

# Humboldt Unitarian Universalist Fellowship



December 2024

*To the Beloved Community*

## Seeking the way forward

Have you ever had the experience of driving a well worn patch of ground, perhaps a daily commute route, when suddenly you “come to”? Somehow you’ve managed to move through the familiar patterns of motion, maneuvered a large vessel of combustible chemicals and steel through all manner of obstacles, hurtling through space at unbelievable speed, guided by your limbs and senses, with no memory of how you just did so.

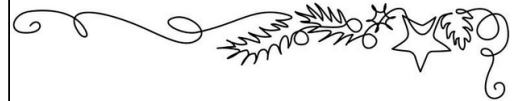
Or perhaps you’ve had the dystopian experience of looking up from your personal handheld “slot machine” (as former Google Ethicist Tristan Harris referred to the smartphone) to suddenly take note of the sentient faces beside you, themselves equally submerged

within the tidal wave of gloom, distraction, and titillation floating ceaselessly up from the device in their palms. All of a sudden, a sense of waking up, being brought back to the experience of present time with the accompanying questions of, “How did I get here?” and “What now?”



Recently, the Day-Moeller family made the bold, naive decision to adopt a puppy, a small, black labradoodle we call “Juniper.” As anyone who has taken on the care of a young, wild thing can attest to, this is a constant call to the present. For this diminutive creature cares not about who currently resides in the White House, the latest climate catastrophe, what the stock market is doing, or our personal woes. Rather, he is here to remind us that in this moment he is hungry, needs walking, or play, or some other form of love or attention. No hyperbole or analysis needed, simply the full measure of our care and awareness.

See “Forward,” page 4



## Join us for Christmas dinner at HUUF

Come join your HUUF family for a traditional Christmas dinner at 2:00 p.m. on December 25. This is a semi-orchestrated potluck. Berti and Jo will prepare the lamb. Hopefully someone will prepare a main dish for vegans and/or vegetarians. We will have music of the season. If you know you are coming and what you plan to bring, please let Berti know how many people will join you and what dish you will bring; email: [bertijo@humboldt1.com](mailto:bertijo@humboldt1.com). This lets her somewhat intelligently respond to people who ask “What is needed?”

As usual, we will need people to help set up beforehand, and especially people to help clean up afterwards. Let Berti know if you are willing to help with those vital tasks, or in any other way. Set-up will start at 1:00 p.m. If you would like to bring decorations, please bring them to HUUF by 1:00 p.m, and appetizers by 1:45p.m.

See “Christmas Dinner,” page 4

## Climate Action Campaign

### **We're all in this together**

As with many of you, I was dismayed and in disbelief by the election results. Among other things, this election will have an extremely consequential impact on our already fragile climate. There's work ahead.

I'm grateful to know I don't have to face the next four years alone fearing the effects of increased oil production on global warming, the elimination of EPA protections for the environment, and the health of our planet. I have a community here who will stand with me against this reality. Author Naseem Rakha writes, "Tomorrow I will stand. And I will chisel my grief into a power... I will fight...grounded in passion moving without fear or hate."

#### **What We Are Doing and What We Can Do**

Roger and his merry band of rooftop solar installers have begun work to install 14 additional solar panels on the south side of the foyer rooftop. These additional panels will augment the energy production from our existing 30 panels.

As a member of the Humboldt Coalition for Clean Energy, CAC participated in a virtual press conference on November 20 to announce the EPA's finding that the North Coast Air Quality District has failed in its responsibility to control air pollution at the Humboldt Sawmill Company (HSC) biomass plant for two decades.

The enormous amount of fine particulate emissions from HSC risk the health of everyone who lives, works, or attends school near the plant. Studies have shown that exposure to such emissions increase the risk of heart attacks, asthma, cancer, and early mortality. Allowing this to happen is morally reprehensible.

