

Humboldt Unitarian Universalist Fellowship



To the beloved HUUF community

November 2025

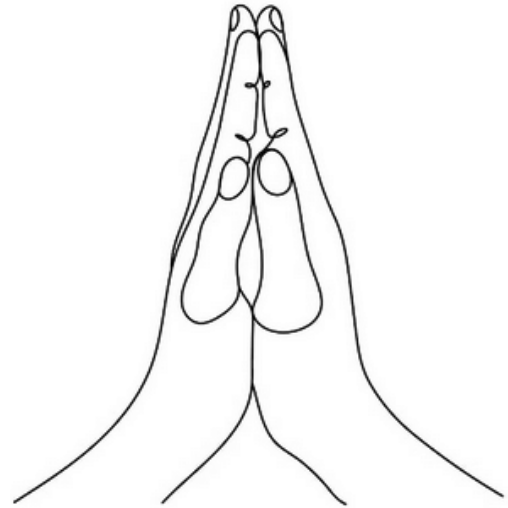
Finding gratitude in times of need

I sat in a circle with a group of spiritual directors recently. We were asked to reflect upon our ideas around God. How did we identify? Pantheist? Atheist? Monotheist? Pagan? Or was the gracious umbrella of Unitarian Universalism expansive enough to hold the complexity of our thoughts and convictions? One woman spoke words my soul needed to hear: *“I need a God who exists inside of ugliness. I need a God who is present not only in that which is pleasant, but also lives inside the devastated places, the despair.”*

As we journey this month into a call to gratitude, that feeling can be difficult to summon. Are we thankful for the last vestiges of our democracy being ripped away? For daily assaults upon our shared humanity and dignity? Are we to feel appreciation for the violent persecution of non-white or non-cisgender bodies? For the willful destruction of all that we hold dear inside this world? What exactly do we have to be grateful for?

And yet, a second glance at this notion invites us to pause and look deeper. Sprinkled throughout this month, we see holy reminders of those who have lived, fought, and actively resisted before us: *Transgender Day of Remembrance, Indigenous Peoples’ Heritage Month*, heck, even *Buy Nothing Day* speak to our inherent capacity to shift our focus (and therefore our locus of power) from a vantage point of deficiency to one that recognizes the fecund abundance we have in the body of the living Earth, in the power of collective action and community. Some of the most powerful anti-oppressive movements in history have been spearheaded by those who had the least access to the levers of power, the least privilege, the least amount of capital and political resources, and yet they leveraged what was at their disposal to make seismic shifts in the world around them.

Perhaps it is time to anchor into a notion of God that is present not just in times of plenty, but also, and more importantly, in the times of lacking, that is there in our times of need. Whatever that definition holds for us, Nature, Creator, Spirit, or even “Group of Drunks” for those who’ve found See “Beloved,” page two



Open for Sunday Service

HUUF Sanctuary and foyer to be closed Thanksgiving week for floor care

This Thanksgiving week, HUUF’s Sanctuary and foyer will be closed while the Sanctuary’s hardwood floors are treated and renewed. Because the floors need time to rest (the longer they go untouched, the better) the foyer will also be blocked off to serve as a temporary home to all the Sanctuary’s usual inhabitants—chairs, tables, piano, and more.

While the floors will be ready for the Sunday, November 23 service, sadly, we will not be able to host the annual Thanksgiving potluck that Berti Welty and Jo Weisgerber have organized for many years. However, they do plan a Christmas dinner a few weeks later.

As we reflect on the meaning of this holiday and how it aligns with our values, we recognize that celebration can take many forms. This Thanksgiving, while our Sanctuary rests, we hope you will share the pleasure of the holiday in the company of those you care about. Perhaps you might consider inviting a Fellowship member or two to join you?

Though our doors will be closed for this mindful investment, our spirit of community and gratitude remains wide open. Caring for our shared home is an act of stewardship, as is the way we gather, listen, and break bread together.

