

Humboldt Unitarian Universalist Fellowship



Compassion and Policy

November 2019

During my early tenure here at HUUF, an issue has arisen that challenges our Unitarian Universalist principles and identity, our commitment to social justice and to policy and polity. As with most complicated issues, it is one of discord and of opportunity. The issue is centered upon homelessness, social justice and our principle of the dignity and worth of every person.

The homeless problem is especially acute and obvious within the cities surrounding the Fellowship of Arcata and Eureka. There are some fifteen hundred homeless people in the county at last count by HUD and the Humboldt County Department of Health and Human Services. The Fellowship, deeply rooted in social justice and a strong sense of community, has a history of lay leadership and a commitment to the environment.

There is a sixty year-old homeless veteran who has lived, in one form or another, on the Fellowship property for the last eighteen months in spite of the Fellowship's policy of no overnight camping on the grounds. My predecessor, supported by staff and some congregants, turned a blind eye to his presence. Maybe it would be more fair to call it a warm ear rather than a blind eye. When the Board of Trustees did vote to honor its policy and remove him from the property, six months ago, my predecessor, out of a commitment to what I would call UU identity, allowed him to return. Currently, I judge the Board is split, as is the congregation, as to what needs to happen next. Some feel it is our UU duty to provide a space for him, regardless of policy, while others feel he talks of outlandish conspiracy theories, is annoying, smells bad as well as posing a threat to children and congregants.

Seeking clarity, I suggested to the Board and the ad hoc committee currently addressing the issue, to allow the person to speak for himself in our next meeting regarding this issue. I wanted our commitment to help the homeless and our commitment to the well being of our congregation and neighbors, and to the person of concern, to be present in the same room at the same time.

Both sides of the issue spoke and, for the first time, we heard from our homeless vet in person – all at the same time. I also shared with the committee the advice of an attorney congregant that the Fellowship could be held negligent, and open to suit, for not adhering to its stated no camping policy. The Board has agreed to take the issue to the congregation. A “Compassion and Policy” Congregational Gathering has been set for December 8 at 11:00 a.m. I invite all concerned to attend this important gathering. Please also feel free to let your concerns and opinions be known to the Minister and or to the Board.

Rev. Anthony Mtuaswa Johnson

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People

Congratulations to **Alison O'Dowd** for her recent professional accomplishments. She was awarded a research grant from the Trinity River Restoration Program to examine invertebrate drift as a food source for juvenile salmonids on the Trinity River. This project will be conducted with the Yurok and Hoopa Valley Tribes. Alison was also awarded a grant from the National Parks Service to fund a student internship program with Redwood National Park. She and several co-authors have also published a paper entitled, "Interacting Geomorphic and Ecological Response of Step-pool Streams after Wildfire" in the Sept./Oct. 2019 issue of the Geological Society of America (GSA) Bulletin.

Healing thoughts for **Bert Taylor** who fell recently and broke her left knee cap.

Jahan Derso

Against the Wind Festival honors Bryan and Edie Jessup

The Against the Wind Festival returns November 11-17 at the Arcata Playhouse. The Festival was created to draw attention to the nuclear threat to life on Earth and to fuel a new voyage of the first nuclear protest vessel, the Golden Rule. Now the nexus between global warming, environmental degradation, defense spending and nuclear power has led to addressing broader issues threatening our world.

A week-long program of events to promote peace and support the voyage of the Golden Rule will culminate with a celebration of Bryan and Edie Jessup. Sunday, November 17, at 7 p.m. at the Arcata Playhouse, Bryan and Edie will be honored with the "Practicing Peace Award" for their relentless dedication and valuable contributions to our community. Admission for this event is free, so arrive early. Bryan and Edie will be present to receive their award.

Information about the Festival's full schedule of events is available at www.againstthewindfestival.org

Pre-Black Friday sale

There will be a Fiber Sale of Beverly Allen's yarns and hand-knitted articles of clothing at the Fellowship on Saturday, November 23, from 10-3. Some books and pottery items will be included as well. Call the HUUF Office or Ilene Harris 725-9043 for further information.



(RE cont. from page 3)

All Ages Service Sunday

11/24: Learn about the UUA Guest at our Table program and help make items for a fundraising bake sale after the service. Stay and help us sell the items if you'd like.

