

Humboldt Unitarian Universalist Fellowship



December 2020

Pastoral Care in the time of Covid

We are delighted to inform you that, during this time of increased isolation, we have found new avenues for connection and care. Over the past couple of months, a designated Pastoral Care Team has been assembled – a team of volunteers, trained ministers from within our congregation, who will offer their time and energies for a compassionate, listening presence.

If you could use solace, support, or just the comfort of a rooted presence in your world right now, feel free to seek them out during their office hours. You can reach them either by phone or stopping by.

- Shawn Nichols – at HUUF Mondays, 11-3. Reach him at: fishnic@suddenlink.net
- Suzanne Kimmel – at HUUF Tuesdays, 11-3. Reach her at: suzcal@yahoo.com
- Tom Lewis – at HUUF Thursdays, 11-3. Reach him at: tomaslewis70@gmail.com
- Todd Hoberecht – On Call as needed. Reach him at: toddhoberecht@gmail.com

Amy Day

Guest at Your Table

Our traditional Guest at Your Table campaign is all online this 2020 season of giving. We hope you've visited the Unitarian Universalist Service Committee (UUSC) website (uusc.org) to read the interviews with this year's four featured activists, watched short videos of their work in Burma, Louisiana, Mexico, and the Marshall Islands; and shared a children's story at: <https://www.uusc.org/resources/congregations/guest-at-your-table/>.

Now is the time to write a check to "UUSC" and mail your donation to:
Unitarian Universalist Service Committee
PO Box 808
Newark, NJ 07101-0808
or donate 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 and donations are tax-deductible to the extent permitted by law. UUSC's Tax ID is 04-6186012.

Chip Sharpe

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Pastoral Care Team member musings

When I first attended a UU Fellowship, I heard a term used that was new to me: “Beloved Community.” These words stirred something deep within me. Community has always been something I hold quite dear. It is my belief that the number one goal of any Fellowship, Church, Synagogue, Mosque, or Community of Faith is to create a congregation of like-minded people who can share their lives and journeys together.

This sharing takes place in myriad ways. Sometimes that interaction is small: attending services together, saying hi, talking after. Sometimes that initial interaction flourishes into something deeper: Soul Matters groups, RE involvement, chairing or serving on a committee, Caring Circles, Worship Team, feeding the hungry, or marching for truth. Sometimes it moves into the landscape of the everyday, as we weave our service and interactions into one another’s and share our lives on a daily basis.

Over my years in ministry, I have observed the Universe using these levels of Community to touch our lives. I might be having a bad day and then run into another UU at the grocery store. In a short conversation, they manage to lift up my spirit and, even without knowing it, getting me back on track. Or I would have a nudge to call someone and when I did so they’d say, “That is so strange I was just thinking about you.”

Just like a parent who can tell when their child is “off,” sometimes our inner Self knows when a fellow community member is slipping, or in need of a little love.

Well, today our “Beloved Community” is under attack as we are once again being called to isolate and fight this pandemic. We still can see faces on Sunday through Zoom, but we have lost, to some degree, the personal connections we once had when meeting face to face. But the need within each one of us is still there. The need to touch and be touched by one another. The need to commune with, be seen and witnessed and “held” by another. That term “one another” is interesting. In the New Testament of the Judeo-Christian Bible, that term is used close to 100 times. The core of that faith is to share one’s life with others, to care for others, to lift up others, to forgive others, to love “one another.”

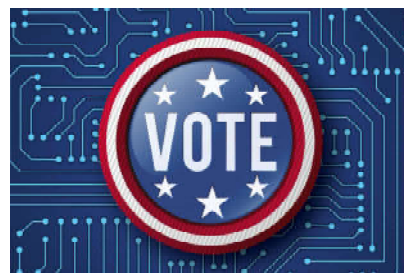
I want to encourage you and remind you, beloved: Our community is real. All of us need connection, perhaps at this time, more than ever! But how can we do that? My encouragement today is to follow the urgings of your own wise and tender heart: pay attention, listen, respond. If you are prompted to reach out to another member of this congregation, you may trust that the Universe, in all its wisdom, is prompting you to do so. Follow that urge.

There was a saying I used to hear “With the Revelation comes the Inspiration.” That meant that when something fell into your heart, you were given both the ability and responsibility to fulfill that call.

As we go through this time of isolation and quarantine, let me challenge you: When someone in the Fellowship comes to mind, don’t ignore that nudge. You may find yourself shopping and think “Hmm, I wonder how Linda is doing?” Or you might be putting your kids to bed and think, “I wonder how Michelle is holding up with her kids?” Pay attention. Listen. Respond. You are the Beloved Community, who have been given the Revelation. Now receive the Inspiration: Make a phone call, write a letter, email, zoom, text, tweet. The options are endless.

I believe the Source of Grace will equip and empower us to take care of one another. I believe, as a people of faith, we are always listening for that deep, imploring call.

I believe that we can be the answer.