Coming soon: OWL for ages 50 and over

We are excited to share that HUUF will soon offer Our Whole Lives (OWL) for Adults—beginning with a class specifically designed for those 50 and older. The class will likely be held on Sunday afternoons, and we are reaching out now to gauge interest.

The OWL program, rooted in Unitarian Universalist values, offers age-appropriate opportunities to explore sexuality, intimacy, relationships, and identity in ways that honor dignity, respect, and self-determination. For adults 50+, the program provides space to reflect on the joys and challenges of this stage of life, and to celebrate the wisdom and experiences that shape our bodies, relationships, and spirits.

We know that some folks might think, “At this stage of life, do I really need this?” Our answer: absolutely! Sexuality and intimacy are lifelong journeys, and your wisdom and willingness to keep exploring matters deeply. In fact, we believe it’s important for our elders to set the tone for younger generations—to show that sexuality is something to value, honor, and invest in throughout every stage of life. You are our leaders, and your participation will ripple outward.

The series will run for 14 sessions (90–120 minutes each). To help us fairly compensate our facilitators, we are asking for a sliding scale contribution:

- Supported Tier: \$0–\$75 (for those with financial need);
- Sustainer Tier: \$150–\$250 (the standard rate);
- Community Builder Tier: \$300–\$400 (for those able to help fund scholarships).

We will also offer up to eight scholarships to ensure that cost is never a barrier. Our goal is a circle of about 16 participants, with everyone contributing as they are able.

This is just the beginning! After this first offering, we hope to hold additional OWL classes for other age groups—next for those ages 35–49, and then for young adults 18–34.

If you are 50+ and interested in participating, please email office@huuf.org to let us know. Your response will help us determine timing, format, and facilitators. Together, we can create a safe, supportive, and deeply meaningful space to learn, share, and grow.



Online community care calls with Amy Day

Every first and third Wednesday of the month at noon, Lay Minister Amy Day hosts a small group circle via Zoom, designed to help fortify our nervous systems and provide mutual support and care for whoever may need it. This circle is open to all, but particularly designed for those dealing with isolation, moving through major life challenges or loss, looking to reconnect with community or to expand their toolkit for coping with stress, uncertainty, or change.

Visit the HUUF website for more information or to register: <https://huuf.org/home-2/upcoming-events/engagement/>

Beloved, from page one

support within the wisdom of recovery spaces. However we choose to name infinite source, I have a feeling gratitude will be a powerful conduit to bring us there.

In the words of black pastor and organizer Delonte Gholston:

“Gratitude tells a dehumanizing and brutal empire that you cannot take away my humanity. You cannot take away my capacity to love. You cannot take away Love’s power for healing. You cannot remove the image of the Divine that lives within me. You cannot take away my joy. I am grateful to be alive. I am grateful to live to fight another day. I am grateful to heap hot coals upon your head. I am grateful that your [the empire’s] ways have been exposed. I am grateful that Babylon will fall...I resist. I am grateful. I resist. I am grateful. I resist. I am grateful. I resist.”

May these be some of the words and prayers that echo from our own lips, into the listening world beyond.

Yours in grace and gratitude,
Amy Day, Lay Minister

Sunday Services

Sunday, November 2, 11:00 a.m.

Evolution by David Simms, with Holli Sinn

More information on this service can be found at huuf.org. Note that Daylight Savings Time will end the night before this service, and clocks will “fall back” one hour.

Sunday, November 9, 11:00 a.m.