Youth Choristers

Rehearsal the first three Sundays of the month from 10:00-10:45 in the multipurpose room with a performance on the third Sunday at the 11:00 service. All ages welcome, though we do ask an adult to stay with singers under 5. Feel free to join any time, but coming to all three weeks will help them learn the song.

Young Adult Group:

11/10: Soul Matters Meeting.

11/17: Regular Meeting 6-7 p.m.

11/24: Regular Meeting 6-7 p.m.

The YA group is a communal effort, if you are a young adult and have an idea of what we could do, or would just like more info, contact Kit at kitestringsflying@gmail.com

In Fellowship,

Therese FitzMaurice, DRE



RE

“Are you paying attention?” Such a common question asked of children. I wonder what this question might imply. How do we “pay” attention? How is it that the lexicon around attention is so often paired with a word so strongly connected to commerce? In my work as a mindfulness trainer, I often ask teachers, how can we help students intentionally choose where they direct their attention? When I work directly with students, we unpack the definition of mindfulness adapted from John Kabat-Zinn: “Mindfulness is calmly choosing to [direct] attention on purpose, in the present moment, without judgement.”

Soul Matters Family Practice: Attention

Discuss the definition of “mindfulness.” Brainstorm what tools you have to channel your attention? Explore mindfulness practice together as a family to develop tools that will help you consciously direct your attention on purpose. One of our family favorites is listening to guided visualizations at bedtime. After much exploration, we have fallen in love with the tranquil voice of Leslie Hall and accompanying music of Anthony Hall. They have a free YouTube channel that offers an incredible array of tools, many of which are based on ancient meditation practices, framed in adult, teen or youth imagery. A still image accompanies each audio recording. I’d encourage you to be sure no one watches the screen at bedtime as it is proven to disrupt sleep patterns. Simply listen.



November Calendar

Preschool-K with Scarlett Tripsmith

11/3: Dia de los Muertos observation walk — we’ll collect nature items, recreate a drawing of a loved one, and synthesize a Day of the Dead altar .

11/10: Focusing on mindfulness and creating sacred space, by exploring nature and building fairy houses.

11/17: Japanese style tea party, exploring different herbal teas and their healing metaphysical and physical properties.

1st-3rd Grade with Cornelius Austin

11/3: Intro to Hinduism: Bramha, Vishnu, Shiva and the Eight Limbs of Yoga.

11/10: Tales of Rama and Krishna. Kirtan for kids — music is meditation.

11/17: Shakti means power. The Mother Goddess tradition and intro to modern feminism.



4th-8th with Caitlin Bair

11-3: Just ‘joiking’. Exploring the musical form of the Sami, an indigenous Finno-Ugric people.

11-10: Working on our joiks — finding a person, place, or animal to sing about and exploring sound through vocalizations. Planning for the Solstice mini-musical.

11-17: Exploring the Sami livelihood, reindeer herding. Work on our joiks and practice for the Solstice musical in December.

Teen Group:

11/3: Focus on the Soul Matters theme: “Attention,” by learning about photography.

11/10: Opportunity to attend the service or help in RE.

11/17: This is the youth conference weekend, and for anybody not at the con, the group will explore photography through a spiritual lens by turning the teen room into a giant camera obscura.

Note: At some point this month, the group will meet with HUUF’s minister, Anthony Johnson, since the last meeting with him had to be postponed. Tune in for an email.



Climate Action Campaign news

Thanks to all HUUF members and friends who joined CAC members for the youth organized Global Climate Strike on September 20 on the Arcata Plaza to demand action on climate change by our political leaders.

Various CAC members have been attending public meetings to provide input to Redwood Community Energy Authority's process as they update their Comprehensive Action Plan for Energy in this county.

A special shout-out to CAC members Pat Carr and JoAnne McGarry, who are consistently attending Arcata City Council meetings to give input on Arcata's Declaration of Climate Emergency and Climate Action Plan and to advocate for a ban on the use of natural gas within Arcata's city limits. Thank you, Pat, for your letter to the September 11 Opinion page of the Mad River Union to keep these issues in the forefront of our minds.

Within the Fellowship, CAC is working on the possibility of an all Fellowship carpool plan for all events.

Keep coming to the CAC's letter writing table the fourth Sunday of each month to write to our legislators on climate issues. Postage and stationery provided.

