

Humboldt Unitarian Universalist Fellowship



November, 2024

To the Beloved HUUF Community

The unreal other in our lives

“Then it hits me. Maybe we’re the pieces. Maybe that’s it. With what you were talking about before, Tikkun olam. The world being broken. Maybe it isn’t that we’re supposed to find the pieces and put them back together. Maybe we’re the pieces. Maybe what we’re supposed to do is come together. That’s how we stop the breaking.”

~ Rachel Cohn and David Levithan

The feeling of attunement—experiencing connection and alignment with another—is a powerful state. When we feel seen, supported and in step with another, we unlock the power of solidarity, community. All of a sudden, the insurmountable problems of this life seem more approachable, the impossible, less so, buoyed by knowing that the hands and hearts of trusted and beloved others are here to companion us through it all. And yet, according to psychological researcher Ed Tronick, even inside the most healthy and securely attached relationships, we’re only “attuned” about 30% of the time. The other 70% we’re out of sync, experiencing the pangs of rupture and disconnection, in



ways both big and small. Or, as the Buddhist wisdom keepers would explain it: We are caught up in our own illusions of separateness.

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Thanksgiving potluck at the Fellowship

Berti and Jo will again host an all-Fellowship potluck on Thanksgiving Day, starting at 2:00 p.m. They will provide the roasted turkey. All the desserts, side dishes, and vegetarian alternatives will need to be provided by those who attend. So, ask yourself the question: Why cook a complete holiday dinner for just a few people when you can prepare your favorite side dish, leaving the rest to others, and join a joyous crowd? Let’s come together to celebrate the season with good food, good company, and gratitude. Bring your favorite dish to share—whether it’s a family recipe or a new creation—and enjoy an afternoon of community and connection.

If you know what you will bring, please email Berti (address below) so she will know what will be coming. This is helpful for when people ask what needs to be brought. However, don’t miss out if you forget to let her know, just show up with your prepared dish. As usual, help will be needed with set up, starting at 1:30 PM,

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Mindfulness expert Tara Brach warns us that too much time spent in this illusory land can lead to what she calls creating “an unreal other: Rather than a living, feeling Being with wants, needs and fears, another person has become an idea in our mind and is not subjectively alive or real to us. They are two-dimensional and flat.” We do this, she says, “...any time we begin to sense aversion and distance with another... pushing people out of our hearts on a larger scale...”

Sound at all familiar inside the current context?

So what is the way back? What is the path to repair when we spend so much time in the land of rupture? When it has become the increasingly noxious water that we’re swimming in? And who is to guide that big and important work? Inside the parent-child relationship, it’s said that it is always the caregiver’s responsibility to re-establish connection with the child, to initiate the work of repair. But what of the more complex and fraught relationships we encounter out in the larger world (or even in our own congregation)? From the Trump-y neighbor, to that person who always goes on too long in Joys and Sorrows, to the former friend whose words and actions left a deep, abiding wound? Who’s responsible for mending what has been severed? And where do we begin?



If you are reading this right now, beloved, I suspect you know the answer. It is up to you, dear one, to do the faithful work of *Tikkun Olam* (repair of the world) in this life. Starting right where you are, using the tools available to you. We begin by turning toward the wounded places, in ourselves and others. Learning to hold them with tenderness and kind regard. We sit down and share a cup of coffee, when able, and break bread. We place an image of the hurt or difficulty on our altar, real or imagined. We rest. We make space for grief. We remember that we—you and me, all of us called to envision a world radically reordered and oriented toward Love—were made for these times. We remind ourselves that, like the Velveteen Rabbit, we call someone back from the land of the unreal into the real by leveraging the full force of our love upon them. And together, the way becomes clear.

Yours, in grace and gratitude, your Shared Ministry Team,
Amy Day and Bridgette Garuti

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and with clean up afterward. Please email so she and Jo will know who will help with those vital tasks.

