

Humboldt Unitarian Universalist Fellowship



A note from the minister

December 2018

Two words come to mind for me as we enter this holiday season: “amazed” and “grateful.” I am amazed at the life and vitality of this congregation. What a Halloween Festival we had! I am amazed at all the creative and mindful work that went into it! The children and parents who attended were amazed. Folks in our Fellowship have collaborated to start a Humboldt UU chapter of “Covenant of UU Pagans” (CUUPS) that will be such a gift to us and all our folks who are nurtured by earth-based spirituality. The Fellowship hosted the True North clergy breakfast and press conference in support of Measure K. So many of our Fellowship members worked long and hard for the passage of that measure! Berti and Jo again coordinated a HUUF Thanksgiving Dinner. We celebrated 25 years in this beautiful building. Our sewer system got fixed (a small but mighty miracle)! Roy Zimmerman came and offered us a concert that lifted our spirits. The Search Team for HUUF’s next minister has been hard at work with surveys and focus groups. I am just amazed!

And I am grateful! Grateful for the people in this congregation who love one another and our combined purpose. Grateful for people’s generosity in sharing both their financial gifts and their time and skills. Grateful to be in Humboldt County which is now a Sanctuary county and one in which old ways of thinking about shared history (the McKinley Statue for example) are evolving. I am grateful to be in this country where our fellow citizens are joining us in rising up against authoritarianism and rising up for a government that truly cares for human beings and the planet. (I’m truly grateful for checks and balances being re-established by the election of a new House of Representatives.)

And as the new year comes upon us, I am confident that our amazing and positive efforts will continue. I want to thank each of you for doing your part. The work is wonderful but challenging and it truly takes all of us together to keep this beloved community vibrant and strong. Thanks to each of you for sharing your creativity and caring, and may “amazing” and “grateful” be with us throughout this holiday season and all along in the new year ahead.



Yours in the journey - Bryan

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Membership News

Your HUUF Membership Committee is glad to announce that, as of Sunday November 11, 2018, we have four new members: Cassie Brillbeck, Sylvia de Rooy, David Marshak and Cena Marino. Welcome to each of them.

We are also happy to announce that on the second Thursdays in January, February, March and April of 2019 at 10 a.m. in the Multi-Purpose Room, our open Soul Matters Group will be focusing on “Starting Point,” a Soul Matters program that introduces people to the Unitarian Universalist spiritual path (or helps them deepen their understanding of it).

This curriculum is designed for new members, but would be helpful for anyone who’d like to attend.

Rev. Bryan Jessup

Religious Education

Celebrating the Mystery

Parenting has been challenging lately. At 7 and 10, it is no longer possible to shelter my children from news of suffering—the shooting in their cousin’s neighborhood, the smoke from fires blazing in Paradise, images of children caged at the border, their grandfather’s cancer. The question is no longer how to protect them, but rather how to prepare them to live in this world. Rituals rooted in holiday traditions are one tangible way to help youth develop tools.

As a child, my experiences of winter holidays were simple family celebrations of good food and gift giving. I want rituals for my children that deeply connect them to life-affirming principles. I want them to experience the embodied presence of community, of choosing love, of singing through the longest nights of the year, of lighting candles of hope. UUs choose to celebrate many different holidays. Whatever it is you do to affirm your connection to the Earth, to the miracle of birth, or to the returning of the light, may you offer the children and grandchildren in your life an experience to remember.

Our Whole Lives

The mandatory parent orientation for K-1 Our Whole Lives Human Sexuality is Jan. 6 at 12:45. Both parents are highly encouraged to attend. Free childcare is available. Please contact Alanna Reyes at 925-407-7675 to reserve spots. The K-1 class will occur Sundays during the 11 a.m. service beginning Jan. 20 and finishing mid March. The program offers lessons on anatomy, diverse families, safety,

healthy relationships, and how babies are conceived. Danielle Stubblefield and Olympia McCutchan will provide a program overview and answer questions at the orientation. The \$125 fee covers training costs. Scholarships are available. Second graders who attend HUUF are welcome to register as well. Go to huuf.org, Youth and Family, then select Our Whole Lives. We will advertise to the broader community in mid-December if there are open spots.

Family Practice

Contemplate how your holiday experience can be an opportunity to give and receive love. Consider celebrating Chalica the first week in December. Simply light a chalice for seven nights. Recite one of the UU Principles each evening. Set an intention to put that principle into action the next day. Celebrate the

ways you embody our principles in daily life. Our children love lighting the chalice, and we all enjoy the ambiance of dining by candlelight.

Youth Choristers

Our youth are reading musical scores including a two part song for the very first time in December! New members are always welcome. Rehearsals are the first three Sundays at 10 a.m. in the Multi-purpose Room. We perform Dec. 16 at the 11 a.m. service. After the holidays, chorister rehearsal will resume Jan. 6. We are so grateful for the leadership of our volunteer director, Anna Gaines. Please do invite your friends to help this amazing free program grow and thrive.

