

Humboldt Unitarian Universalist Fellowship



November 2020

Connecting with Pastoral Counseling

Tom, Suzanne or Shawn will be on-site Mondays, Tuesdays and Thursdays 11:00 a.m.-3:00 p.m. Todd is available by arrangement. Call Bridgette at the Office to find who will be on-site at which time. You can schedule an in-person, phone or Zoom meeting for yourself or ask that someone make a hospital or safe home visit for a Fellowship or family member. You can also drop by to talk during those hours with whoever is there. There is room for safe social distancing with masks.

Bridgette is the heart and hub of HUUF ministry services. Call her if you are not sure who to ask for what you need. She knows the who, what, where, when, how, and sometimes even why answers. Bridgette can connect you to the Caring Circle for short-term services like rides, shopping, or meals. She can also help you access short term financial help from HUUF's Ministerial Discretionary Fund. Just ask.

"Ask for help not because you are weak but because you want to remain strong." Les Brown.

Bonnie MacGregor

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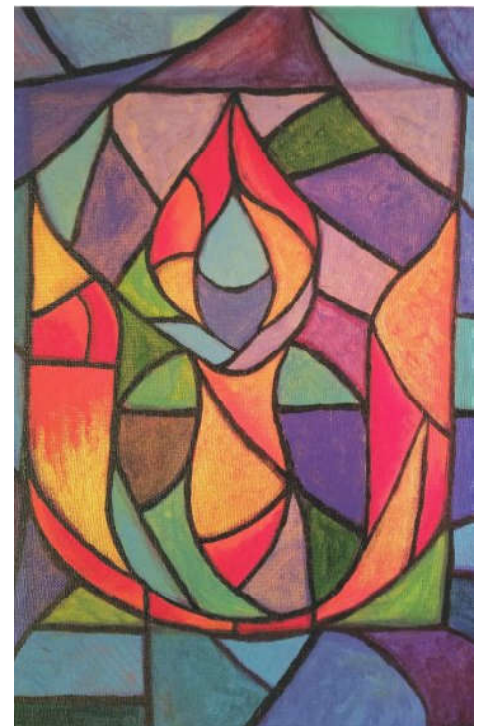
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UU the Vote update

Over the last six weeks, between 120-150 UUs from across the US, including myself, have made an amazing 1.3 million phone calls into Wisconsin and Florida urging people to vote. The original goal was 1 million. During a 2-hour shift, I was part of a crew that made 22,000 phone calls. I've been on three shifts so far. Now UU the Vote has set a new, higher goal of making 2 million calls. There are phone-calling opportunities on 10/27, and 11/2. You can go to <https://www.uuthevote.org/phone-banking/> to register. All it takes is a computer to attend the Zoom training and then the actual phone banking.

Greg Blomstrom, Co-president emeritus



When a minister leaves what happens to ministry?

“Ministers are spiritual leaders of our faith communities. They help us explore life’s questions, challenge us to live out our values, and comfort us in times of suffering. Ministers teach, preach, listen and learn by leading congregations, serving as chaplains, and working for justice in the community,” — uua.org.

Ministers are ‘a presence’ as well as leaders. They embody our values and care for us in palpable ways. That felt presence first changed for us when response to the COVID pandemic mandated distancing and substituted Zoom for in-person. Then Rev. Anthony left us, to heal. So here we are with this urgent question: where is ministry at HUUF?

Well, be assured it is still alive. All of what we absorbed listening to our parish Ministers, and all we learned of UU principles and values are still available to us. They come alive as we live them in our daily life. This is UU “spiritual practice.” And, as we practice in our unique way, we contribute our “lay ministry” to those around us and to the beloved community. Ministry lives in and through us. This is true with or without a parish Minister.

Our Fellowship has a long tradition of sharing ministry with our Minister. We facilitate classes, lead or contribute Sunday services and work for justice in the community. We support one another as we share our music or our insights about life’s questions and struggles in Soul Matters or other groups. And we “care for one another” in short-term physical and communal ways as part of the Caring Circle.

All of this is ministry. It is reciprocal. It keeps us connected and feeling like we belong and matter, and it keeps a sense of community alive.

There are times, however, when we are suffering: when we are sick or a loved one dies; when our financial resources are depleted and we are feeling lost; or when we go through a “dark night of the soul.” Where do we find a pastoral presence? Who will be here for us in a spiritually healing way?

Pastoral counseling - guidance, nurturing, and helping us consider options - has not been part of HUUF’s shared ministry. We have relied on our professional ministers to bring that “presence.” Now, just when we are likely to need it the most, what are we to do?

