



The Mountain Chalice

Newsletter of the
Unitarian Universalist
Community of the Mountains
Grass Valley, Calif.

January 2011

We are a GLBT-Welcoming Congregation



IN THIS ISSUE

Meghan's Musings.....	2
Giving Tree Thank-you.....	2
UU Amblers.....	2
Letter From Joyce.....	3
Notes from the President....	3
Social Action News.....	4
Peace & Nonviolence.....	5
Green Sanctuary Film.....	6
Green Power Point.....	6
UUAM Recipe.....	7
Caring Notes.....	7
RE News.....	8
Visual Artists Group.....	8
Sewing Bee.....	8
Women's Group.....	9
Committee Chairs Meeting..	9
Book Group Forming.....	9
Music, Music, Music.....	10
UUCM Directory.....	10
Friday Family Fun Night....	11

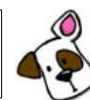
January 2, 11:00 am – “On Self-Acceptance” Jerry Jacoby

The model we explore is that we are all spiritual beings – *immortal* spiritual beings – having human experiences. When the stories in Michael Newton's and Brian Weiss's books are studied, it's obvious that we have incarnated to learn lessons. But the lessons are so diverse it's hard to make sense of it all. Reflecting on the big picture, it seems that the place to start is with self-acceptance.

Worship Associate: Matt Wilson-Daley



Please remember to bring non-perishable food contributions for the Interfaith Food Ministry and pet food for Sammie's Friends on the first Sunday of the month – and brown grocery-size bags.



January 9, 11:00 am – “Beginnings” Rev. Meghan Cefalu

Where did we come from? Who are we? Why are we here? Human beings in every era have developed stories to address these mysterious questions. In hearing several of these tales from various traditions this morning we may be inspired by the myriad creative answers that have evolved around the world.

Worship Associate: Sophia McKean

January 16, 11:00 am – “UUnderground Railroad” Rev. Meghan Cefalu

Unitarians and Universalists played an instrumental role in helping slaves escape to freedom in the pre-civil war era of our nation. Today, as we celebrate Martin Luther King Jr.'s life and leadership, we will hear stories of our religious forbears' struggles to bring freedom and justice to all people. Singing together many of the old traditional slave songs, we will get a glimpse of the experience of longing for – and risking everything for – freedom. Worship Associate: Annie Haymaker

January 23, 11:00 am – “Experiencing the Sacred in Daily Life”

Jonathan Robinson

It's easy to get caught up in a life of endless activity and rushing around--and miss the magic, love, and peace we all really yearn for. In this talk, Jonathan will discuss 5 keys for bringing more "magic moments" and spiritual growth into the activities of our daily life. Worship Associate: Lindsay Dunkel

January 30, 11:00 am – "King - Gandhi - Chavez: Making the Connection" Rev. Don Baldwin

January 30 begins "A Season of Peace and Nonviolence," a 64-day observance wherein we seek ways to live out the basic teachings of M.L. King, Mahatma Gandhi, and Cesar Chavez. Rev. Don Baldwin is a retired United Methodist minister and Director of Earth Justice Ministries. His message will speak to the pertinent question: "How can we move into a time when peace and nonviolence are more than just a "season" to be observed, but a way of life? How can Dr. King's "dream" come true, both in us and in our communities?

Worship Associate: Gail Johnson Vaughn

**Friday
Family
Fun
Night**
Friday, Jan. 21
5:30 pm
See p. 11



Rev. Meghan's Musings

by Rev. Meghan Cefalu

Dear Friends,

Warmest winter greetings!

As we begin this New Year together, I am gathering ideas for deepening spiritual growth and building stronger connections among members and friends, and as a way to invite and include folks new to our community.

While in conversation in my office one day, a congregation member and I got to brainstorming and came up with an idea that we think might just be as fun as it is effective: a spiritual/theological book

group. I'm thinking this would be a small group of people (6-8) who will meet once a month or so to discuss a book we've all decided to read. The books will be ones that group members suggest, and we'll decide together which to read. Think of that book you read a while back that was so transformative and interesting. This is your chance to share and discuss it with others. To keep the conversations juicy and to further deepen our connections, group members will be encouraged to balance our intellectual discussion of concepts and ideas with our emotional and intuitive experiences - essentially to sink down out of our heads into our hearts from time to time.