In All Things, Give Thanks, with Amy Day

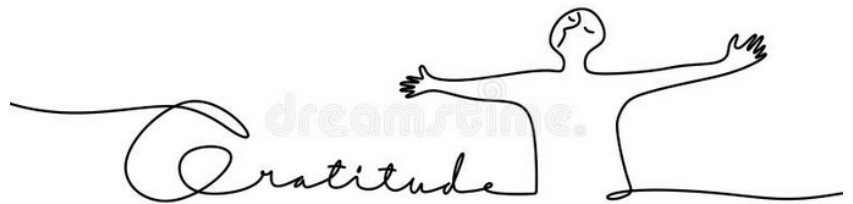
Many of us are familiar with Gratitude as a spiritual practice. Whether in writing, texting a friend, or pausing before a meal to name the places where grace is moving, it's a powerful way to recalibrate our hearts to the frequency of abundance. But what would this practice look like if we were to consciously *give thanks* for the places of difficulty as well? What might shift if we developed a habit of thankfulness in the midst of it all? Together, let's try this on and see where it leads.

Please join us after the service for our quarterly Congregational Meeting, at which childcare will be provided. Bring a simple finger food item to share.

Sunday, November 16, 11:00 a.m.

Braiding Gratitude, with Montana Caouette

Gather as a community in fellowship to weave a service centered on gratitude. Inspired by the Haudenosaunee Thanksgiving address adapted from Robin Wall Kimmerer's *Braiding Sweetgrass*, in this service participants may share their gratitude in a uniquely Unitarian Universalist fashion. Drawing from indigenous wisdom and scientific knowledge we will join together in braiding gratitude.



Sunday, November 23, 11:00 a.m.

Agape Sunday, with Amy Day

Join us in a spirit of unconditional love and offering, as we come together to embody our community aspiration: "Let service be our prayer." Together we'll come together as a community to engage in bite-sized service projects as a way to care for those at the margins. From letter writing to preparing meals for our unhoused neighbors, we will do the gentle work of not only envisioning, but also moving toward the type of world we want to be a part of.

As part of our sacred time together, we'll enjoy a simple potluck meal. Please bring a dish to share.

Sunday, November 30, 11:00 a.m.

Religious Transgender Experience, with Bellamy Devine

Bellamy Devine (they/them) will discuss their experience as a religious transgender person. Come learn what the (debatable) first author wrote about androgynous temple priests in Mesopotamia, all the way up to current Christian understandings of eunuchs. This will be a mix of religion, history, and gender.

Climate Action Campaign

Reasons for hope

Thanks to Cena, and comments needed to support removing Eel River dams

A bouquet of thanks to Cena Marino who attended the October 14 meeting of the State Water Resources Control Board in Fortuna on this matter.

PG&E has operated two dams on the Eel River's headwaters for nearly a century, but the dams have become too expensive for PG&E to operate and have not produced power since 2021. PG&E is now applying to remove the dams; it's now known that one has an earthquake fault beneath it.

The Water Board plans to review the environmental impacts of the dam removal project. The Board seeks comments from the public concerning the scope and content of the EIR. Comments must be received by 4:00 p.m. Monday, November 3 and provide your name and address. Title your comments "Potter Valley NOP Comments" and mail them to:

Wilhelmina Chon, Hydroelectric Project Manager, State Water Resources Control Board, P.O. Box 2000, Sacramento, CA 95812-2000

Comments may also be emailed to Wilhelmina Chon at: Wr401program@waterboards.ca.gov

Below is a sample comment which you may personalize:

Dam removals have a long-term net positive impact on water quality and native fish populations, and are key for watershed restoration. The EIR process for the dam removals must be completed expeditiously to prevent more harm to the already depressed Eel River salmon population. Experience from other recent dam removals have shown that short term negative impacts can be identified, minimized, and mitigated, and risks managed effectively for safe removal of dams. I urge you to complete the water quality certification process and the EIR process on the dam removals as quickly as possible.

Sincerely, (your name and contact information).

Good news

"We need more great news!" says Pat Carr, CAC member, and our good news for this month is that in mid-October, Governor Newsom signed SB 279. The bill expands composting capacity across the state by allowing farmers to compost onsite, keeping critical nutrients on the land and reducing the need to haul or burn scraps. Currently, California farms and vineyards are required to truck their green waste to a composting facility, often hundreds of miles away. Coupled with a ban on agricultural burning that went into effect this year, farmers need this climate/eco-friendly alternative.

