

Humboldt Unitarian Universalist Fellowship



November 2018

A note from the minister

The Principles of Unitarian Universalism call us to affirm and promote the inherent worth and dignity of every person. The Purpose of our Fellowship calls us to model and promote social and environmental justice - and to stand up for and serve the most vulnerable. But the UU Principles and our HUUF Purpose are abstract. Our challenge is to put them to practice in our daily lives.

One of the ways we have done that is by declaring ourselves a Sanctuary Congregation and by taking a public stand in support of Measure K which calls for the protection of immigrants from the threat of deportation by Humboldt County law enforcement agencies.

Another way we as a congregation have stood with vulnerable people is by going through the study and reflection process required to become an official Welcoming Congregation for sexual minorities. Being a Welcoming Congregation is not just a title. It's also a commitment to continuing to learn how to genuinely welcome people.

Right now in our Association and in our country we are learning how to genuinely welcome transgender people and people who do not fit into stereotypic male or female categories. People who don't fit into convenient gender boxes have always been with us and they have always been in danger of persecution and violence. But they are now coming out of the shadows and claiming their rightful place in human community. One way we can stand with them is by becoming aware of pronouns.

When we become aware of the pronouns that fit us and let other people know that by stating them or by writing them on our name tag or in our directory, we make ourselves aware that other people may well use different than stereotypic pronouns and that it might really matter to them. Transgender and non-binary have struggled long and hard to be recognized and respected. Recognizing a person's correct pronouns is one way to truly respect them.

In many colleges and universities now clearly stating the pronouns that fit you is part of the process of admittance and integration. Young people are often leading the way in this evolution of our thought and inclusiveness. Here at the Humboldt UU Fellowship we intend to continue to work to cre-

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ate an inclusive, welcoming community.

So your HUUF Membership Committee encourages you, as you are willing and able, to include your pronouns on your name tags and in our new directory. The Membership Committee also encourages you to listen carefully to your neighbors and keep your heart open so, together, we can truly continue to be the Welcoming Congregation we intend to be.

Yours in the journey – Bryan

Rev. Bryan Jessup



Good to Know

The Interdependent Web of Life

Our planet can be seen as a gigantic ecosystem with lesser ones nested within. Renewable and nonrenewable resources describe the living and nonliving resources such as green plants and copper respectively. Energy, mostly from the sun, flows through ecosystems while the nonliving resources cycle within them.

Sun energy comes in; some is used to drive life processes. The rest is reflected to space or converted to heat. That heat and the heat generated by life processes largely re-radiates to the cosmos. When carbon dioxide and methane in the atmosphere prevent re-radiation, we get global warming.

The photosynthetic conversion of sun energy into plant life via chlorophyll is called “primary productivity”. Gross primary productivity is the total sun energy fixed by photosynthesis. “Net primary productivity” is what is left in the plants we see standing there, and their below-ground parts. It is often measured as “standing crop biomass.” The difference between gross and net primary productivity is the energy used by the plants for their physiological needs. Carbon in the below-ground parts of plants is sequestered in the soil when the below-ground parts die. Most of that carbon stays there under natural conditions.

Plants either directly or indirectly provide the food for almost all other organisms, as when a cow eats grass. “Gross and net secondary productivity” are similar to gross and net primary productivity, but include all links in the food web from wildebeest rumen bacteria to African lion, to bacterial and other decomposers that allow the biological recycling needed for ecosystem continuance.

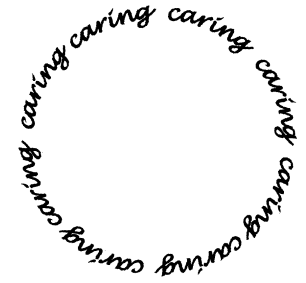
We live on a finite earth, and we along with all other life on earth are completely dependent on our planet and almost all are dependent on the light from the sun. All life on earth is interdependent. The living organisms that are here now, including humans, evolved over very long time spans so that an interacting, complicated, self-supporting web of life continues. Our welfare is intimately tied to that web. Without it, we become extinct.