More Climate Actions

Sue Lee Mossman

PG&E's shutdown reminds us how we value electric service. Fossil-fueled electricity contributes to the climate crisis and to the dry, windy weather that prompted the shutdown. Thus, Humboldt's RCEA has adopted a policy of all clean and renewable electricity by 2025. Where should it come from? Wendy Ring has presented evidence that existing biomass plants are neither clean nor renewable. Ironically, PG&E's diesel plant at King Salmon pollutes less than those biomass plants. And some environmentalists even oppose the Terra Gen wind farm, so it's complicated. Stay tuned.

HUUF has already opted up to 100% renewable electricity, supplementing our rooftop solar, and we can all do that at home. Cars emit more carbon dioxide than electricity, so the Climate Action Committee hopes to encourage more carpooling as well.



John Schaefer

Nonviolent Peaceforce Presentations

Gilda Bettencourt, representative of Nonviolent Peaceforce, will be in Humboldt County November 2, 3 and 4. Nonviolent Peaceforce is a global non-profit organization protecting civilians in violent conflicts through unarmed strategies, building peace side-by-side with local communities, and advocating for wider adoption of these approaches to safeguard human lives and dignity.

On Saturday, November 2, at 6 p.m., Gilda will present a 28-minute segment of the film, "In Pursuit of Peace," and a chance for personal discussion over a potluck dinner at the Fellowship.

On Sunday morning, November 3, at both the 9 and 11 a.m. services, she will speak on "Nonviolent Peaceforce: Improving security through peaceful means." On Sunday evening at 6 she will show the full-length "In Pursuit of Peace" (87 minutes) at Arcata Playhouse, 1251 9th Street, Arcata, and lead the discussion that will follow.

On Monday, November 4, at 7 p.m. in Room 133, HSU Science B, she will address the HSU community. During the two-hour presentation, she will show a 28-minute segment of the film, "In Pursuit of Peace," answer questions, and facilitate discussion of unarmed civilian protection in general and the work of Nonviolent Peaceforce in particular.

Chip Sharpe



Book discussion with Steve Cavin

Local author, poet, and student Steve Cavin is offering a group discussion examining *Fear*, by Thich Nhat Hahn. Discussions will begin on Monday, November 4, from 7-9 p.m. at HUUF and will continue at the same time on the following Mondays: November 11 and 18 and December 2 and 9.

The first four sessions correspond to named chapters in the book: Original Fear, The Five Remembrances, Nature of Interbeing, and Practices for Transforming Fear. There will be an optional fifth session at the end, offering two 15-minute Zen meditations with a brief intermission for discussion and impressions.

Purchasing a copy of the book isn't necessary, but is recommended. Each of the four sessions is self-contained; you may attend some or all of the sessions and are sure to get something out of it.

Steve Cavin has served as staff on meditation retreats for over 25 years all over Northern California.

FUNdraising can be fun

HUUF office

The HUUF FUNdraising Committee serves as a clearinghouse for major fundraising event proposals. The Fundraising Committee is *not* responsible for organizing fundraisers, but we have a toolkit of valuable resources to share with organizers to help ensure fun and successful events.

A proposed event is considered to be a "major fundraising event" for HUUF if the goal is to raise at least \$500, after expenses. These do not include fundraising campaigns, nor standing fundraisers (such as the service auction), nor committee projects. While the HUUF Fundraising Committee is not responsible for the coordination of the fundraising events, we do seek to foster and facilitate the best use of HUUF human and building resources for such events. If you have questions, please contact the Fundraising Committee at fund@huuf.org or committee member, Ilene Harris, at 725-9043, or ileneharris@gmail.com.

The Committee does not need to review activities whose purposes are primarily community-building and raising funds to cover costs of the activity, or if proceeds from proposed events are less than \$500.

The Committee reviews proposed major fundraising ideas that are submitted on the HUUF Fundraising Event form (in HUUF office), or completed online (<https://tinyurl.com/HUUF-fundrais-form>). Ideally, this form is submitted at least 6 weeks in advance of your proposed event. The Fundraising Committee reviews proposed major fundraising events for inclusion on the HUUF Calendar and announcements by the second Wednesday of each month, and will notify groups or persons submitting the form by the third Wednesday of each month.

So, could you be a champion for one of these fun ideas brainstormed by Fellowship members? Love to dance? Partner with the Humboldt Folklife Society on a Barn Dance. Flowers make your heart sing? Set up a Fresh Flower Market using flowers from our members' gardens.