On Monday, December 2, at 7:00 p.m., CAC will co-sponsor 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 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. Register for this event at <https://tinyurl.com/33xhaffw>

Here's a sampling of suggested individual climate actions that have been suggested in the past in this column:

- Does it take time for warm water to reach your faucet or shower head? Keep a bucket or dishpan handy. Collect that water and use it to water plants or flush your toilet;
- Collect gray water from your kitchen sink and cooking pots for watering plants;
- Wash full loads of laundry and hang a clothes line outside and/or use an indoor drying rack in lieu of dryer use;
- Take a sponge bath instead of a shower sometimes;
- Find glass or bulk substitutes for three things you normally buy in single-use plastic containers;
- Be in the right lane, drive 55, and keep earth alive;
- Reuse holiday gift wrap;
- Join a local climate action group.

Rebecca Solnit writes, "The fact that we cannot save everything does not mean we cannot save anything and everything we can save is worth saving." We have no choice but to keep up our climate efforts more than ever in the coming years of the new Administration.

For the coming holidays, we send our best wishes that you and those in your circles of care find moments to rest, enjoy time with friends and family, take care of one another, and continue to collaborate and support one another in our climate related efforts.

*Sue Lee Mossman, Climate Action Campaign Co-chair*

### **Addition to the Personnel Policy Manual**

At their October meeting, the Board of Trustees came to consensus on adding a clause to HUUF's Personnel Policy Manual, making what has been our practice in the past into official policy. If any member of the congregation would like to comment on this, please contact Margy Emerson, Board President, [margaretemerson@att.net](mailto:margaretemerson@att.net) or at (707) 822-6508.

This addition will be placed on Page 9, under II. Wage and Hour Administration, E. Pay and Payroll Deductions, paragraph 3:

*Employees are welcome to attend Board meetings to request pay adjustments, but will not be present for the Board's final discussion and decision.*

*Margy Emerson*

## Sunday Services

**Sunday, December 1, 11:00 a.m.**

### **Come into Presence—Amy Day**

It's all too easy, given the tumult and demands of the current time, to fall into what Buddhist teachers refer to as "trance," projecting ourselves forward into some mythic or feared future scenario or to fixate on our recollections of the past. Yet our power and agency are always inside the present moment. Join us to explore the gifts and enormous possibilities embedded in the here and now.

**Sunday, December 8, 11:00 a.m.**

### **Congregational Meeting**

Please attend to share your feedback about your Humboldt Unitarian Universalist Fellowship. Your considered thoughts and voice are vital to us all.



**Sunday, December 15, 11:00 a.m.**

### **The Last Stone Soup—Amy Day**

A while back, our congregation decided to try something out: What would happen if we decided to make our social action not something separate from our sacred observances, but rather part of how we gather and experience the holy? It's been a winding road, with many tasty bowls of soup shared and acts of service offered. And as in the Stone Soup story from which this idea hails, it takes many hands to keep this form of worship going. Come explore ways we can keep this tasty and generous feast moving forward—together!

Please bring a simple potluck item to share.

**Sunday, December 22, 11:00 a.m.**

### **Mid-Winter Festivals Across Religions—Berti Welty**

Many religions, both current and past, have celebrated a mid-winter festival of some kind. In this service we will explore what these festivals have in common. Rituals and foods inherent in these festivals will be a part of the service. We are all aware of Christmas, Hanukkah, and Yule. What about Kwanzaa, Saturnalia, Inti Raymi, Dong Zhi, Shab-e Yalda, Shaalako, Soyal, and Toji? The children will lead part of this service.

**Tuesday, December 24, 5:00 p.m.**

### **Our Traditional All-Ages Companionship and Candle-Lighting—Ann Kilby**

Much music! Lighting candles in the dark, joining together to wish each other, our community, our world, and all beings well! Holding hands. Fun surprises. Speaking of Hope and Resolve. Singing songs full of our love of peace, and of neighbors everywhere.

**Sunday December 29, 11:00 a.m.**

### **Cider Sunday—Berti Welty**

In this informal service we will munch finger foods brought by each of us and drink hot spiced cider as we let go of the old year and welcome the new with ritual and our intentions. If willing, please bring simple finger foods to share.