Archie Mossman

Memorial Garden Book

The group that calls itself “The Stoners” has just completed a book of brief bios on each of the HUUF members whose names appear engraved on the stones in the Memorial Garden. There are still a few blank pages where we have yet to obtain copies of obituaries or photos, but we will insert the information as soon as we receive it. Two copies of the book have been placed in the office. Our hope is that people coming to the Garden will take one of these books with them and use it to locate the name of the loved one they wish to find. The books have 58 names listed. Members or friends who chose not to have their names engraved on one of the stones are not included, nor are the names of those members or friends who were deceased prior to 1993, the date we moved into the present building.

Barbara Barratt



Caring Circle

Our Fellowship has a Caring Circle. Our function is to lend support to members and friends in temporary need. We help to facilitate rides to HUUF services and events, rides to medical appointments, confidential support at a medical appointment, meals, and assistance with errands. For those interested in helping, please watch for our volunteer survey or contact one of us.

Jeanne Chapin	798-1211
Nancy Engel	839-5789
Linda Lee	442-1068
Marianne Pennekamp (who also provides a listening ear)	442-6212
Sylvia Shaw	599-1563

The Caring Circle always welcomes new members. Contact Nancy for the time and date of our monthly meeting.

Nancy Engel

People

Our hearts go out Debby Harrison and Greg Blomstrom for the loss of their respective mothers.

We wish speedy recovery to Ruth Broderick, Ed Uyeki and Laura Withers for unique health challenges.

Congratulations to Jan Rowen for completing the Alcatraz Swim.

Sylvia Shaw

Religious Education

Creating and Holding Family Memories

In some cultures, it is a familial duty to keep alive the story of those who came before us. Many Mexican-American families build altars to honor their ancestors on Dia De Los Muertos. Pagans practicing Sahwain believe the veil is thin between the world of spirit and flesh at this time of year. Harvest season can call forth both gratitude for the abundance of the Earth and grief for inevitable loss. In our Soul Matters groups, we will contemplate the role of memory in our spiritual practice. What do you remember about your ancestors? What do you want your children and grandchildren to remember about you? Does your family have a ritual to keep the thread of ancestral ties alive?

Family Practice

Explore the spiritual practices in the Soul Matters packet. If you are not participating in a group, you will receive an email packet around the first of the month. There is a fun “mad limb style” poetic prompt called “Where I’m From.” Consider writing this with your children or sharing one you’ve composed.

Sunday Program Schedule:

1-3rd Sundays: Exploration days (by age group)

Preschool- K: On the first Sunday, we will remember things and people that help calm us and feel at peace. On the second Sunday, we will utilize our senses to create and taste fruit chalices, an “extra sensory” way to get a better understanding of our Unitarian Universalist flaming chalice. The third Sunday we will explore the beauty of nature in the changing seasons.

1st-3rd grade: The first Sunday we will learn about the beauty of human flaws and how love is an imperfect journey. The second Sunday we are talking about the harmony of nature and the sacred circle of life. The third Sunday we will discuss people of the past whose lives remind us to be kind and fair, and the value of giving your time as an act of love.

4th-8th grade will design their own schedule. In an effort to create more youth-driven opportunities, the group will choose what they’d like to do the last Sunday of October. See the website for updated schedule.

4th Sunday: All-ages Service Sunday.

Teen Group: The teen group will be exploring the Soul Matters theme of memory by diving into the history of Unitarian Universalism, the UUA, and HUUF. We will follow the Coming of Age program by looking at UU values and practices. Many teens will also be attending YRUUP’s fall conference Nov. 9-11 in Santa Rosa.

Therese Fitzmaurice



Parents’ Night Out

On Saturday, December 1, from 4:30-7:30 p.m., parents are invited to drop off their kids for a night of fun with their fellowship friends. We will serve the kids a healthy dinner and dessert, play games, and watch a movie. Please be sure to text or call your RSVP by Saturday, November 24, to Alanna Reyes at 925-407-7655.

Donations graciously accepted as tips for our hardworking childcare providers.

What parents decide to do is entirely up to you!

Therese Fitzmaurice

Child Naming Ceremony

The French author Antoine de St. Exuprey says: In a house which becomes a home, one hands down and another takes up a precious heritage of mind and heart, laughter and tears, musings and deeds. Love, like a carefully loaded ship, crosses the gulf between the generations. Therefore, we do not neglect the ceremonies of our passage: when we wed, when we die, and when we are blessed with a child.