More hopeful news is that clean energy investment hit **two trillion dollars worldwide** in 2024. Simon Stiell, the Executive Secretary of the UN Framework Convention on Climate Change states, "The good news is we're not waiting for miracles. The economics are on our side... Today, over 90 percent of new renewables cost less than the cheapest new fossil option."

Keep your eyes peeled for reports from the 30th annual UN Climate Conference taking place this month in Belém, Brazil. It will bring together world leaders, scientists, non-governmental organizations, and citizens to discuss actions to tackle climate change. COP30 will focus on the efforts needed to limit the global temperature increase to

See "Hope," page five



HUUF members and others celebrated renewable energy at the Sun Day festivities in Eureka on September 21

Hope, from page four

1.5°C; the presentation of new national action plans (NDCs); and the progress of financial pledges made at [COP29](#).

Rotary Club of Eureka's Small Grants Program

We thank the Rotary Club of Eureka (RCE) for their generous grant to the book project for local elementary schools which allowed us to distribute sets of five climate and environmentally themed books to six schools in Eureka. See www.rotary1.org for more information about RCE's small grants program and the kind of projects the RCE funds.

CAC's November Meeting

Due to the Congregational Meeting scheduled for Sunday, November 9, CAC's November meeting is scheduled for Monday, November 10, at 7:00 p.m. on Zoom.

To conclude, I'll share the words of Greta Thunberg and Jane Goodall about climate action. Thunberg reminds us, "The one thing we need more than hope is action. Once we start to act, hope is everywhere." To this I add from Jane Goodall, "Be assured that our individual actions, collectively, make a huge difference...together, we can do so much. I believe we have barely begun to discover what humans are truly capable of when we become engaged, when we work together, and when we take constructive action to build a world that is worthy of the dreams of our children."

In gratitude to all for the actions that you carry out every day in your commitment and care for our planet and her climate. You give me hope.

Sue Lee Mossman, Co-chair



Sue Lee Mossman (CAC) and Nancy Ihara (350 Humboldt) received a very big check from Eureka Rotary Club President Dale Warmuth to support climate education in Eureka schools.

One activist's suggestions

What can we do to stop Trump?

Many of us feel powerless these days, and wonder what we can possibly do that would have any effect against the horrors of the Trump Administration. Local activist Richard Salzman recently sent around an email with some excellent suggestions:

- Join/donate to the ACLU (aclu.org)
- Join/donate to People for the American Way (peoplefor.org)
- Join/donate to PBS/KEET (keet.org)
- Join/donate to National Public Radio--JPR and KHSU (khsu.org, ijpr.org)
- Join the No Kings marches and rallies as they're planned. Millions across the country (and in other countries) are making themselves seen and heard by all of America, supporting each other and building momentum and solidarity.

Planned Parenthood (plannedparenthood.org) also desperately needs our support. I know there are many other critical organizations that Fellowship members and friends support. Thank you! Together we can turn back the wave of authoritarianism and fascism. Every oar counts now.

Margy Emerson

Saturday, November 15, 10:00 a.m.-2:00 p.m.

All-Fellowship Work Party

Roll up your sleeves, friends, it's time for our quarterly grounds and building work party!

On Saturday, November 15, we'll gather for a day of collective care, tending both to our buildings and the land that surrounds them.

We will be joined once again by the Redwood Rangers, who will bring their good energy and skills to the effort. Together we'll tackle projects big and small, like maintaining the willow tunnel, cleaning windows, and of course the never-ending weeding.

Yes, there will be rakes and brooms. Yes, there will be laughter, camaraderie, and probably a few muddy knees. And yes—there will be snacks. But please bring any tools you have to share.