We are looking forward to a wonderful afternoon with our Fellowship family. All are welcome.

And yes, you can bring your friends and neighbors.

Berti Welty, bertijo@humboldt1.com

Sunday Services

Sunday, November 3, 11:00 a.m.

Being Prepared—Lori Dengler and Berti Welty

November 5 is World Tsunami Awareness Day, so this is the perfect time to talk about preparedness and creating a disaster-resilient community. Lori Dengler will give an overview of hazards, what could happen after an earthquake or flood in the Jacoby Creek area, personal preparedness resources, and steps the Fellowship might explore to expand our role in this area. Copies of *Living On Shaky Ground* and tsunami information will be available.

Lori Dengler is an emeritus professor of geology at CalPoly Humboldt and an expert in tsunami and earthquake hazards. Since retiring in 2015, she continues to work on North Coast earthquake and tsunami preparedness and writes the weekly “Not My Fault” column in the *Times-Standard*.

Sunday, November 10, 11:00 a.m.

Practice Repair—Amy Day

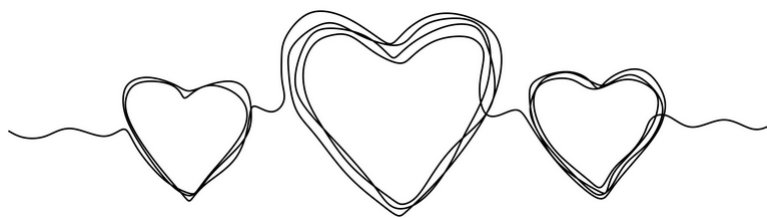
"Perhaps I have tools you could borrow, perhaps you could lend me from yours, and together we can practice repair." So writes Rev. James McFarland. Join us for this special post-election service, where we will gather inside the sacred space of community once more, to bear witness to what feels ruptured both within our own hearts and lives, and within the larger collective as well. Together, we will reclaim our tools for repair.

Maggie McKnight will offer music at this Sunday service.

Sunday, November 17, 11:00 a.m.

The Wisdom of the Heart—Karen Harris and Amy Day

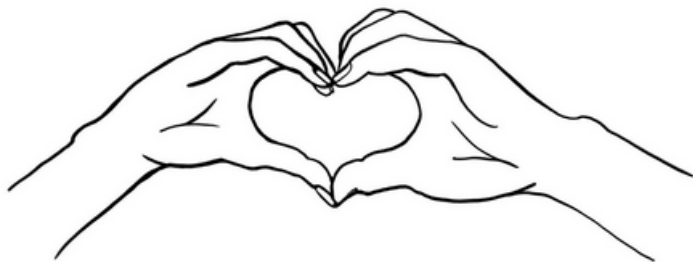
Join well-known teacher and former HUUF minister Karen Harris as she delivers a heartfelt message that speaks to the collective moment we are in. With grace, humility, and a generous dose of humor, she will invite us into a space in which we can receive the wisdom of our own hearts, and gather what we need to move well in these times.



Sunday, November 24, 11:00 a.m.

We Give Thanks—Amy Day

On this Stone Soup Sunday, we invite you to join us for a heart-lifting experience of reciprocity in motion. Together we'll lift our voices, spirits, and hands in offering to the whole. Part of our time together will include a few key acts of service, before sitting down to a collective feast. Please bring a small dish to share.



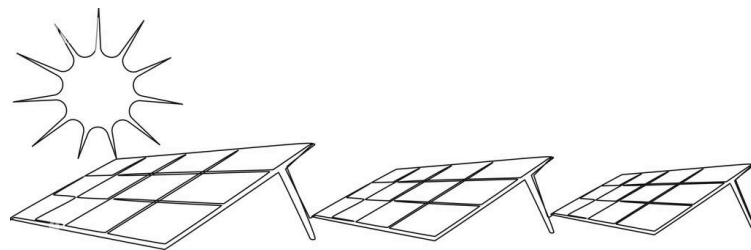
Climate Action Campaign

New solar project coming to Care Building rooftop

At our October monthly meeting, CAC members reached consensus supporting the proposal for HUUF to install 14 solar panels on the rooftop of the Care Building. Those panels will join our existing solar project, which has been in operation since 2008. The next step will be to consider installing a battery system as soon as possible.