If you are in need of a Child Naming ceremony or other ministerial services, please do not hesitate to contact me at minister@huuf.org or at 707-407-0047. If we have some families who would like to name their children during the Winter Holiday Season, please let me know and we might well be able to arrange for a Child Naming ceremony some Sunday in December.

Rev. Bryan Jessup

Sunday Services

NOTE: From Sunday, Nov. 25, through Sunday, Dec. 30, we will have one service only at 11 a.m. On Sunday, Jan. 6, 2019, we will resume two services.



Sunday, Nov. 4 – 10 and 11 a.m.

Courage America, Courage! – The Rev. Bryan Jessup

After months of intense effort, the time of the 2018 mid-term election has finally arrived. Of course people need to vote and encourage others to vote as well. But after the election we will still need to apply intense effort to create the world we hope to see. And in the face of good news or bad, we will need to continue to embody courage and commitment in our world.



Sunday, Nov. 11 – 9 and 11 a.m.

Centennial of Signing of WWI Peace Treaty – Veronica Galiani

Today we will explore what we have done since “the War to End All Wars” and where we could go from here in readings, hymns, and fellowship participation. Longtime member Veronica Galiani will lead.



Sunday, Nov. 18 – 9 and 11 a.m.

A Journey from Grumpy to Grateful – The Rev. Bryan Jessup

An intergenerational bread and grape communion will be the starting point for this Thanksgiving service. It will then involve an intentional calming of our hearts and examination of our lives taking time to notice all of the beauty and goodness that surrounds us, even in the midst of challenge.



Sunday, Nov. 25 – 11 a.m. only

The Transgender Day of Remembrance – Kit Lynn

Nov. 20 is a time of mourning for the transgender people who have passed because of societal pressures and transphobia. Yet it is also a time of committing to providing a safe place for all transgender people who are still here. Kit Lynn will lead us in reflecting on this important issue.

Looking Ahead – Options for Getting involved

Fr	Oct. 26	2:30–6 p.m.	Halloween Festival set-up
Sa	Oct. 27	9 a.m.-5 p.m.	Set-up and rehearse for Halloween festival
Sa	Oct. 27	5–9 p.m.	Halloween Festival
Su	Oct 28	4 p.m.	Founding of CUUPS event
Fr	Nov. 2	7–9 p.m.	Teen Movie Night
Sa	Nov. 3	9-11 a.m.	Worship Leader’s meeting.
Sa	Nov. 3	9:45 a.m.–4 p.m.	Ancient Forest Sangha - Day of Mindfulness
Su	Nov. 4	12:30 p.m.	Social Action meeting
Su	Nov. 4	12:45 p.m.	Religious Education Meeting
Mo	Nov. 5	6-8:30 p.m.	Our Pathways to Health – Dealing with Chronic Pain- 1 st of 6 sessions
Th	Nov. 8	10 a.m.	Open Soul Matters Group
Th	Nov. 8	6 p.m.	Roy Zimmerman Concert
Fr	Nov. 9	6-7:30 p.m.	Ancient Forest Sangha
Sa	Nov. 10	10 a.m.–1p.m.	Grounds work party
Fr-Su	Nov. 9–11	all weekend	Fall Teen YRUUP Con @ UU of Santa Rosa
Su	Nov. 11	12:30 p.m.	Newcomer Orientation
Su	Nov. 11	12:30 p.m.	Ad-Hoc committee on Climate Change
Tu	Nov. 13	11 a.m.	Membership meeting
Tu	Nov. 13	5:30 p.m.	HUUF Board of Trustee’s meeting
Fr	Nov. 16	6 p.m.	Cuba After the Castros Presentation
Fr	Nov. 16	7 p.m.	Con Worship
Sa	Nov. 17	10 a.m.	Grounds work party
Su	Nov. 18	12:30 p.m.	Social Action Brunch for Betty Chin programs
Su	Nov. 18	1:00 p.m.	HUUF Anniversary Celebration
Th	Nov. 22	2 p.m.	Thanksgiving Dinner at the Fellowship - potluck
Fr	Nov. 23	6-7:30 p.m.	Ancient Forest Sangha
Su	Nov. 25	11:00 a.m.	Transition to Single service at 11 a.m. through end of year
Tu	Nov. 27	6:30 p.m.	Fellowship Council Meeting
Sa	Dec. 1	9-11 a.m.	Worship Leader’s meeting.
Sa	Dec. 1	1-4 p.m.	Practicing Healing Dialogue
Su	Dec. 2	12:30 p.m.	Social Action meeting
Su	Dec. 2	12:45 p.m.	RE Committee Meeting
Tu	Dec. 25	2 p.m.	Christmas Dinner at the Fellowship