Well, Life does work in mysterious ways. This summer four trained and experienced Pastors converged at HUUF and have volunteered to provide that Pastoral presence:

- Rev. Tom Lewis, long time member, ordained by HUUF in 2001, provided pastoral care in Auburn and Chico for many years, has just moved back here to be with his family and rejoins us.
- Suzanne Kimmel completed chaplaincy and UU ministry degrees, left her role as HUUF RE Director to continue her path to becoming a UU Minister but is staying here an active member.
- Shawn Nichols provided pastoral counseling here fresh out of seminary before serving as a MSW social worker for 30 years; he co-leads our OWL program, and comes full circle to counseling.
- Rev. Todd Hoberecht, a parish minister for 25 years in Montana in a Christian church before moving here and joining the UU faith, leads Sunday services and offers his years of experience.

This is what happens to ministry when the Minister leaves, at HUUF.

Bonnie MacGregor, Committee on Shared Ministry



People

Congratulations to **Libbi Miller** (Professor of Education at HSU) who co-authored the paper entitled, “Creando Raíces: Sustaining Multilingual Students’ Ways of Knowing at the Developing HSI,” which was published in Composition Forum 44, Summer 2020. See <https://compositionforum.com/issue/44/hsu.php>.

Our best wishes to **Kate McClain** for a full and smooth recovery.

We also send best wishes to **Tom Lewis** who will undergo hip surgery on October 21.

Congratulations to **Susan** and **Scott Allen** on the arrival of their new grandson, Noah Scott Gerhard. Noah’s parents are Maggi and AJ Gerhard.

Sue Lee Mossman

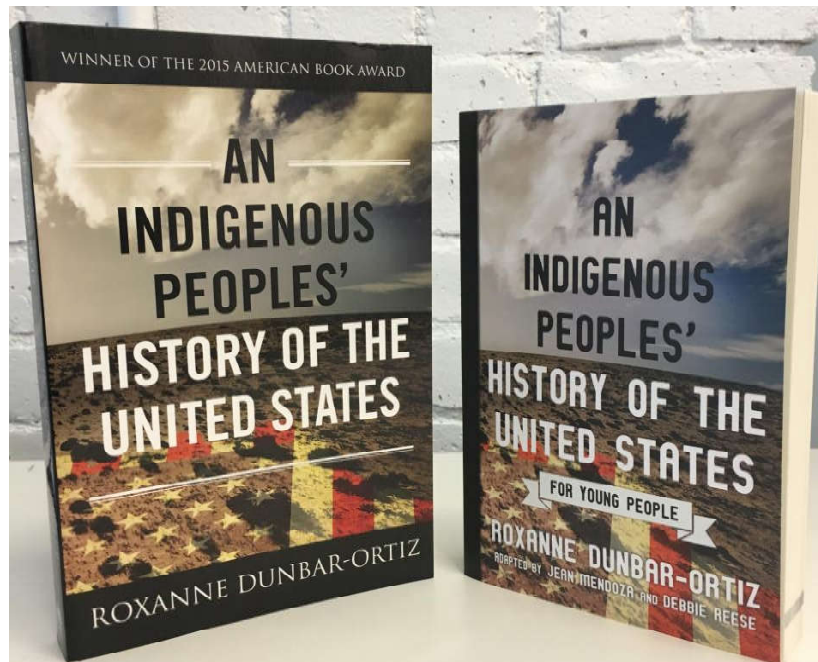
UUA Common Read

A new book group will begin meeting in November. The group will meet Monday, November 9, 16 and 30 from 6:30 to 8:30 p.m. and will discuss *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. An adaptation for young people by Jean Mendoza and Debbie Reese upends myths and misinformation promulgated by leaders and media and asks readers to reconsider the origin story of the United States taught to US schoolchildren.

This year, 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, 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’re not familiar with this history, you may want to read the version for young people. It has diagrams, illustrations, and other features that are helpful. The study group will use the discussion guide for this Common Read, which works for readers of either version. The original version is also available to download from Audible as an audiobook. I’ve purchased 10 copies of the young people’s version, which are available for \$19 at HUUF. Other copies are available through the UUA bookstore, Beacon Press.