Thank you to HUUF's Board for approving the project and to the Endowment Committee for providing the full cost of \$10,480. Thanks also to Roger, the solar contractor, who generously offers to donate his personal labor for this project. According to Roger, our lower electrical bills will almost completely offset the cost of the additional solar panels by the time our eligibility for NEM 2 pricing for solar energy expires on December 12, 2028.

We thank the Board of Trustees and the Endowment Committee for their commitment to the Fellowship reducing its dependence on fossil fuels. Thanks to all involved for helping make HUUF a leader in our local interfaith community by acting on our moral responsibility to protect the



Earth. We set an example in our concern for the well being of future generations.

The future of democracy and climate policy in this country are at stake in the November election. Please remember to vote, and when you do, vote for candidates who are committed to climate action.

Thank you, CAC member Joanna Welch, for your letter to the editor on this topic in the October 18 issue of the *Times-Standard*. See <https://tinyurl.com/432vwzn9> to read Joanna's letter.

And thank you to CAC members for getting a second batch of postcards written and mailed in October encouraging citizens in Oregon to vote.

In other news, join us on Monday, December 2, at 7:00 p.m., when CAC co-sponsors 350 Humboldt's Zoom presentation, "California Forests Aren't Fuel: Golden State Biomass Boondoggle" by Rita Vaughan Frost. The presenter is a forest advocate for the Natural Resources Defense Council. She will speak about plans by Golden State Natural Resources Company to construct wood pellet plants in Lassen and Tuolumne counties to export a million tons of pellets a year. There are huge pollution risks and environmental justice issues related to pellet production. More on this free event will be provided in an upcoming *HUUF Weekly*.

COP 29, the 29th UN Climate Change Conference, will take place in Baku, Azerbaijan, on November 11-22, 2024. This is a critical opportunity to accelerate global action to tackle the climate crisis. With global heating and extreme weather events affecting people worldwide, COP 29 brings together government, business, and civil society leaders to advance solutions to the existential issue of our time.

A significant decision that must come out of COP 29 is agreement on a New Collective Quantified Goal on climate finance (NCQG) starting in 2025. Developing countries, many of which are trapped in a vicious cycle of debt and poverty, are affected by ever more devastating climate impacts. They ask for a fund of one trillion dollars to help them reduce greenhouse gas emissions sufficiently to protect them from the impacts of climate change.

COP 29 will also provide a key opportunity for countries to present updated national climate action plans under the Paris Agreement. These plans are due by early 2025. If done correctly, they will provide a framework to limit global warming to 1.5° C above pre-industrial levels, while doubling as investment plans advancing the 17 Sustainable Development Goals (SDGs) adopted in 2015 by the UN. The SDGs are goals

See "Climate Action," on back page

HUUF Board Notes

Congregational feedback process continues, and a very generous donor

Attending the HUUF Board meeting on October 8 were Margy Emerson, Corazon Amada, Amy Day, Hart Mendenhal, and Josh Charles. No HUUF members attended the public comment period.

The Board officially recognized the Membership approval of Valerie Gizinski to join the Endowment Committee.

The Board approved the following text addition to the Personnel Policy Manual regarding staff being present during discussions regarding pay adjustments: “Employees are welcome to attend Board meetings to request pay adjustments but will not be present for the Board’s final discussion and decision.”

A proposal for an addition to the solar array was discussed and approved by the Board, with the funds to come from the Endowment Committee. The Board recognized, with gratitude, an anonymous donation to HUUF of \$16,000, which will go to the Endowment Fund.