Weekly: Mon. 6–8: 30 p.m. Our Pathways to health – weekly Nov. 5 through Dec. 10

Wed.	7-9 p.m.	Choir practice
Thur.	7-9 p.m.	Reflections – open discussion group in CARE building
Sun.	10 a.m.	Youth Choristers: Practice weeks 1,2 & 3, Perform 3 rd Sun 11 a.m.
Sun.	9 and 11 a.m.	Sunday Worship Service, Nov. 25, Single service 11 a.m.

Future:

Fri.-Sun.	Feb. 15-18, 2019	Weekend Teen YRUUP Con (Elections) @ TBA
Wed.-Sun.	June 19-23, 2019	General Assembly of the UUA in Spokane Washington

Coming Up

Thanksgiving Dinner at the Fellowship

All are invited to our annual Thanksgiving dinner at the Fellowship, Thursday, November 22, at 2 p.m. This is a grand orchestrated potluck. Do you really want to stay home and cook every possible dish for a small family gathering? Bring everyone to the Fellowship and sample many dishes, while only preparing one. Berti and Jo will provide the roasted turkeys (donations towards the expense gratefully received). Everyone please bring a dish to share. If you plan to come, let Berti know what you are bringing so we can have a fairly balanced meal. Who will volunteer for the Vegan and vegetarian options?

As always, assistance with set-up at 1:30 p.m. and clean-up afterwards would be greatly appreciated. Since this is a family affair, we assume that children will stay with their parents, so we are not providing childcare. Last year we had about 55 people. Good Community. Good food.

Berti Welty, 476-0654. bertijo@humboldt1.com

Practicing Healing Dialogue - A Workshop for Being Seen

Facilitators: Yaj, and Bryan Jessup.
Saturday, December 1, 2018, 1-4 p.m.

Join Yaj, a relationship counselor for twenty years, for a lively, instructive workshop that illuminates nuances of what creates connection between people. There will be a presentation of basic theory, experiential demonstration, then practice and Q & A. You will have the opportunity to be seen in a focused, attentive and safe space, and to give that witnessing to others. All participation is voluntary.

Since 2001, Yaj (aka Amy Jay) has been close witness to and facilitator of profound change in people's lives. Yaj trains her clients to use reliable tools that build authentic life and love. Her credentials include: Master's degree in Family Systems Counseling, New York State Licensed Marriage and Family Therapist, Certified Imago Relationship Therapist, Gottman Method and Non-Violent Communication (NVC) practitioner.

To reach Yaj, call: (845) 641-8843.

Newcomer Orientation

On Sunday November 11, after the 11 a.m. service, HUUF Newcomer Orientation, Part 2, occurs in the Multi-Purpose Room. A light lunch will be provided. Please do come and find out how HUUF is organized and how you can be involved.

Bryan Jessup

Halloween Festival

While we do not, as of press time, know how the Halloween Festival went, the committee would like to give a BIG SHOUT OUT to all the people who volunteered in many capacities to make the festival a reality. It really does take a community to put on a festival. Thanks a BUNCH!

The Halloween Festival Committee.



Open Soul Matters Group

"Soul Matters" is a deep listening and discussion process that has several groups in our Fellowship. On Thursday, November 8, at 10 a.m. in the Multi-Purpose Room we will have OPEN Soul Matters Group. The topic will be "Memory." Email Rev. Jessup (minister@huuf.org), if you'd like the packet and come join this thoughtful exploration.

