

Humboldt Unitarian Universalist Newsletter

December 2016

A Note From the Minister

In this holiday season I recall the hopeful voice of the prophet Isaiah who spoke to the Hebrew people in the eighth century BCE, just before their release from Babylon. These are his words: “The people walking in darkness have seen a great light; upon those living in the land of deep darkness a light has dawned.”

In this chaotic post-election time in our country, I truly believe we have “seen a great light and upon us a light has dawned.” I believe the election of November has awakened us again to the importance of the deep values we share with one another and our need to work to make them real in our nation and world.

We value every person. We value justice and compassion. We value not just our own nation, but all the nations and peoples of the world. We value the health of our planet and care for the interconnected web of life of which we human beings are a tiny but very powerful part.

If we have ever taken these values for granted, if we have ever thought that they did not require our dedication, love, loyalty and effort, that mistaken notion has been stripped away from us.

I believe we have received a gift of “light” in a whole new way. I believe, together, we have been shown the suffering in the world, because while we have rested in relative safety and comfort, many others have not. They “have not” because the values we cherish have not nearly been established as the guiding values of our own country or the world.

So in this holiday season, I am grateful for the new light. And I am grateful that I have you in this Fellowship and so many others in our community and world to join with in using this new light to increasingly make peace and healing real on earth.

Yours in the journey,

Bryan

Errata

In the November 2016 HUUF newsletter: Virginia Chatfield, Grounds Committee Chairperson, actually wrote the article “Garden is a Work of Heart.”

Becoming a member

If you are ready to become a member of HUUF, please talk to a greeter and we will schedule a time during the week for you to sign the Membership Book. There is a pamphlet in the lobby that explains some of the details of becoming a member. We’d love to have you join us when you’re ready.

Awanna Kalal

Christmas Dinner at the Fellowship

At 2 p.m. on Christmas Day there will be a Mexican-themed potluck at the Fellowship, followed by an informal gathering and singing of seasonal songs. JoAnn Huffman and her crew will be making both chicken and vegetarian enchiladas along with traditional beans and rice. We need someone to volunteer to bring vegan enchiladas. Preparing fresh homemade enchiladas will require some able assistance. If you are willing to help, contact Jo Ann Huffman.

Please bring related potluck dishes to complete the dinner. A donation basket will also be passed to cover the enchilada cost. If you're coming, please tell Berti, so we have some idea how many enchiladas to make. Set-up will start about 1 p.m. Assistance with set-up and clean-up will be greatly appreciated. We'd like to make sure everyone who needs a ride gets one. If you can offer a ride or need one, please let Berti know. Jo Ann Huffman, 510-586-1415 or jaahuffman@gmail.com; Berti Welty, 476-0654 or bertijo@humboldt1.com

No SAC Brunch for December

There will not be an SAC brunch in December, due to the active nature of the holiday season, with so much to participate in, including the wonderful feast we hear rumors of. Designated Sunday offerings on December 18, however, will go to support the Arcata House Partnership. Regular SAC brunches resume in January.

Arcata Night Shelter Meals

For the past many years, our Fellowship has been taking meals to the Arcata night shelter on Tuesdays. The RE program involves the kids in all age groups for six months of the year, men's and women's groups have been on a set schedule of months with five Tuesdays and every third month, and then individuals fill in some of the other weeks. I would love to add some new names to our roster if any new people would like to participate. Meals or supplies are delivered to the house on Boyd Rd. in Arcata on Tuesdays before 3 p.m.

Recently the shelter has said that ingredients for individuals to cook, thus giving them cooking skills, would also be appreciated. For me, not having a good kitchen in which to prepare food, this has been so much easier. I have a list of ideas for any of you interested. I am working on the 2017 schedule now. Please contact me if you can help. Jan Rowen, 599-1250

Non-Violent Communication Workshop

Saturday, December 10, from 10 a.m. until noon at the Fellowship, come center yourself in peace and mindfulness. Meditation instructor and trained Non-Violent Communication teacher Terran Daily will lead this workshop. Email terran.daily@gmail.com to sign up.

OWL Information Meeting Saturday, December 3, 3-4:30 p.m.

Mid-January through mid-March, the Fellowship will be offering the Our Whole Lives: Sexuality Education designed for K-1 students. The program includes nine

lessons, eight of which will be offered during the regular Sunday RE time. There is a two-and-a-half-hour mandatory parent and child orientation. In addition to K-1 students, we invite second-grade students who attend the fellowship to participate. K-1 students from the broader community are also welcome. If any K-2 families choose not to participate, there will be optional activities available for those students within our usual Religious Education program.

At the information meeting, we will discuss why K-1 students benefit from Sexuality Education, the content of the curriculum, the cost of the program, and we'll answer any questions. Danielle Stubblefield and Therese Fitzmaurice will teach this module, and Kim Moor serves as the coordinator of the OWL program. Childcare will be available upon request; please contact Jen Mager at jkw23@humboldt.edu or 668-1848. If you need a ride, please contact Therese Fitzmaurice at 498-3564.