If this sounds fun or intriguing and you'd like to know more, call or email me. Or plan to come to our first exploratory meeting on Saturday, January 22, at 11 am at UUCM.

I want you to know that serving this congregation is such a joy and a blessing to me. May we continue to do the good work together of creating peace and justice, wholeness and health within our community and beyond.

Blessings,
Rev. Meghan



Giving Tree Thank-You

by Robin Hart

On behalf of the Caring Committee, we want to thank the generosity of our UUCM Community for the successful fulfillment of all the gifts for this year's 2010 Giving Tree Project. All of the adopted ornaments were returned, allowing each of the chosen family members to receive 2 gifts, plus 2 gift certificates per family. This year, thanks to all the help from Carol Hyndman, cats and dogs in the families were well provided for with toys, treats and food. Caring Committee Elves Corrie Silva and Robin Hart filled the sleigh with all the gifts and delivered them to Women of Worth before the deadline, to make Christmas merrier for some deserving families.

UU Amblers

For an easy walk...Join the UU Amblers. On Tuesday, Thursday, and Saturday at 10 am, 5 or 6 of us enjoy friendship and an easy one hour hike on one of our beautiful area trails. Meeting places vary, so call Will or Judy Madden 265-4788, or email Madden66@gmail.com for up-to-date information. At Sunday services, Carol Kuczora and John Burnside, who are regular Amblers, will be glad to answer questions.





Letter from Joyce

To My UU Community:

As you may already know, Wiley Martin and I have made some big changes in our lives. Over the weeks and months, it became clear to me that Wiley needed more care than I could give him, professional care. Accordingly, he is now living at Quail Ridge, where he has already met up with Bob Tallmon.

As for me, Alan and Anne Paisley, my daughter and son-in-law, have invited me to live with them, where I will also get good care. My new address is 3737 NE 135th Street, Seattle, WA 98125. I don't yet have a phone but I'm keeping the same email address.

Someone referred to Wiley and me as a devoted couple. How true. And how difficult the separation has been for us both, but I know that time will make it easier.

So thank you all. I want to say goodbye to members of my Chalice Group, invaluable friends David, Sharon, Paul, Connie, Wally, Doug and our warm and talented leader, David Lee.

Finally, Reverend Meghan has been both a friend and an inspiration to me. I am so grateful.

With Love,
Joyce McKay

Notes From the President

by Kia Hatch



Photo: Carita Nolan

“Growth means change and change involves risk, stepping from the known to the unknown.” – George Shinn

It's hard for me to believe that 2010 has already come to an end. Each year seems to zoom by faster and faster. Perhaps it's a function of growing older; I blink and another year has passed.

2010 has been a year full of changes and improvements. Some of them were in our infrastructure like our mortgage, insurance policies, etc. But the most significant changes and growth that I think of are those that involve our members. We've got a vibrant, busy community. Look at all the events that fill our building with light and laughter – children, drummers, leadership workshops, singers, music lessons, chalice circles, writers groups, 12 step groups, the men's group, quilters, family fun nights, the women's group, Peace Center events.... The list goes on and on. UUCM is a “happening place.”

So as each of you pauses to look back at 2010, I urge you to remember all of the good things that we do together, building a vibrant community, and look ahead to a wonderful 2011!

Peace,
Kia



Social Action News

by Sheila Myers

Pass The Plate

Greetings to all! The generous members, friends and visitors came through once again. The plate of \$648.20 was donated to the Interfaith Food Ministry in December. To the delight of the Social Action Committee, the UUCM board voted to approve additional opportunities for the congregation to help fund worthy organizations. In the months with five Sundays, there will be an additional Pass the Plate. So this month, there are two recipients, as follows:

The **January 9** Pass the Plate recipient will be the UUSC/UUA Joint Haiti Earthquake Relief Fund. This is from the UUSC website:

At the one-year (Jan 12) commemoration of the devastating magnitude-7.0 earthquake, Haiti remains in crisis. More than 1.5 million people are still homeless and living in camps for the displaced, increasing their vulnerability to new challenges — the recent cholera outbreak, November flooding from Hurricane Tomas and violence from the contested elections at the end of November.

People who are marginalized within a society before an earthquake hits or a war begins will find themselves even further down the ladder after the crisis. The axis of inequality withstands both natural and man-made emergencies.

