

# Humboldt Unitarian Universalist Fellowship



To the Beloved HUUF Community

## It is time we share our humble gifts

There's a story from the Judeo-Christian tradition in which I was raised. It's a story of a young boy who comes to see the Great Teacher speak, amid a crowd of hundreds, maybe more. The Great Teacher has been speaking at length when the crowd begins to get hungry. And He



inquires into the multitude, has anyone brought any food? The young boy lifts up his paltry offering—a few small loaves and a couple of fish, keenly aware that this doesn't constitute more than a mouthful for a select few. But at the Teacher's bidding, he takes his meager offering and presents it to the Wise Man. And the story goes that the Teacher blesses it, receives it and lays His hands upon the tiny meal, whereupon the once-meager offering of food begins to magically increase in quantity. The teacher asks the boy to distribute the food, and each time the boy takes the last few morsels to the crowd and returns empty-handed, only to find more has appeared, enough to feed ten, fifteen, a hundred more. And slowly they distribute the meal among the crowd, until, as the story tells us, the entire congregation has their fill.

As we move into the darkness, as we wonder how we do this brave and delicate work of choosing hope inside these times, I want to propose, my friends, that the time has

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## Come enjoy Christmas Dinner at the Fellowship

All are invited to join your Fellowship family for a festive holiday potluck at the Fellowship. After all the bustle of Christmas morning, why add stress to your holiday by preparing all the makings of your dinner? Instead, prepare your favorite dish and bring it to the Fellowship to share with others. Bring your entire family. We usually have 45 or more people in attendance.

We will gather at 2:00 p.m. on Christmas Day and probably serve dinner soon after. While we gather you can enjoy appetizers and have a drink. As usual, Berti Welty and Jo Weisgerber will prepare herb-crusted lamb. Donations to help defray the costs will be accepted.

So that all can be assured of a balanced dinner, Berti will appreciate knowing if you plan to attend, and what you will provide. It helps her plan and also lets her know how to respond when people ask "What should I bring?" Contact her at [bertijo@humboldt1.com](mailto:bertijo@humboldt1.com). We will need a couple of vegan or vegetarian main dishes and some mashed potatoes. If you are bringing decorations, appetizers, or drinks, please plan to arrive by 1:45 p.m. so they are in place by the start of dinner.

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## 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 through 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](mailto: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.

## ***Beloved, from page one***

come to trust the measure of food that you carry. We know that the world is hungry, even voracious, starved for nourishment—both literal and spiritual.

Feed someone. Teach someone. Heal someone. Hold someone. Put your own fragile body on the line for another.

It is time to stop holding back our humble loaves and fish.

It is time to place them once more on the altar of Creation and watch what can happen when we release our attachment to a particular outcome, or our need to be seen or show up in a certain way.

The world needs your bread—tiny or misshapen or day old or half-baked. We are hungry, and those in places of power and influence are merely doling out crumbs. We need the sustenance you carry inside you.

May these words remind you of that: the banquet buried in your bones.

May they embolden you to bring what you have to the table.

Offer it to Source, Spirit, Creation, Creator, the Ineffable, the People.

And step back and watch the feast unfurl.

Yours in grace and gratitude,

*Amy Day, Lay Minister, HUUF*

## Sunday Services

**Sunday, December 7, 11:00 a.m.**

***Chalica: A UU Holiday, with Berti Welty, Bellamy Devine, and Amy Day***

This Sunday we will celebrate Chalica, a Unitarian Universalist tradition centered around our seven principles. This will be an interactive all-ages exploration during which everyone will get a chance to complete their own Chalice.

**Sunday, December 14, 11:00 a.m.**

***Choosing Hope — Lessons from the great Joanna Macy, with Amy Day***

Join us as we explore the legacy from one of the great luminaries of our time. Together, we'll ponder the ideas, practices and invitations to move forward from this beloved teacher and guide, who taught us: "If the world is to be healed through human efforts, I am convinced it will be by ordinary people, people whose love for this life is even greater than their fear."

**Sunday, December 21, 11:00 a.m.**

***We are the Builders, with Amy Day***

The UUA has chosen Deepa Iyer's "Social Change Now" text as the Common Read for this year. Together, let's begin to map our way through the roles we are called to inhabit toward larger systemic change — both within our congregation and in the larger world beyond. The world is calling us to step into our sacred roles for healing and repair. Let's chart our response and divine the sacred work that is ours to fulfill.

**Wednesday, December 24, 5:30 p.m.**

***Christmas Eve***

Join us for this beloved annual ritual of songs, stories and candlelight. A night of classic tales revisited and hope rekindled in the dark. Regardless of your creed, we welcome you to this space of community and hope reborn.

**Sunday, December 28, 11:00 a.m.**

***Cider Sunday, with Montana Caouette***

Cider, cider, cider, rejoice, and be glad. Let's make this a special day during which we'll share a past significant day in our lives, and how it relates to our current spirituality. Cider is provided, but bring your story-telling hat.



## Climate Action Campaign

### **A year of climate action, with more ahead**

A note of gratitude to each of you who took action this past year on behalf of our planet's climate and mother earth. As H.E. Luccock says, "No one can whistle a symphony. It takes an orchestra to play it."

Thank you for actions you've taken in your home, community, and beyond. Thank you for contacting policymakers and legislators this year to support the removal of the Eel River dams, and to oppose the "Fast and Focused CEQA Act," a bill that would reduce environmental review of projects damaging the environment.