(RE continued on p. #7)



December Sunday Program Schedule

Preschool - K

- 12/2 Bring a family photo. Explore the many types of families.
- 12/9 Explore the mysteries of space.
- 12/16 Discover the wonders of the stars, moon and the winter solstice.

1st-3rd grades

- 12/2 Explore how love is accepting and inclusive of all peoples.
- 12/9 Rejoice in the love of learning, and how it’s central to UU faith.
- 12/16 Learn about the UU source of faith in loving all creatures. What does love in action look like?

4th-8th grades

- 12/2 Make origami ornaments for our fundraiser.
- 12/9 & 12/16 - Continue origami. Consider staying 15-20 minutes after service to help sell ornaments.
- 12/23 All ages Service Sunday. See website for details.
- 12/30 All ages Friendship Sunday. Bring a favorite game/activity.

Teen Group

- 1st & 3rd Sundays: Explore what it means to be a leader, and what leadership has to do with spiritual practice and community.
- 12/15 Con-style worship at 7:00 p.m.

Ad Hoc Committee on Climate Change

More Suggestions

1. Vital: As always, keep urging your elected officials at all levels to take decisive action to improve the global-warming situation!
2. Reduce plastics use by buying foods in bulk whenever possible, using your own containers, using disposable flatware and wrapping products that compost, buying products with minimal or no packaging.
3. In using wood, reduce rainforest depredation by buying Forest Stewardship Council certified products - or even buy used furniture or salvaged lumber products. Avoid buying new teak or mahogany lumber or furniture.
4. In gardening, opt for native plants, build your soil, and practice integrated pest management. By avoiding "mainstream" garden chemicals, you avoid both their poisonous effects and a very high carbon footprint.
5. Recycle plastic bags in the bin at Murphy's in Sunny Brae. PostHaste in Uniontown Arcata takes used bubble wrap. Scrap (corner of South G & South H, Arcata) takes some styrofoam.

Ann Colby



Electric Vehicle Drivers Shoutout

The Ad Hoc Committee on Climate Change is planning a workshop in the new year on purchasing and driving electric vehicles (EVs). We are asking those who have purchased or leased EV's to share their experiences. And please let us know if you would participate in a panel discussion at our workshop.

Among other questions the committee is hoping to hear responses to is transitioning from hybrid to electric. If you have experience with this transition, please let us know.

Contact John Schaefer, Ann Kilby or Sylvia Shaw if you are willing to contribute to this EV workshop.

Sylvia Shaw



Caring Circle

People

Congratulations to Steve Sottong for reaching professional writer status with his most recent paid publication.

Our thoughts go out to Cathy Enis who lost her father in early November.

We thank Susanne Moore's friends for being with her in her last days and working to clear out her mobile home. They will be planning a memorial service for her after the holidays.

Pat McCutcheon will be attending a weekend poetry writing workshop at Esalen Institute in early December.

We welcome Ruth Broderick back home where she is working hard at recovering from her femur break.

Sylvia Shaw

Something to Celebrate

The Caring Circle would like to add its voice to the chorus and recognize all the wonderful volunteers who made the Halloween Festival a success. All ages, new members, and long time ones worked hard and cheerfully. There are too many to list them all, but among the new members, Cena Moreno was truly amazing. She was there both days, working all day Saturday, and returning as a Guiding Light Saturday night. Thank you, Cena, and thank you to all those who helped.

The Caring Circle plans to do a regular celebration of volunteers in our monthly newsletter. Please contact us if you have ideas or names.

Jeanne Chapin

Sunday Services



The Sunday services will be held at 11 a.m. only throughout December.

Sunday, Dec. 2 – 11 a.m.

Give Chalica a Chance – the Rev. Bryan Jessup

Among Unitarian Universalists a new practice for the winter holiday season is emerging. During the first week in December many UUs and UU families focus on one of our UU Principles every day for a week. They light a candle and talk with one another about what a given Principle means to them. Food and fun is shared and hearts and minds are renewed and re-focused. This Sunday we will launch our customary UUSC Guest at Your Table program.

Sunday, Dec. 9 – 11 a.m.

Focus on Islam – Rev. Jamila Tharp

Having just returned from an educational tour of Turkey, with a focus on the study of Islam and Mevlana Rumi, the Rev. Jamila Tharp will share reflections on her trip. Topics will include: Where Buddhists love mindfulness, Sufis love “heartfulness”; in Turkish there are no male or female pronouns, just one pronoun for everyone; and how to read Rumi’s seminal writing, “The Masnavi.”