People

Bob and Edie Wolterbeek will be moving back to San Francisco in the new year. We will miss them, but life is calling them there. Early in January, they will need assistance moving belongings into storage. If you can help, please contact Scott Allen at raindog371@gmail.com. We will do good while having a good time.

Please take time to welcome our newest member, **Linda Lee**. She has been singing in the choir like she has always been there, and we appreciate it.

Congratulations to **Slate Taylor** on his photography show at Arcata Scoop and feature article in the Mad River Union.

Best wishes for a full recovery to **Stephen Sottong**, our newsletter editor and webmaster, after a vicious random attack in Arcata. Stephen's niece will be arriving from Southern California to be with him for a few weeks when he is released from the hospital.

Andy Anderson reports from Redding that the Veteran's housing is the right place for him and he is doing well.

Suzanne Moore is reportedly still recovering from recent treatment and would appreciate cards.

It is good to see **Bill Hansell** out and about after being down for a while.

Classified Ad

T'ai Chi with Margy Emerson. The upcoming winter and spring terms will conclude Margy's 28 years of teaching T'ai Chi sequences. At 1049 C Samoa Blvd., Arcata (K St. & Samoa). The 10-week winter term starts Jan. 10. New students can enroll in Long Form Wu Style T'ai Chi and/or the T'ai Chi Sources class, which includes posture, breathing, qigong, Push Hands, Silk Reeling, meditation, and the Tao Te Ching. Begin as late as the third week. Visit a class with no obligation to pay or enroll. For details: www.margaretemerson.com or 822-6508.

Keeping Us All in the Loop

We want everyone to hear our services as clearly as possible, including those of us with hearing limitations. We installed a hearing loop in the sanctuary several years ago. Recently we replaced a defective cord and we are now back in business with our room loop.

The loop is meant to work with a great feature available on many hearing aids called the “telecoil.” A telecoil is just a tiny coil of wire around a core in a hearing aid that acts as an alternate or supplemental way for the hearing aid to receive sound. When you turn on the telecoil in a room that is “looped,” it can turn off your normal hearing aid microphone. You only hear the speaker’s voice delivered to your ear by the telecoil, and not all the extraneous noise that might be around you.

On telecoil-equipped hearing aids, the wearer must “turn on” or “switch to” telecoil mode by moving a small switch or button on the hearing aid, or on a remote control. Check the instructions that came with your hearing aids to see if they have a telecoil, and how to use it. You can contact your hearing aid specialist to ask whether your hearing aids have t-coils. If they do, have them show you how to turn them on and off.

There is no right way for everyone to utilize this system, but there may be a best way for each person. We encourage you to explore the possibilities for improved hearing at our Sunday services, now that our loop is up and running again.

Valerie Gizinski

An Invitation From Jamila

I wondered how I might add my energy to and share my gifts with HUUF. In this spirit, I introduce to you Soul Matters, a Unitarian Universalist-inspired program. Soul Matters is a shared ministry program resource offering opportunities for spiritual enrichment and development that weaves our hearts together in beloved community.

I invite you to consider joining a Soul Matters Sharing Circle beginning in January and going through May, 2017. There will be a sign-up sheet in the foyer before and after Sunday worship services for those interested. Contact me with any questions.

Jamila Tharp, CommunityVisionHealing@gmail.com or 840-4801

Talk to the Board

Please drop by for a cookie and talk at Kinara’s Corner in the foyer on December 11 between services, where a Board of Trustees member will be willing to hear your thoughts and questions about HUUF stuff.

Guest at Your Table

Our fellowship continues to join other UU congregations to support the Unitarian Universalist Service Committee. Again we embrace this campaign in which our welcomed “guest” in our home reminds us of need and of abundance and of the privilege of being able to share our bounty.

Your contributions will be collected at the Fellowship on the first two Sundays of 2017. You may make out a check in the amount of the contributions (rounded up, if possible) to "UUSC." Contributions of \$125 or more are matched by the Unitarian Universalist Congregation at Shelter Rock, Manhasset, NY.

Please bring your "UUSC" check to the Fellowship on January 1 or 8. Chip Sharpe will mail our collected donations to UUSC on January 12. If you have sent your Guest-at-Your-Table donation directly to UUSC, please tell Chip so he can include your amount in our HUUF tally.

ACLU Annual Dinner at HUUF

For several years, ACLU has held its annual dinner and awards presentations at the Fellowship. We'll do so again on January 23, from 6 to 8:30 p.m. We need three HUUF members to sponsor the event and be responsible for final take-down and cleanup. I will be one. Attendees do a pretty good job but don't know the ins and outs as we do. Are there two others willing to accept this responsibility? Contact Richard Kossow, richardk@humboldt1.com or 407-5076.

Scott Allen speaks for the Building Committee

The Building Committee appreciates Jeff Knapp for replacing the toilet seat in men's room. This looked like an easy job but ended up requiring Jeff to cut the over-length bolts with a special tool, in an incredibly cramped position. Like, underneath-the-toilet cramped position. I heartily commend Jeff on his persistence, flexibility and lack of squeamishness. I was going to say "Way to go, Jeff!" but that might be misinterpreted. So I'll just say Thank You!