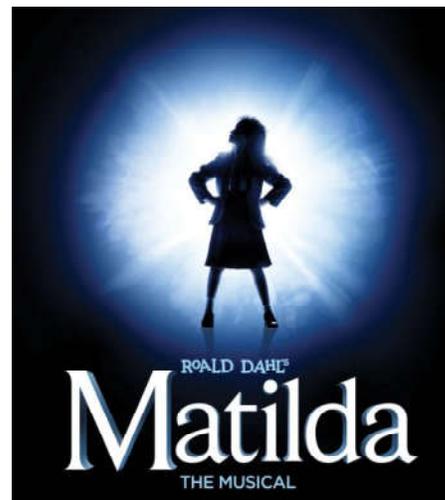
Our list of promising, member-generated fundraising ideas and Fundraising Event forms are available in the lobby. Get inspired. We'll help you get going.

Ilene Harris, Susan Penn, and Terry Uyeki

Matilda the Musical

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

There will be a special performance on December 7 at 2 p.m. Tickets are \$18 for Children 12 and under. General Tickets are \$25. They will be available at the Fellowship Office, at Sunday Services in October, by contacting Ilene Harris at 725-9043, and at the Ticket Office (Wildberries).



Questions to ponder

Over the last several months the members of the Fellowship have wrestled with these issues:

- ways the Fellowship can be supportive of the houseless and vulnerable amongst us and what are our boundaries
- how can we be most supportive and welcoming to the LGBT community, especially trans and non-binary persons.

These are both complex and heartfelt items that deserve our full attention by listening closely to and honoring all perspectives. The Quakers have a way of addressing such items that we will try to emulate. The first congregational gathering on Sunday, December 8, will naturally flow from Rev. Anthony's preaching on the topic of our idealism and our limitations as a congregation on assisting the most vulnerable. That gathering will be what the Quakers call a "threshing." Each person will be encouraged to speak once about their personal thoughts on the topic. This is not a discussion. It is a chance to practice deep listening. There will be notes taken at the meeting; however, there will be no decisions made and no cross-talk. This encourages all to really express themselves fully. The issue will then be released to be "seasoned" by pondering and further discussion. Any decisions will then be made at an actual congregational meeting. The Quaker process seeks to move the community closer together by reaching unity of understanding and purpose, in addition to consensus.

In a like manner, the issue of how to be supportive and welcoming to trans, non-binary, and others will be addressed in a January sermon, followed by a "threshing." This will include the bathroom signage question.

All congregants are encouraged to think deeply on these issues and come to each meeting prepared to speak concisely and deeply from the heart and mind. More information will be forthcoming in the December newsletter.

Your HUUF Board executive committee

Ministerial Start-up Seminar

Remember how powerful the Multicultural Transformation Workshop in September was? Rev. Dr. Jonipher Kwong will return, with our UUA regional professional, Annie Scott, for another seminar on Friday and Saturday, November 1 and 2. This seminar will focus on many aspects of our congregation including sharing our history with our new minister, Anthony Mtuwasa Johnson and wife Lydia Johnson, and integrating them into the fabric of HUUF. We'll start off with a 6 p.m. dessert potluck on Friday, November 1, followed by a presentation of HUUF's history and sharing why congregants have chosen HUUF as their spiritual home. Saturday morning, after nibbling on bagels and fruit at 8:30, we'll start our morning session at 9 during which we 'unpack' the culture of the Fellowship and dive deep into what keeps people coming back.

The first two sessions will be of interest to all congregants. The Saturday afternoon session will focus on working relationships between Board, staff, and congregational leaders (committee leaders, etc.) including setting goals for this year with Anthony. Jonipher would like this group to be about 20 people.

Please pre-register with the office if you'd like to attend the Seminar. Send an email stating which session(s) you wish to attend, childcare needs, and if you will breakfast with us on Saturday. Board, staff and congregation leaders have precedence when registering for the Saturday afternoon session (Limit 20 persons). Saturday lunch is brown bag.

Berti Welty

Little Free Pantry

As we come into fall we notice the changes that it brings. Those who garden give thanks for their hopefully bountiful crops. All of us give thanks for the rains that nourish the land and, in our new era, reduces fire risk. As the seasons change, let's remember those amongst us who are in need of food. How wonderful that our Little Free Pantry (LFP) is here to fulfill that need. Right after the PG&E Public Safety Power Shutoff our LFP was down to 3 items, the lowest amount so far. Please continue your generosity and bring whatever you can share to replenish our LFP for those among us in need. Thanks for making a difference.