Thanks also to all who came out for the Earth Day rally on the Arcata Plaza in April. Since 1970, never have we had an Earth Day when we faced as much threat to our natural world as we do now from the policies of the current federal regime. Thank you, CAC members and friends who attended: Ann, Colleen, Ellen, Judy, and Laurel who sang with the Raging Grannies; Doug and Michelle who brought the CAC banner; Amy Day, our Lay Minister, who closed the program by speaking to the moral, ethical, and spiritual challenges we currently face, and how we find the spiritual and emotional strength to resist and push back.

Thank you, Tiffany, and to the many RE families and other HUUF/CAC members/friends for all the prep work (Ann, Cena, Chip, Ellen, Joanna, Judy, Kathryn, Laurel) and/or attending "Sun Day" events in September to celebrate and publicize the economic and climate benefits of wind, solar, and batteries for energy and energy storage.

Gratitude also to all who contributed time and/or treasure for the Books for Local Elementary Schools Project so we could provide books on climate and the environment to six local schools in Eureka. The Book Project will continue in 2026. For last month's climate

action, due to the federal administration's denial of climate change and boycott of the COP30 meeting in Brazil, many of us contacted Gov. Newsom to request state funding to support COP30's Tropical Forests Forever fund encouraging countries to manage and preserve their tropical forests. Our deepest appreciation also to Chip Sharpe, Tom Lewis, John McAlinn, and all those who faithfully hold climate and Black Lives Matter banners every Saturday in Eureka, rain or shine. It's music for our ears, and we thank you all.

Despite the lack of support from the current federal regime to address this nation's contribution to the climate crisis, countries attending COP30 continue to address greenhouse gas emissions. They know that using solar, wind and batteries not only lower GHGs, but also are the cheapest sources of power on the planet, create new jobs, and strengthen local communities.

It's encouraging for us to know about the important roles other countries now play in the world's climate orchestra. Beginning in parts of the country next year and expanding in 2027, Australians will  
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## ***Climate, from page 4***

get three free hours of electricity every afternoon. Even in this country, plans are being made to introduce balcony solar laws in half a dozen states.

And this piece of exciting wind energy news was reported by Scott Allen (see <https://tinyurl.com/5cymm8np>). The Neoliner Origin, the world's largest sailing cargo ship, developed by the French, recently completed its maiden trans-Atlantic voyage and docked at the Port of Baltimore.

Lastly, as we close this final CAC column for 2025 and look to 2026 with hope and renewed commitment for climate action, I recommend visiting <https://tinyurl.com/2p9nbh8c> for insight and inspiration from Jane Goodall, recorded shortly before her death.

To all from CAC, peace and good cheer for the winter holidays and the coming year.

*Sue L. Mossman, co-chair*

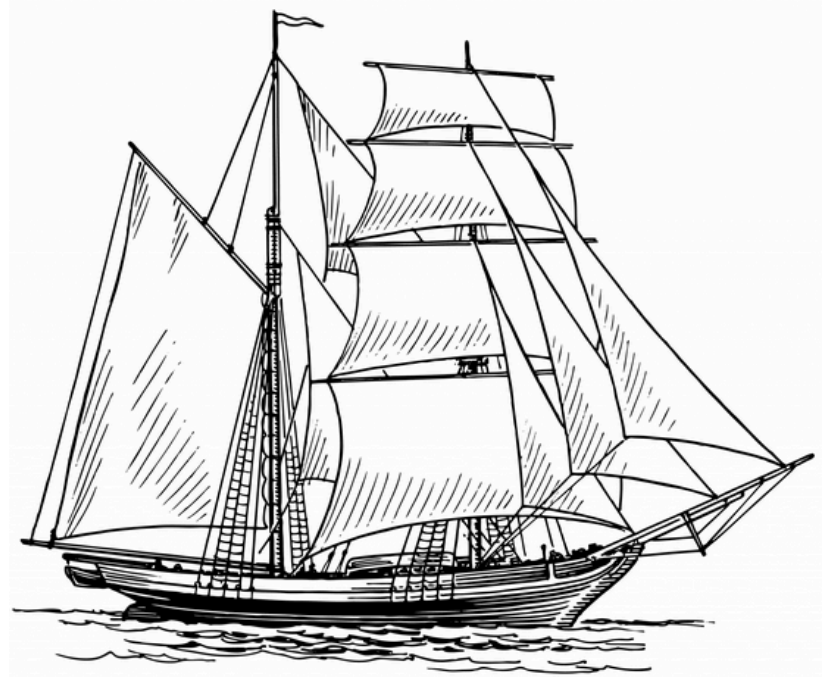
## **WhaleCoast Alaska—A more authentic travel experience**

Two unique and exciting fundraising tours organized by four Alaskan UU congregations, and managed by former HUUF member Maya Kaup, are offered this summer by WhaleCoast Alaska. Participants will experience majestic scenery, wildlife, Denali National Park, Alaska Native culture, glaciers, and homestays with local UU members, while supporting four Alaskan UU congregations.

For 32 years, WhaleCoast Alaska tours have been the best way to visit Alaska. Register now for this amazing experience!

Details: [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org)

Questions: [info@whalecoastak.org](mailto:info@whalecoastak.org)



## ***Christmas, from page 1***

As usual, we will need help with set-up starting at 1:00 p.m., and with clean-up afterwards. Let Berti know if she can count on you. And should you find that the holiday has sneaked up on you and you have no other plans for the day,, don't worry, there is always room at the table.

*Berti Welty*



## Humboldt Unitarian Universalist Fellowship

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### Classified Ad

Hello, my name is Isabel and I am offering heart-centered help for our beautiful community. Offering personal assistance, elder and child care, pet, plant, garden care, housecleaning and organization, errands and everyday tasks. I am available for hire, have great references and would be happy to help with care, attention, and heart! Call or text: Isabel, (707) 499-8310. Thank you so much for your care and kindness!

### 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/>

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