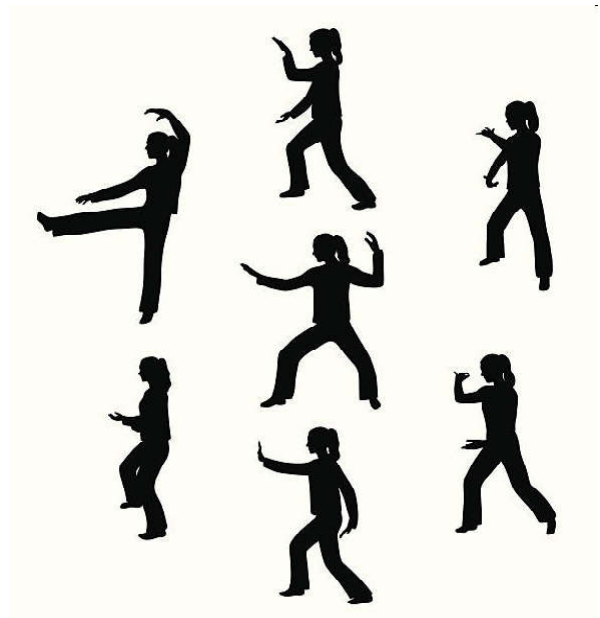
Berti Welty



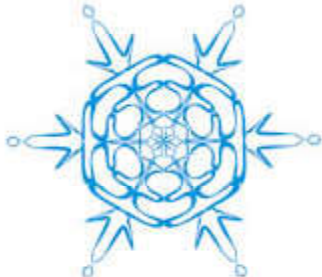
Look No Further

My mind is not still
but my body sits solid and unmoving in meditation.
My mind is not still
but my body circles serenely in T'ai Chi.
My mind is not still
but my body baptizes me again and again
in the blue of Crater Lake.
Day after day.
Year after year.
My body has been here all along, all knowing,
while I look for transcendence.

Look no further.



Margaret Emerson



Snowflakes: A Guide

by the Rev. Theresa I. Soto

How do we spring back into shape?
After a long week. An election season that drags.
A broken heart that's still not healed. Raw,
but beating. No duct tape will cover those cracks.
No glue will mend the gap. Some people think
they can shame you, make you small by calling you
a snowflake. What they don't know is this:
the snow is bright because the lines and lacy edges,
the crystals stacked, reflect back
the light shone down on them. And the light keeps
shining, just as you do. In this community, you choose
each other. You insist on blazing brilliant. Your
unique configuration is the Universe's expression
of what it means to be alive. And together, many
snowflakes make a mountain. You return to knowing
yourself and being yourself by the clarity of that
reflection. You can lay your burdens down and rest.
Lean into the place where you belong.
Allow the brightness of who you are,
both individual and community, to
light the way toward the future you
are building with your love.

— from *Spilling the Light: Meditations on Hope and Resilience*

Farmer Fund renamed for Ann King

The following is a transcript:

The Locally Delicious Food for People Farmer Fund is kicking off its twelfth season with a fresh spin on holiday giving. “In honor of our dear friend and colleague, original ‘Heirloom Tomato’ Ann King, who died last month, we’re asking the community to consider giving to the Farmer Fund as gifts to family members,” suggests Locally Delicious founder and President Ann Anderson. “Several of us do this already, and we highly recommend it as a feel-good gesture, particularly this year when Food for People’s need is so great.” Locally Delicious is seeding the fund with a \$2,500 contribution from their reserves.

Every year Locally Delicious raises funds for Food for People to help ensure all our neighbors have access to fresh local produce. The food bank uses these funds to contract with local farmers here in Humboldt County to supply produce specifically for the food bank’s clients. The farmers benefit by getting much-needed income at the beginning of the season, the food bank benefits by having guaranteed access to fresh local produce, and food-insecure Humboldt residents can get healthy food throughout the growing season.

To acknowledge Ann King’s irreplaceable contributions to the work of Locally Delicious, the Food for People Farmer Fund will in future be known as the Food for People Farmer Fund: In Honor of Ann King.

Donations to the fund can be made at any time of year by mail to PO Box 309, Arcata, CA 95518 (be sure to write FFP Farmer Fund in the memo field) or online at <http://locally-delicious.org/donate/donate-to-ffp-farmer-program/>.



Climate Action Campaign news

All are welcome to the CAC’s November Zoom meeting on Sunday, November 8, at 1 p.m. The link will be sent in the Green Sheet.

CAC members Pat Carr and John Schaefer have volunteered to help Scott Allen with assessing the total energy needs of HUUF in the next 10 years, and to research costs and benefits of converting completely to alternate sources of energy for heating and other purposes as the need to replace aging appliances arises.

The Sustainable Futures Lecture, “From Decarbonization to Decolonization: A Framework for Action on the Green New Deal” sponsored by HSU’s Schatz Energy Lab, will be presented on Thursday, October 29, at 5:30 p.m. This talk will offer a pragmatic praxis for aligning community solar campaigns with antiracist principles — linkages that can help communities of color rebuild after Covid-19. Register at <https://schatzcenter.org/speakers/>

Be in the right lane, drive 55 and keep earth alive.

Sue Lee Mossman



Sunday Services

Sunday, Nov. 1 – 11 a.m.