To many Westerners, Rumi’s teachings about love are one of the best introductions to the philosophy, mysticism and practice of Sufism, the tradition of Radical Love that is at the heart of the Islamic path.

Sunday, Dec. 16 – 11 a.m.

The Wondrous Sloth – Maya Kaup

Join us for a service focused on the wondrous mysteries of the sloth. Maya Kaup, an Arcata native who grew up at HUUF and now attends Ole Miss to earn her M.S in biology, will be discussing her trips to Costa Rica to study the secrets of sloths and the unusual microorganisms that live in their fur. She will share stories of her sloth-catching adventures and discuss how these mysterious mammals can teach us a thing or two.

Sunday, Dec. 23 – 11 a.m.

Wisdom of Winter – the Rev. Bryan Jessup

Unitarian Universalists, along with many other people, most frequently find renewal for their spirit in the natural world. Taking walks in the spring, summer and fall is not uncommon. But winter is an equally beautiful and necessary time in the natural world. In this time of winter solstice, we have an opportunity to discover what wisdom winter may have to teach us.

Monday, Dec. 24 – 5:30 p.m.

Christmas Eve Candlelight Service — the Rev. Bryan Jessup

This will be a service of music, mystery and magic. The old story of Christmas will be told. Out of the darkness, light will come forth. And many tired old hearts will be softened and re-opened to the simple joy of being alive.

Sunday, Dec. 30 – 11 a.m.

To be announced

Looking Ahead

Options for getting involved

Tu	Nov. 27	6:30 p.m.	Fellowship Council Meeting
Sa	Dec. 1	9-11 a.m.	Worship Leader's Meeting.
Sa	Dec. 1	1-4 p.m.	Practicing Healing Dialogue
Sa	Dec. 1	4:30-7:30 p.m.	Parent's Night Out
Su	Dec. 2	12:30 p.m.	Social Action Meeting
Su	Dec. 2	12:45 p.m.	RE Committee Meeting
Su	Dec. 2	3 & 4 p.m.	A Company of Voices – 2 benefit concerts
Su	Dec. 9	12:30 p.m.	Ad-Hoc Committee on Climate Change
Tu	Dec. 11	11 a.m.	Membership Meeting
Tu	Dec. 11	5:30 p.m.	HUUF Board of Trustee's Meeting
Th	Dec. 13	10 a.m.	Open Soul Matters Group
Fr	Dec. 14	6-7:30 p.m.	Ancient Forest Sangha
Sa	Dec. 15	7-9 p.m.	Teen Worship or Movie Night
Su	Dec. 16	12:30 p.m.	Social Action Brunch for Arcata House Partnership
Tu	Dec. 18	7-8 p.m.	Contact Ministry
Sa	Dec. 22	5:30-7 p.m.	Intergenerational Solstice Ceremony
Mo	Dec. 24	5:30 p.m.	Christmas Eve Candlelight Service
Tu	Dec. 25	2 p.m.	Christmas Dinner at the Fellowship
Fr	Dec. 28	6-7:30 p.m.	Ancient Forest Sangha
Mo	Dec. 31	7-midnight	New Year's Eve Fundraiser Celebration
Sa	Jan. 5	9-11 a.m.	Worship Leader's Meeting.
Su	Jan. 6	12:30 p.m.	Social Action Meeting
Su	Jan. 6	12:45 p.m.	RE Committee Meeting
Su	Jan. 6	12:45-2:15	OWL K-1 Parent Orientation



Weekly:

Mon.	6-8:30 p.m.	Our Pathways to Health – weekly 11/5 - Dec 10
Wed.	7-9 p.m.	Choir Practice
Thurs.	7-9 p.m.	Reflections – open discussion group - CARE bldg.
Sun.	10 a.m.	Youth Choristers: Practice weeks 1, 2 & 3, Perform 3rd Sun @ 11 a.m.
Sun.	11 a.m..	Worship Service, return to 2 services on Jan. 6

Future:

Fr-Su	Feb 15 -18, 2019	Weekend Teen YRUUP Con
We-Su	June 19-23, 2019	General Assembly of the UUA in Spokane, Washington

Ministerial Search Committee Update

The MSC is in the middle of analyzing the responses from the survey. An overview of the results will be incorporated into a draft of the UUA required congregational record. A more detailed report and presentation of the survey results will be provided to the congregation the last Sunday of January when members can chew on the results and provide feedback to the MSC for use during minister interviews. In addition, individual MSC members are interviewing various HUUF “focus” groups asking three essential questions, which, paraphrasing, are 1) What qualities of the minister are you looking for?, 2) What is your vision of the congregation in 3-5 years? and 3) What have you valued the most about HUUF having a minister?. Groups interviewed or intended to be interviewed are Thursday Night Reflections, staff, the minister, the board, RE Committee, Social Justice Committee, newcomers, Council of Chairs, and, for lack of a better term, “elders” (or people who’ve been with HUUF a long time).