Todd Hoberecht

Georgia on Our Mind

Rev up your pens again to join VoteForward’s campaign (in partnership with organizations like 350.org and Indivisible) to get out the vote in the Georgia Senate runoff election January 5. And if you have any money left, send it to Stacey Abrams’s site FairFight.com to donate to her extraordinarily effective fight against voter suppression in Georgia. This is a pivotal election for many reasons. We can help.

Margaret Emerson

Religious Education

Beloved Families,

How are you holding up? How much we miss your faces and humor and play and being with you, face-to-unmasked-face. This year has indeed asked us to dig deep and find wells of resilience we never knew existed, and to develop tools and strategies to move through the world and find meaning and connection, even inside extreme limitations.

Here at HUUF, we have been experimenting with different options - both analog and digital to meet the needs of our children and families. We'd love to have you join us at any of these that call to you:

- **Monthly, virtual Soulful Home Gatherings** - Each month, we gather via Zoom to unpack the latest Family Soul Matters packet. We dress up, tell wonderful (and horrible) jokes, have play and movement time with Scarlett Trippsmith, and get led in a craft by one of our families or by our resident Craft Queen Judy Rishel. A wonderful time for connection and play. You can find the latest info and link on HUUF's website.
- **Monthly Craft Packets** - Judy Rishel has been hard at work creating monthly projects for us to take home and enjoy. These have included DIY mailboxes, fingerprint art, and decorate-able scarves. You can find out more or sign up to receive one of these wonderful packets by coming to our next Soulful Home gathering, or by emailing Amy at comm@huuf.org

Some specific dates to keep in mind:

- **Saturday, December 5** - We'll host an in-person Drive-In Movie Night in the parking lot at HUUF. We'll stream "Trolls: World Tour", a fun flick to teach kids about diversity and healing divides. Thanks, Scarlett, for putting this together. More info on our website soon.
- **Saturday, December 12** - Join us for our virtual RE Holiday Party. Come dressed in your favorite holiday garb. From an ugly sweater to a dainty snowflake crown, to a head-to-toe Santa suit. We'll gather for a story and some sharing, and then open up the circle for each family to share a story, song, recipe or ritual that holds meaning to them at this time of year. Check the website for info and link.

We look forward to seeing your faces once again, either in person or on our home screens. We welcome feedback or ideas for safe, physically distanced gatherings, or opportunities for connection. Please, know that you are in our hearts and on our minds. May the distance strengthen our commitment to one another, and our desire to return and engage the Beloved Community once more when we can.

Amy Day, Fellowship Engagement Coordinator

Endowment Fund Projects/Grants

The Endowment Fund Committee was able to award \$5,913 in grants for projects in 2020. These included scholarships to a climate conference, ministerial seed funds, Fellowship security, a neighborhood event, replacement of a third door, and an RE playground walk repair. Unfortunately, because of the pandemic, some of these projects may not be completed by the deadline of the end of the year.

Fortunately, the committee is pleased to announce that approximately \$6,892.48 in funds will be available for grants in 2021. We will announce the availability of these grant funds starting this January, 2021. Grants can range from \$200 to \$2000. Application forms will be available on our Fellowship website, or by contacting members of the committee by email or phone starting on January 1, 2021. The deadline for submission of the applications will be February 1, 2021.

We thank the many members of the Fellowship who have generously provided donations to increase our Endowment Fund. We hope you will consider a gift to HUUF in your planned giving and estate planning endeavors. Your legacy and our Fellowship mission can live on through contributions to the HUUF Endowment Fund.

Yours in Fellowship:

Howard Stauffer, Cynthia Chason, Katherine Almy, and Hart Mendenhall, Endowment Fund Committee

HUUF Logo Contest

The Fellowship would like to announce this wonderful opportunity and invite you to Nurture our community, Embody the true meaning of Fellowship and Empower your creative spirit by engaging in this exciting contest. In the next month we will be looking for your creative HUUF Logo entries that are inspired by the words: Nurture, Embody, Empower, which are the essence of the HUUF Purpose.

Contest guidelines, parameters and tips:

- 1 Your logo inspiration is Nurture, Embody, Empower but the logo need not contain those words.
- 2 An effective logo embraces simplicity.
- 3 Although we welcome your use of color, the logo should also look good in black and white.
- 4 Your design should be scalable: In other words, it should look equally impressive large enough to fit on a t-shirt or small enough to fit on a letterhead.
- 5 Let the chalice be your guide: If you need a jumping point for your design, many UU's incorporate a chalice into their logo, then enhance it with their own meaningful touches. (this is a suggestion, not a required component to your design).
- 6 Finished submissions may be no larger than 4 x 5 inches.
- 7 Submit entries in jpg format to Scarlett Trippsmith at rst146@humboldt.edu
- 8 Deadline for entries: December 30, 2020.
- 9 All entries will be showcased during a January service. Everyone in attendance will have a chance to vote for their favorite HUUF Logo.

Climate Action Campaign news

The CAC will continue to meet via Zoom on the second Sunday of every month at 1 p.m. The next meeting will be Sunday, December 13. See the HUUF Weekly on December 4 and 11 for the Zoom link.