Día de los muertos – Lezley Troxell

Día de los muertos is a distinctly Mexican holiday. What does it mean when people who do not belong to Mexican culture appropriate this holiday? Tracy López, for *Latinaish*, defines cultural appropriation as the “‘borrowing’ of one culture by another culture, particularly when elements of a minority culture are used by a majority culture.”

How do we honor the celebration and ceremony of another culture without adopting it as our own? How do we create a meaningful altar that celebrates our ancestors with respect for another’s culture? These are the subjects Lezley Troxell will delve into during this service.

Sunday, Nov. 8 – 11 a.m.

Reviving Beloved Community – Suzanne Kimmel, Tom Lewis, Shawn Nichols and Todd Hoberecht

As we move forward inside this tumultuous year, it becomes imperative that we craft new, concrete ways to care for one another. How do we hold up hope, maintain connection, and foster our sense of belonging, even as the world continues to fall into disarray around us?

On this post-election Sunday, come join members of our Pastoral Care Team as they talk about what it means to minister to and help each other heal at this time. As they discuss how we can fortify beloved community so we can “be the change we want to see in the world.”

Sunday, Nov. 15 – 11 a.m.

Healing with Playful Hearts, Creative Minds and Fun Spirits – Luz Love and Scarlett Trippsmith

Come play and join this joyful extravaganza via Zoom. Bring your playful hearts, creative minds and fun spirits to uplift us in these tumultuous times. All ages are welcome.

Sunday, Nov. 22 – 11 a.m.

Garden of the Heart – Amy Day

It has been said that, “how we do one thing is how we do everything.” What if the same tools and ideas that make for a sustainable garden could provide us with tangible steps for living through these difficult times? What if we could approach our life’s callings with the same curiosity and rigor we bring to just digging in the dirt? Together we will look at principles of permaculture and see what they have to say to us – both as lovers of the Earth, and as cultivators of truth, beauty and justice in the larger world.

Sunday, Nov. 29 – 11 a.m.

Gratitude for Indigenous People – Luz Love and Pat McCutcheon

In this season of Thanksgiving, it is important to remember that giving back generates gratitude. Having a welcome, open heart promotes generosity. In this service, facilitated by Fellowship members Lucera Love and Pat McCutcheon, gratitude and acknowledgement of the indigenous people of this land will be offered up. The themes of gratitude, reciprocity and an open heart will be explored in small groups.



Guest at Your Table

Our Fellowship has a tradition of supporting the Unitarian Universalist Service Committee (UUSC) each fall by meeting a few project partners and collecting donations in support of UUSC. You may recall the *Stories Of Hope* booklets distributed in years past. Now we have new stories with more vibrant and accessible options.

The 2020-21 theme is “The Meaning of Home.” For many of us, our relationship with home has intensified this year. The pandemic has given us a new appreciation for, and concerns about, the places we call home and the centrality of these places in our lives.

The ways in which our congregations and families come together may look different, but the beloved tradition of Guest at Your Table is here and needs your support. Our virtual guests this year are a Rohingya teenager who escaped Burmese genocide when he was 17, a Mayan advocate for human rights, an indigenous scientist in the Marshall Islands, and the chief of Louisiana native people. Meet them in interviews, a video, and a children’s story at: <https://www.uusc.org/resources/congregations/guest-at-your-table/>

Donations can be mailed to:

Unitarian Universalist Service Committee

PO Box 808

Newark, NJ 07101-0808

- or made online at: <https://tinyurl.com/GuestUUSC>

Please identify yourself as being from HUUF by entering our congregation code 2111.

Gifts over \$125 will be matched. Membership is \$40 or \$25 for seniors or students. UUSC is a tax-exempt 501(c)(3) nonprofit corporation. All donations are tax-deductible to the extent permitted by law. UUSC’s Tax ID is 04-6186012.

Chip Sharpe





Humboldt Unitarian Universalist Fellowship

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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.

Organic Low Sugar Jam, Strawberry, Blueberry, Peach, Fig, Apple Butters, Pear Jams, \$7 each or four for \$25, make great gifts and yummy. Joanna's Jam, jfwelch22@gmail.com

HOMEBOLODT BOUND: Do you have an inlaw unit, small apartment, or small outdoor space on a peaceful property to rent? Jessica Knapp, daughter of Jeff and Karen Knapp, seeks both short-term and long-term housing or land in Humboldt County to rent or buy. I was raised in the HUUF community, and I want to return home to be closer to family and support them during the pandemic. Contact me at jess.yess1851@gmail.com or 707-499-6643 for more info, with any questions, or an opportunity.



Deadline information

Deadline for the **December** issue of the newsletter is Friday, **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 at:

<https://tinyurl.com/HUUFNewsGuide>

Stephen Sottong, editor