When we come together in this way, we embody our purpose: to nurture, embody, and empower. Stewardship of our grounds and buildings is more than maintenance; it is spiritual practice. It is how we care for one another, our Fellowship, and the generations yet to gather here.

Come lend a hand, bring your spirit of community, and let's make the work light together.

A Year of Becoming: Wiccan Journey for Teens

Anam Cara Coven presents:

The Spiral Path: A Wiccan year-long journey for teens

With High Priestess Luz Love and special guests

Step into the circle and walk the spiral path of the seasons. During this one year initiation cycle, teens (ages 13–18) will explore nature-based spirituality, elemental magic, seasonal and healing rituals, moon cycles, the foundations of Wiccan practice, and personal growth. Each participant will be encouraged to develop a practice in harmony with the Earth's cycles and their own spirit, and to walk their path with intention, courage, and compassion. The cycle will culminate in a community rite of passage celebrating their growth and connection to their sacred path of magic. We will meet monthly on a Saturday from 1:00-5:00 p.m., starting November 29.

Contact Luz Love for more information: (707) 834-1416. Luz is a Buddhist Hedge Witch and Modern Pagan High Priestess. She worships the Goddess and cultivates the powers of Joy, Love, Beauty, Compassion, and Wisdom through ritual, dance, poetry, prayer, meditation, divination, art, music, mothering, Capoeira, gardening, study, and teaching.

Openings in Men's Group

The Men's Group is pleased to announce we are accepting new members. We are a group who meet biweekly in a confidential setting to talk about dealing with life and personal issues. We are not a therapy group.

For more information, call Carman Gentile at (707) 826-0453; (HUUF member since 1992).



Guided Meditation

with Christine Fiorentino

TAP INTO YOUR ESSENCE

- Foster grounding & presence
- Deepen your self-awareness
- Regulate your nervous system
- Bring greater clarity and resilience into your daily life



Christine is a dance artist, yoga teacher, and healing arts practitioner dedicated to fostering resilience, authenticity, and inner growth. Drawing on decades of creative and spiritual practice, she guides others in discovering the wisdom of the body and the depth of their true nature.



Spiritual Support for Living in this World.

Date & Time:

Sundays, 7-8 pm
at the Humboldt UU Fellowship
Bayside

\$10-\$15 suggested donation
NOTAFLOF

(No one turned away for lack of funds)

For more information, visit:
being-embodied.com



Humboldt Unitarian Universalist Fellowship

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Congregational Meeting, after service on November 9

HUUF Board proposes self-funded unemployment program

As a tax exempt religious organization, HUUF is not required to participate in the state unemployment program, and has never done so. But when Bridgette Garuti left the Fellowship, she would have been eligible to collect unemployment had we participated in that program. As conscientious employers, we felt we had to do the right thing so we paid her what she would have received from the state unemployment insurance program. Those payments are now completed, but they were a financial burden for our Fellowship.

The Board has researched what our options are, with a goal to do right by our employees in any similar situation in the future. Participating in the state unemployment program would be extremely expensive and we may never need it. We decided that the most fiscally prudent option is for us to self-insure an unemployment program for the Fellowship.

The Board recommends that we set up a new equity account and pay into it \$400 monthly until the account reaches \$11,250, which is the current maximum any unemployed individual would be eligible to receive. These funds would be in reserve to protect our employees should we have to lay them off. Eligibility and job search requirements would be the same as for the state program. The personnel and policy manuals will be updated to include this information. Therefore, at our Congregational Meeting, members will be asked to approve:

- Self-insuring for possible future unemployment payments;
- Setting up a new equity account for unemployment reserves;
- Changing the budget to add a new line item of \$400 per month for unemployment reserves; and
- Updating personnel and policy manuals.

Berti Welty, Co-President

Classified Ad

Montana Caouette offers personalized housesitting and “Petogethers.” He is now scheduling for 2026. Call (928) 607-1931.

HUUF Newsletter, November 2025