The UUA process requires that the committee develop and post an on-line version of an updated congregational record (CR) and an application for consulting ministry beginning Nov 15. The MSC has the CR questions and is currently well along in the process of developing answers which will be provided to a key set of HUUF reviewers outside of the committee by Nov 15. The goal will be to have a completed CR ready to post to UUA by Nov 30. As noted above, UUA requires the MSC to post answers to an on-line application form which will be provided to US congregations on or about 11/15. While the MSC has some inkling as to the questions and is developing answers to same, we are leery of spending a lot of time trying to anticipate what to prepare for a form yet to be developed. Regardless, once the on-line form is obtained, the MSC will quickly develop answers and, after review by select HUUF members and our Ministerial Relations Representative, intends to have a finished “job” posting in front of UUA ministers by Nov 30.

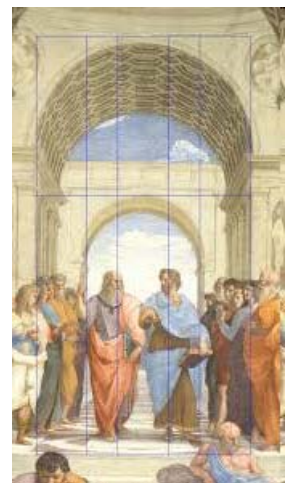
Greg Blomstrom, MSC Chair



Aesthetics

The 2018 Bits and Pieces show will continue for December. The committee will accept proposals for shows for the New Year. The committee is also recruiting members.

Contact Cheryl Rau at 707-826-7107 or cpetersonrau@gmail.com to suggest exhibits or to learn more about the Art and Aesthetics Committee.



Flowers

Everyone enjoys seeing flowers at the Fellowship on Sunday. They are there for all to enjoy because generous people bring them there. Now that gardens are losing their bloom, fewer people are signing up to fill this need. If you have never been a “bringer”, please consider picking something colorful or purchasing flowers to share. Sign up at the door or call me.

Anne Weiss (840-0938)

RE

(continued from p. 2)

Winter Solstice Ritual

On Dec. 22 from 5:30-7:00*, celebrate the winter solstice. At 5:30, enjoy friends and finger food in the foyer. Please bring a healthy snack to share. At 6:00, we will enter the sanctuary to begin the Waldorf-inspired ritual which includes singing, walking the spiral, and lighting a candle. This is an all ages event; please bring your children.

*New date!

Therese FitzMaurice



SAC Brunch Donations

Every third Sunday our Fellowship donates its offerings to a local service organization that needs our support. Nine Sundays a year the Social Action Committee sponsors a brunch, the proceeds from which also go to the local service organization that's been chosen. The need in the world around us is so great and our capacity is so limited that it is difficult for our Social Action Committee to decide whom to give to in a given year.

At the Social Action Committee meeting in November we spent the whole meeting thinking about how to direct our donations for 2019. The particular order of our recipients will be discussed in January but here's the list we have come up with: Planned Parenthood, the Breast-Gyn Health Project, Food for People, the Rape Crisis Team, Humboldt Domestic Violence Services, AHHA (Affordable Homeless Housing Alternatives), Circulo de Amigas (to support Genderling Contreras our student in Nicaragua), the Arcata House Partnership, Centro del Pueblo, True North, HACHR (Humboldt Area Center for Harm Reduction) and Raven House.

You will receive information about each of these organizations as we give to them and we thank you for your support. If you have a suggestion for an organization to give to in 2020, please let Maureen Lawlor, our SAC Chair, know.

huuflawlor@gmail.com

Christmas Dinner at the Fellowship

All are invited to our annual Christmas dinner at the Fellowship. Tuesday, December 25, at 2 p.m. This is an orchestrated potluck. Join in community with your whole family. Bring everyone to the Fellowship and sample many dishes, while only preparing one. Berti and Jo will provide Herb Crusted Lamb (donations towards the expense gratefully received). Everyone please bring a dish to share. If you plan to come, let Berti know what you are bringing so we can have a fairly balanced meal. Who will volunteer for the vegan and vegetarian options? As always, assistance with set-up at 1:30 p.m. and clean-up afterwards would be greatly appreciated. Since this is a family affair, we assume that children will stay with their parents, so we are not providing childcare. Good Community. Good food.

Berti Welty 707-476-0654 bertijo@humboldt1.com

Deadline info

Deadline for the **January 2019** issue of the newsletter is Thursday, **December 20** at 5 p.m. Send committee reports and articles to **newsletter@huuf.org** (email only).

While many file formats are acceptable, .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 <http://huuf.org/?page=Guidelines.html>

Stephen Sottong, editor



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Seasons Greetings



Kwanzaa



Christmas



Hanukkah



Chalice