Rev. Bryan Jessup



**Roy Zimmerman in concert
"RISE UP!"**

**Thursday November 8, 2018
at HUUF**

**\$20 donation requested.
No one turned away.**

One more

Meditation Retreat

The Ancient Forest Sangha of Humboldt Bay, a meditation group in the tradition of Thich Nhat Hanh, invites HUUF members to a Day of Mindfulness on Saturday, from 10 a.m. to 4 p.m., on November 3rd. The dharma teacher Alexa Singer-Telles will lead the retreat, and will focus on calming and nourishing the body through mindful breathing. There will be time for sitting and walking meditation, deep relaxation, a dharma talk, and mindful sharing. Suggested donation for the event will be \$20, with larger donations welcome to cover the cost for those who cannot afford to pay. Please bring: a vegetarian lunch, mat, blanket, sitting gear (chairs also available). It helps us plan if we know you're coming, so please email Valerie Gizinski, polkaqueen@gmail.com, in advance if you can.

The Sangha gathers regularly from 6-7:30 p.m. on the second and fourth Fridays of the month, in the main sanctuary. However, there will not be gathering at HUUF on October 26, as the Fellowship will be alive with preparations for the Halloween Festival. You can also obtain more information about bi-monthly gatherings or the Day of Mindfulness from Richard or Ginger Kossow, 826-1227.

Valerie Gizinski

Revised and Emphasized Guidelines

This past month I had two bad experiences with the newsletter. The first involved a four-hour-late article: As per the guidelines, I refused to accept it. I was besieged with begging for a day afterwards. Let me be clear: Absolutely no articles will be taken after the deadline without prior approval — none. Don't beg, don't whine, just get your articles in on time. Your failure to plan ahead is not our problem.

The second involved an insert. The committee sought prior approval to submit it late, and I granted it. In fact, I gave them a huge leeway, but I warned them that they should send it to me early enough that I could look at it prior to the time I had to send the newsletter to the printer, in case there was a problem. They got it to me before the drop-dead time but not in time for me to check it. It was the wrong size, and since it was PDF, I couldn't do anything about it. The staff at Central Office made it work.

So I'm instituting a new guideline: All inserts in PDF must be submitted 24 hours before the deadline — the 19th of the month by 5 p.m. — so I have time to check them and get back to the submitter. No exceptions, and requests for late submission will be denied.

I dislike being the bad guy in all of this, but if you actually want to get this newsletter before the start of the month, there has to be an actual drop-dead date and time so that the editors can get to work and put the thing together. That process takes more than 12 working hours to accomplish, and late submissions greatly add to that working time. So, please, make our job easier and submit your articles early.

Most if not all of the problems we encounter could be eliminated if submitters read the guidelines. They're prominently posted on the website. Just look for the bottom entry in the menu on the left side of the newsletter page.

Stephen Sottong

Deadline info

Deadline for the **December 2018** issue of the newsletter is Tuesday, **November 20** at 5 p.m. Send committee reports and articles to **newsletter@huuf.org** (email only).

While many file formats are acceptable, .doc, .docx, .rtf and text are preferred, and .pdf and .pages cannot be used. Late submissions are not accepted without prior approval.

Full guidelines are available at <http://huuf.org/?page=Guidelines.html>

Stephen Sottong, editor





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Redwood Coast CUUPS Founding Ceremony and Samhain Drum Circle

The newly-formed HUUF chapter of the Covenant of Unitarian Universalist Pagans is now Redwood Coast CUUPS. We celebrate our new beginnings in the HUUF and Humboldt communities with a public event on Sunday, October 28, from 4:30 to 8:00 p.m., on the campus of the Humboldt UU Fellowship.

The afternoon will begin with a Samhain Circle of drumming and dancing around the fire, dedicated to "The Love and Rage of the Dark Mother." We will drum and dance

our deepest anger, anxiety, and frustration into the fire and channel it into the hope and love we so deeply need for a sane and peaceful world. Bring drums, rattles, tambourines, wood blocks, any kind of rhythm and percussion, and join us in this Circle of Connection and Healing.

The drumming will be followed by a formal ritual circle in observance of Samhain and to celebrate the founding of Redwood Coast CUUPS at HUUF. The circle will conclude with the sharing of food and drinks, also known as "cakes

and ale" in the language of Pagan ritual. Bring finger foods and sweet treats, ciders and ales and juices, to enjoy together while we tell you all about CUUPS and Unitarian Universalism and answer any questions you may have about this new and exciting part of the Fellowship.

Merry Meet and Welcome to Redwood Coast CUUPS. We hope to see you in the circle.

Dave Troxel