## Forward, from page one



In the recovery community, we encounter the notion of “One Day at a Time.” When someone decides to stop using or drinking or whatever it is they do that is ruining their life, they do not decide to give up their troubled behavior for all time. That would be ludicrous; a setup for defeat. Rather, they decide to do the next right thing in this moment. And then again, and again. With an inner eye trained on that light at the end of the long tunnel, they bravely maneuver through the dark, lighting flares and sending out sparks and distress calls when needed, to see just far enough ahead of themselves to make their way.

It is not the deus ex machina response our minds have been trained toward. Not the better-living-through-science formula, nor salvation-via-technology, nor the well articulated five-point plan designed to see us safely to a better, distant shore. Some would say there is no map for the time we find ourselves in, no recognizable landmarks to navigate by. And yet inside this moment there are whispers and clues. We can pick up the call from a friend. We can hold the hand of someone in need, or donate to a righteous cause close to our heart. We can weep, we can sing, and still do deeply courageous and vulnerable things while asking for support from those around us. We can call ourselves back, again and again, to the immediacy and magic of this present moment, take stock of what’s needed, and offer what we can.

A detailed road map might be beyond our grasp. We map the territory as we go. And though we may hold in our mind’s eye a deep and beautiful image of the land to which our hearts long to go, it behooves us to keep our gaze settled in the here and now. To approach the wilderness we find

ourselves in as though it holds a will and a song and calling all its own. To ask how we may partner with that song, and become, as the mystics bade us, “partners with creation.” To meld our voices with those that have come before us, and those who will follow us, sussing out which part is uniquely ours to sing.

\_\_\_\_\_ If all else fails, you can borrow this tune from [Lyndsey Scott, singing over and over till it etches its truth upon your heart:](#)

*You don't have to know the way  
the way knows the way  
You don't have to plan the way  
Trust the way, feel your way  
The way knows  
The way knows  
The way knows the way.*

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

## Generously offered for a donation to HUUF

Cena Marino has a few items to pass along, and she’s generously offering them in return for a donation to HUUF:

- New Singer sewing machine: \$50
- Lawn mower- gas powered: \$50 or best offer
- Scanner: Free!

Contact Cena to pick up : [cdmag1@sbcglobal.net](mailto:cdmag1@sbcglobal.net) or (707) 616-3906

## Christmas Dinner, from page one

Come one and all. If you decide to come at the last minute, just show up with a ready to serve dish to share. The more the merrier. Bring your whole family!

\_\_\_\_\_ *Berti Welty*



## Notes from the HUUF Board

### **Join us at the Congregational Meeting, Sunday, December 8, 11:00 a.m.**

The HUUF Board meeting on November 14 was attended by Margy Emerson, Corazon Amada, Amy Day, Hart Mendenhal, Bonnie MacGregor, and Montana Caouette.

The public comment period was attended by HUUF members and members of the community including Berti Welty, Laura Phelan-Shahin, Kate McClain, Joanne McGarry, Pamela Brown, Elizabeth Drabkin, and Susan Parsons.

The Board approved the current list of signers for HUUF's Coast Central Credit Union checking account. The list of signers now includes Hart Mendenhal, Roberta Welty, Charles Sharpe, and Cynthia Chason. The revision of the list also included the removal of Cassie Brillbeck from the list.

The Board discussed team building and skill-building exercises with the new members. This year has seen the addition of Hart Mendenhal, Josh Charles, and Corazon Amada to the Board. Pat McCutcheon and Chris Chapin left the Board this year as well.

The Board discussed the Congregational meeting that was held on October 6. A member noted that the Congregational Meeting attendees did not fully represent the entire congregation, and we need to find a way to survey members that cannot attend. It was recognized that HUUF leadership needs to do a better job of describing how the consensus process works. The consensus process is difficult and takes time, but the Board is committed to finding the best solution for the congregation.