At the beginning of our December 13 meeting, John Schaefer will present En-Roads, an interactive group role-playing, climate action simulation game. Players explore key technology and policy solutions to address global warming. The game is conducted as a simulated emergency climate summit organized by the United Nations at which global stakeholders establish plans to limit warming to Paris Climate Agreement goals. It's a fun format for large groups to explore climate change solutions and see what it really takes to address this global challenge.

Besides signing petitions and writing letters, various CAC members are continuing to carry out individual climate actions. One member has completely eliminated the use of paper products (towels, napkins, toilet paper). Another has canceled their credit card with Chase Bank, which invests in fossil fuels, and now uses a credit card from a bank that does not have any fossil fuel investments. Some CAC members wrote letters to the Arcata City Council in November to request that the Council approve banning natural gas appliances in all new buildings.

The postcard campaign has been reinstated for the January 5 runoff election for the two Senate seats in Georgia. The script for the postcards is non-partisan and simply urges potential minority voters to vote. All postcards should be mailed by December 7, and there is likely to be an extension to this date. For more information, and to write postcards, please contact Frederica Aalto faalto@sitestar.net.

The Unitarian Universalist Office at the United Nations' Intergenerational Spring Seminar will take place online on April 9-11, 2021. Both the UU office at the UN and the UU Ministry for Earth will co-host next year's virtual Intergenerational Seminar on the theme of "All in for Climate Justice: Food Equity and Sustainability." Programming will encourage participants to reflect on how the topics addressed affect their lives, their spirituality, and how they are called to respond. Moving from ideas to concrete action, participants will learn tools and skills to help them with future collaboration and activism. Registration will open this December at <https://www.uua.org/international-justice/un/spring-seminar/register>

Thank you all for your efforts on behalf of planet earth.

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

Sue Lee Mossman

Sunday Services

Sunday, Dec. 6 – 11 a.m. – Chalice: Exploring Unitarian Universalist Principles – Debi Cooper and Berti Welty

The festival of Chalice is an opportunity to delve into the meaning of the seven principles of Unitarian Universalism and what they call us to do and be in the world. As we light our Chalice chalice, various members will speak to their personal understanding of each principle. Join us in this celebration.

Sunday, Dec. 13 – 11 a.m. – Stillness and Movement – The Rev. Eugene Bush

Finding patience and resilience, compassion and wisdom, requires the capacity to return again and again to equanimity. In meditation we cultivate that capacity by stilling the body and mind beginning with ourselves and our surroundings, preparing us to move in the world with intention and grace. Back and forth we move, from stillness to activity to stillness again, knowing that our peace and peace in the world are not separate.

Rev. Eugene Bush, D.Div., began formal Zen practice in 1982 and received Dharma transmission from Katherine Thanas in 2010. He serves as one of the practice leaders of the Santa Cruz Zen Center. He also became a teacher for the Arcata Zen Group in 2013, with occasional forays to the Hartford Street Zen Center and to Queer Dharma at the San Francisco Zen Center. Retired from his paid work as a teacher in a public alternative high school in Santa Cruz, he is most interested in the ways in which formal practice trains us for everyday life.

Sunday, Dec. 20 – 11 a.m. – Solstice: Returning to Ritual – Debi Cooper and Berti Welty

Learn to pause and incorporate ritual in our daily lives. We will be using earth-centered practices to release negative energies from our body, mind and spirit. An uplifting drum circle will conclude the service.

Christmas Eve: Thursday, Dec. 24 – 5:30 p.m. – Stories of Christmas – Amy Day and Bonnie MacGregor

Stories are always collections of experiences that we weave together so we can remember what is meaningful to us. When we share a good story, and it is passed to others, it gathers new meaning and becomes part of a tradition or even a religion. Such is the Christmas story of a baby born in a manger in Bethlehem. And such are the stories of Christmastime we were told as children that become the traditions of our own families – stories of the heart and hearth.

This Christmas Eve we will share traditions that make this time more meaningful as we gather around our own hearth fires: family traditions shared by children, carol singing led by the choir, and the age old story of Christmas told through the lens of our times.

Sunday, Dec. 27 – 11 a.m. – Entering the Stillness – Debi Cooper and Berti Welty

Through song, guided meditation and contemplation, participants will be encouraged to look deep within to discover what wants to be born in their lives. Through all the tribulations we face, join us for a journey of self-discovery. Say “yes” to life.





Humboldt Unitarian Universalist Fellowship

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Give the gift of wellness: High vibrational handcrafted botanicals and herbal gifts-Herbal tea blends, elixirs, elderberry syrup, fire cider, gift sets, herb infused vinegars & oils, salves & lip balms, curated care packages, gift sets, and more! Shop online at www.YemayasApothecary.com. I can ship products or meet up locally if you prefer. Yemaya@YemayasApothecary.com or call 707-601-6447.

Vanity dresser needs ride to Bay Area. Berti Welty would like to get a family heirloom to her brother in San Anselmo (by San Rafael). 30" high x 31 " wide x 16" deep. Fits in a car with hatch back/fold down back seat. A paying rider who won't even back seat drive. \$50. Berti Welty. 707-476-0654 bertijo@humboldt1.com.



Deadline information

Deadline for the **January 2021** issue of the newsletter is Sunday, **December 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