The Board has designated December 8 as the follow-up service to continue the process of obtaining feedback from members, which began at the October 6 Congregational Meeting. The Board encourages all HUUF members to reach out to us with their views of the met and unmet needs of the congregation. These ideas will be shared with the Consensus Committee and with the rest of the congregation.

Our next Board meeting is scheduled in the HUUF Sanctuary on November 12 at 7:00 p.m. The first 30 minutes of every Board meeting are reserved for HUUF members to address the Board and Leadership Team.

Jason Teraoka, HUUF Board Secretary

Friday, November 1, 5:00 p.m. — 8:00 p.m.

Soul food and more

Join us for our monthly intergenerational gathering to nourish body and soul. Together we’ll eat, share, serve, play, and connect. At 5:00 p.m., come help us roll up a tray of burritos for Church of the Joyful Healer. Or join us promptly at 6:00 p.m. as we’ll circle up for a group blessing and burrito bar (bring something to share) followed by games, play time for kids, and facilitated conversation from our monthly Soul Matters packet for adults. (This month, we’ll look at the theme of “Repair.”) All ages welcome. Hope to see you there.

Amy Day

Letter to the Editor

Gender and minors

There is a growing debate about the risks and benefits of trans care for minors, including use of hormone blockers and cross sex hormones. This debate is not about rights for adults to transition and be treated with the same love, respect, dignity, and civil rights as everyone else.

If you are concerned about a child who has gender dysphoria, the Cass Review is an extensive research document from England that is on the web. It is the reason England has closed Tavistock, it's primary gender affirming clinic for minors. Most of Europe has followed suit. Genspect and Genspect a Wider Lens is an excellent resource on YouTube for more information.

OWL is outdated. Its presentation of gender transition is idyllic and unrealistic.

An article appearing in *UU World*, spring/summer 2024 about UU support of relocating people seeking gender-affirming care said that laws restricting this care for minors is fascism. I wrote a letter of concern to the editor and Sophia Bettencourt in June and have not received a response.

My email address is puzzpaula@gmail.com if you would like to discuss this issue. Deep listening on all sides is necessary for progress. Thanks,

Paula Levine



Humboldt Unitarian Universalist Fellowship

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that promote “peace and prosperity for people and planet” through tackling climate change and preserving Earth’s forests and oceans.

If you’re interested, you can sign up for COP 29 US Delegation updates at <https://tinyurl.com/a934vv6y>

Switching to the local level, do you have clothes, shoes, and other textiles too worn to donate, but you don’t want them dumped in a landfill? Trashie takes all kinds of items: clothes, shoes, and linens, and upcycles items in good shape and downcycles what can’t be reused. For \$20-plus tax and \$3 shipping, you get a large “Take Back Bag” which holds up to 15 pounds of stuff. Then download the shipping label, and send it back via USPS. More information at <https://www.trashie.io/>

Finally, here’s a piece of encouraging climate news: The electric school bus manufacturing industry is booming. Boosted by federal funding from the bipartisan infrastructure bill, it will continue to do so no matter who wins the election.

Thank you all for every action, small or large, that you do to reduce your impact on the climate. Every action counts.

Sue Lee Mossman, CAC Co-chair

Classified Ads

Seeking assistance for former HUUF member: up to 15 to 18 hours per week for help with in-home and errand duties. No personal care necessary. Appreciate an encouraging person, someone who is okay with pets (two dogs), non-cigarette-smoker. Already an IHSS worker, or could share this info with a IHSS worker? That’s perfect —if not will advise on how to sign up. Pay for IHSS workers in Humboldt is \$17.50 per hour. Contact: Catherine at (707) 616-7924 or email cb_ladybug@yahoo.com.

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Looking for a house/petsitter with a name you can trust? Look no further! Thanksgiving week is available! Montana Caouette is booking for 2024-2025 at reasonable rates.

Call (928) 607-1931, or email caouette.michael@gmail.com