The next Congregational Meeting will be held on Sunday, December 8, at 11:00 a.m.. This meeting will continue the consensus process started at the October 6 Congregational Meeting. The Board discussed ideas for the meeting and much time was spent discussing a variety of staff organizational structures that can be presented to the congregation. The Board encourages all members to continue to generate ideas of met and unmet needs of the congregation and to share them at the Congregational Meeting on December 8.

Our next Board meeting is scheduled in the HUUF Sanctuary on Thursday, December 12, 6:30 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*

### **Welcome new HUUF member, Liesbet Bickett**

We are delighted to welcome to our midst Liesbet Bickett, who signed on as an official member of the Fellowship this week. Liesbet comes to us from the Lake Tahoe region, having relocated here a year ago to be closer to her daughter and new grandbaby. In addition to her current course of study to be an Interfaith Chaplain, she brings to us a multitude of talents and creativity, hoping to utilize her gifts to serve on the Program and Worship team in the near future, as well as potentially offering small group listening circles. Stay tuned.

In the meantime, make sure to welcome her and get to know this lovely new addition to our community.

*Amy Day*



### **WhaleCoast Alaska—A more authentic travel experience**

Two unique and exciting tours organized by four Alaskan UU congregations are offered next summer by WhaleCoast Alaska. Experience majestic scenery, wildlife, Denali National Park, Alaska Native culture, glaciers, and homestays with fellow UUs, while supporting UU congregations. For 31 years, WhaleCoast Alaska tours have been a great way to visit Alaska. Register now for this amazing experience!

For details:

[www.WhaleCoastAK.org](http://www.WhaleCoastAK.org) Questions: [info@whalecoastak.org](mailto:info@whalecoastak.org)





## Humboldt Unitarian Universalist Fellowship

P.O. Box 506  
Bayside, CA 95524

**24 Fellowship Way, Bayside (off Jacoby Creek Rd.)**

**(707) 822-3793** <https://huuf.org>

email: [office@huuf.org](mailto:office@huuf.org)

**Director of Operations:** Bridgette Garuti, on campus  
Monday-Wednesday, noon-4:00, appointments preferred;  
Thursday by email only, at: [office@huuf.org](mailto:office@huuf.org)

**Director of Spiritual Life:** Amy Day  
on campus Tuesday and Thursday, email:  
[comm@huuf.org](mailto:comm@huuf.org)

**Communications Coordinator,** Tiffany Hess, on campus  
Tuesday through Thursday, 9:00 a.m.-2:00 p.m., email:  
[connect@huuf.org](mailto:connect@huuf.org)

**Newsletter Editor:** Pat Carr, email: [newsletter@huuf.org](mailto:newsletter@huuf.org)

**Newsletter Proofreader:** Stephen Sottong

### **Board of Trustees:**

**Co-Presidents:** Margy Emerson, Pat McCutcheon

**Vice-President:** Michael Caouette

**Treasurer:** Hart Mendenhal

**Secretary:** Jason Teraoka

**Trustees:** Josh Charles, Corazon Amada

*Come share your thoughts*

### **Congregational Meeting December 8**

On Sunday, December 8, at 11:00 a.m., the HUUF Board will continue the process of exploring members' views of what needs our Fellowship meets, or fails to meet. This is a vital opportunity to express your wishes for where HUUF goes, and how our Fellowship functions in the future.

Please join us at this important meeting.

### **Staff news: time to give thanks**

Gratitude can be a feeling or a spiritual practice. It can lead us to reflect on our lives. After eight years of service to the Fellowship I would like to give thanks for all I have received. So many wonderful relationships! It has been a pleasure to be the "backstage" support to you all. Reflecting on this experience with gratitude, I would like to announce I will no longer be continuing my position as Director of Congregational Operation. My last day will be December 31.

I wish you all the best!

*Bridgette Garuti, HUUF DCO*

### **Classified ad**

**Kayak \$500 OBO:** Dagger Axis 12.0, Rear hatch with cover, adjustable foot pegs, adjustable seat and paddle. Text Tim Clohesy with "kayak" in the text at (707) 498-4233. No phone calls please.