Carol Newman



Guest at Your Table

As we enter this season of gratitude and giving, we again embrace the Unitarian Universalist Service Committee's (UUSC) Guest at Your Table campaign, in which a welcomed "guest" in our home reminds us of need and of abundance, and of the privilege of being able to share our bounty with people near and far. We all need help sometimes, we all give help sometimes, and we all deserve a welcoming table, with plenty of good food, love, and beauty.

UUSC works in a variety of ways in this country and around the world, always respecting the particular needs and the particular power of our partners in change. This year, Guest at Your Table has chosen a theme of women leaders strengthening communities. Just a few examples:

- Pelenise Alofa mobilizing the people and resources of Kiribati to cope with ocean warming and sea level rise
- Marta Velasquez documenting and defending Hondurans in the face of increasing violence and militarism
- Wai Wai Nu, following seven years of political imprisonment in Burma, advocating human rights for women and for minorities
- Monica Curca, herself a child refugee from Romania, now helping refugees at our border use art and performance to give voice to their experiences and dreams

At our services on November 10, HUUF will begin this year's participation in Guest at Your Table. *Stories of Hope* booklets provide more on the achievements and goals of these four women. We invite you to read and share these timely and inspiring narratives.

Use your Guest at Your Table box, or other receptacle, to enrich your holiday celebrations. Feeding your "guest" serves as a daily reminder of our commitment to ongoing service, emergency aid, and international cooperation. Your collected donations can be brought to the Fellowship on January 5 or 12, 2020, preferably as a check made out to UUSC.

By making the work of UUSC possible, we affirm our commitment to peace, liberty and dignity, justice and compassion, and respect for the interdependent web of all existence.

Chip Sharpe



Art and Aesthetics

Featured in the Sanctuary Gallery November into December will be the work of Diana Schoenfeld. Diana creates photographic narrative by the juxtaposition of found objects and old photographs. Her medium is gelatin silver photography. Her imagery and medium join to give a dreamlike effect to her pieces. Another collection of her work of images of old school houses was shown a few years ago at the Morris Grave Museum of Art in Eureka.

Cheryl Rau

Service Auction

The HUUF "LoveLight" Auction, scheduled for Saturday, February 8, from 4 to 7 p.m., is a great time for everyone here and around us to shine bright. Donation Forms are in the foyer. We hope everyone can donate at least one thing: dinners, services, desserts, and creative events are always popular with bidders. Invite friends and your favorite local businesses to warm and brighten February with us, too. Want to be included in our printed Auction Program? Have your donation form turned into the foyer or online at huuf.org by 5 p.m. on December 16.

Shine Bright,

Auction Committee





Humboldt Unitarian Universalist Fellowship

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UU play trip to Ashland

Each year the Mt. Diablo UU Church hosts a UU weekend to view plays in Ashland. In 2020 the dates are March 20-22. They get group rates for both the plays (great seats) and rooms at the convenient Bards Inn. Costs vary depending on how many plays you wish to see and your room choices. Play options this year are: Bring Down the House, Peter and the Starcatcher, The Copper Children, and Midsummer Night's Dream. If you'd like more information email me at bertijo@humboldt1.com and I'll forward the information to you. Deadline to participate is November 18. Space is limited to first come.

Berti Welty

Bridgette's office hours

In the spirit of efficiency and furtherance of our HUUF mission, new office hours have been established for Bridgette. She will *only* be available for member support, scheduling and drop-ins from 12 noon -3 p.m. Monday through Thursday, as well as by email.

An any-time drop off question box will be made available and your needs will be addressed in a timely manner, as will all email.

Let us honor Bridgette's new availability times.

Rev. Anthony Mtuaswa Johnson

CLASSIFIED ADS

Classified ads are 10¢ per word. Send your check to the HUUF office and email the text of your ad to newsletter@huuf.org.

Deadline info

Deadline for the **December** issue of the newsletter is Wednesday, **November 20** at 5 p.m. Send committee reports, announcements and articles related to HUUF (email only) to 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 are available at:

<https://tinyurl.com/HUUFnews>