The Committee has compact fluorescent light bulbs for you. They are free or can be purchased with a donation of any amount to the Fellowship. See Scott Allen or Jeff Knapp or look for the self-service display in the foyer. Light up your holidays!

The Committee is looking for volunteers to take on specific tasks from our extensive work list. See Scott Allen to review the list and find out if there is something you can do to help keep our beloved buildings in top shape. You can also join the committee as a member to help plan and carry out maintenance operations year round. It's fun and challenging and essential work for the Fellowship and YOU can do it. You can reach Scott Allen at raindog371@gmail.com or at 825-7019.

HUUF Member Art Show for New Year

Calling artists of all ages. We will be starting out the New Year with an intergenerational member art show entitled "New Beginnings." This can be very widely interpreted. Most of the art needs to be able to hang on the wall. If you have a small three-dimensional piece that just "has to" be in the show, call Berti Welty, who will be curating. Bring your ready-to-hang art to the Fellowship between noon and 1 p.m. on Tuesday, Dec 27. Along with your art, bring a note for each piece giving your name, title, medium, price or NFS (not for sale). If you would like a short blurb posted by your piece, send the blurb to Berti at least two days before the entry date. If you plan to enter, contact Berti: 476-0654 or bertijo@humboldt1.com.

Veterans For Peace Poetry and Art Project

Beginning in December, high school students in Humboldt County are invited to submit a poem about peace and justice for possible publication in the 2017 Peace Poetry Anthology, or a work of graphic art for gallery display. Deadline for submissions is March 18. May 21, HUUF hosts the Peace Celebration. We are proud and grateful that the HUUF Social Action Committee is co-sponsoring this project. Other co-sponsors are Humboldt Buddhist Peace Fellowship and the Humboldt Chapter of Women's International League for Peace and Freedom.

In the spirit of honoring this endeavor represented by the work of each poet and artist, we offer publication in a handsome anthology and public recognition for their work.

Members of HUUF are invited to help further the success of our project. If you know teachers of art or language arts, remind them of the project and encourage their participation. If you have teenage friends or family members, let them know we are interested in their views and feelings, and have them ask their teachers for details.

Maggie Shaffer, Project Coordinator

Calling All Event Sponsors

For any event sponsored by the fellowship, the Caring Circle requests that the organizers of the event facilitate ride sharing. We suggest that a ride coordinator from your committee be listed in the announcement. If you need assistance with ideas of how to coordinate this, please contact Debi Cooper or Jeanne Chapin. Debi Cooper, for the Caring Circle.

New To The Community?

Looking for a great way to meet people and get connected? Become a Fellowship driver. Some members of our community are unable to find transportation to services and other HUUF events. The Caring Circle is looking to provide Fellowship service drivers for these members. Each driver has the option of being compensated. We are grateful for those of you who have already offered your services. Please contact Debi Cooper at debcoop46@gmail.com or 633-6365 to sign up.

Debi Cooper, for the Caring Circle

Religious Education

In December we meet in our classes the first and second Sunday for Exploration Sunday.

Kdg-2 has now moved to the Preschool room. We have burst our seams and will continue to meet in the room at the end of the hall, for a better fit.

Dec. 4 & 11 - Exploration Sundays

We continue to explore our Miracles curriculum through movement, photography, art and science, all miracles within themselves. Preschool has explored the tiny worlds of miracles around us with magnifying glasses on our nature walks. K-2 enjoyed yoga out of doors last month and, nature willing, we'll try in December. The 3-5 group will photograph each other and miracles around ourselves. What could you not live without? Water? Laughter?

Intermediates who have not been coming missed out on miracles of balloons, water, mud, and the science experiment with all three. It's not too late to explore.

Dec. 18 – Worship Together

All ages gather together to celebrate the winter solstice. Bring something for our Miracle altar. We will learn about solstice celebrations in other cultures, such as Yalda and Soyal.

Many of us feel uncertain and worried about the election and what that means, especially for our children. One of the ways we can reassure our children is in modeling our UU values for them by practicing right relationship with each other in general and especially in times of disagreement. Guest at your Table boxes serve families around the world. When children see the adults around them working towards peace and change, they are more hopeful and optimistic.

The Religious Education Committee offers another opportunity to add to the fundraising we do with Guest At Your Table boxes. We know of a family in our community who struggles and we want to help them have a happy holiday. We seek donations of your change for the next three weeks to let them know that life can be hopeful. We coordinate with Chip to include us in acting locally and globally for someone in our neighborhood and someone far away. There is a generosity jar on the RE table and children will have the option to make a GAYT box for their family to take home as well.

Youth Group

Dec. 11: Youth will meet during service to discuss Chalica, holidays and ways to live our values during the Holiday Season.

Dec. 16: At 6:30 p.m. we will have movie night at the Fellowship.

