elisabeth Harrington

FINDING ELIM

By Dave Nelson



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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: Shay MacKay

Monday - Thursday 10 a.m. - 3 p.m.

Minister: Rev. Bryan Jessup

Monday - Thursday 10 a.m. to 2 p.m.

822-3793 minister@huuf.org

Director of Religious Education: Jillian Mooney

Board of Directors:

Co-Presidents Richard Kossow

Kim Moor

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HUUF library for adults

This Fellowship has a wonderful library. It is in the minister's Office just across the hall from the Administrator's office. It contains sections of books on such topics as Unitarian Universalism, women's wisdom, humanism and world religions. The books are there to be used and read. Check them out. Literally. Check them out. Read them and return them. They are here for you.

Bryan Jessup



Deadline info

Deadline for the December issue of the newsletter is Wednesday, **November 20**, 5:00 p.m.

Please send your committee reports and articles to me at joythomas3828@gmail.com. Neither PDF files nor late submissions can be accepted. Please do not format your article in any way -- no bold or underlining, nothing in all capitals, no unusual fonts. Please spell out words, don't abbreviate. And please don't capitalize words at random.

Joy Thomas, editor