UUSC prioritizes the needs of marginalized people who are overlooked by mainstream aid efforts. Out of every dollar donated, 92 cents goes directly to the effort, the other 8 cents going to cover postage, wire transfers, and other miscellaneous administrative costs.

To help UUSC respond to the enormity of the devastation in Haiti and to encourage continued giving, our friends at the Unitarian Universalist Congregation at Shelter Rock in Manhasset, NY, have issued a \$500,000 challenge grant. Under the terms of the grant, every \$1 you donate to the UUSC/UUA Joint Haiti Earthquake Relief Fund will be matched by \$3 from the Shelter Rock congregation, until the grant ceiling is reached. We would like to donate to this fund as a congregation.

The **January 16** Pass the Plate recipient will be The Interfaith Food Ministry Facilities Improvement Fund. Thanks so much for the support you have shown in 2010, through both monetary and volunteer contributions. The 2011 challenge is now at hand for the IFM. They are outgrowing their space and are focusing on a series of fundraising campaigns to expand or secure new operating headquarters.

They experienced a 10% increase in the number of clients in 2010. In November, for example, there were 7,530 people who received supplemental groceries. Of that amount, 30% were children. These folks received a total of 8,268 filled grocery bags in that month alone!

As you can see, the IFM is in dire need of an either expansion of the current location or relocation to a larger space. Donating to this special fund this month will kick off this effort! Remember the checkbooks on the 9th and 16th and be as generous as usual to both of these wonderful outreach organizations!

Second Sunday Night Film

January 9, 2011 7:00 pm



This month's film, co-sponsored by the Peace Center and the UUCM Social Action Committee is "South of the Border." (78 minutes)

There's a revolution underway in South America, but most of the world doesn't know it. Oliver Stone sets out on a road trip across five countries to explore the social and political movements as well as the mainstream media's misperception of South America while interviewing seven of its elected presidents. In casual conversations with Presidents Hugo Chávez (Venezuela), Evo Morales (Bolivia), Lula da Silva (Brazil), Cristina and Nestor Kirchner (Argentina), Fernando Lugo (Paraguay), Rafael Correa (Ecuador), and Raúl Castro (Cuba), Stone gains unprecedented access and sheds new light upon the exciting transformations in the region. Feel free to join us for discussion and refreshments after the movie. \$4 – 10 donation, no one turned away. Proceeds are shared with UUCM.



Opening Event for this year's
Season for Peace and Nonviolence
January 30, 3:00 pm
at Unity in the Gold Country

The opening event for this year's Season for Peace and Nonviolence, which runs from January 30-April 4, 2011, will be held January 30, 3:00 pm, at Unity in the Gold Country. The UUCM Social Action Committee is a participating organization in A Season for Peace and Nonviolence, and Annie Haymaker is coordinating music for this event. Bonnie Bennett is our representative to the SPAN organizing committee.

Come and enjoy the music, films and speakers celebrating "The Spirit of Peace-Building" and the lives of Mahatma Gandhi, Martin Luther King, Jr., Cesar Chavez and others who promote nonviolence as a powerful way to heal, transform, and empower our lives and communities. Free event, donations appreciated.



Green Sanctuary Films

by Bill Nolan

From September through December, 2010, the Green Sanctuary Committee hosted the Renewal film series on the first Sunday of each month. Beginning in January 2011 we will be continuing the trend by viewing a different film every first Sunday. A short discussion will follow each film.

On **Sunday, January 2nd**, from 12:30 to 1:00 pm, the Green Sanctuary Committee invites you to see a short film entitled "Food Waste in America," produced by two high school students, Anna Quick and Patricia Tapia, from Woolman Semester. The film highlights the work of Harvest Sacramento, an organization that gleans fruit and vegetables from backyards and gardens and distributes it to people in need. Is this something we could do in Nevada County?

Please join us to watch this thought-provoking, 10-minute film, and join in the conversation period afterward.



Green Power Point

by Anita Wald-Tuttle, UUCM Green Person

To Your Health

You may be eating organic, but are you drinking organic? Conventionally farmed grapes and grains are just as harmful as other conventional crops. Luckily, many vintners and brewers are going "green." Start your search for the perfect organic beverage at local breweries and vineyards, and minimize carbon costs at the same time.

"Whether we and our politicians know it or not, Nature is party to all our deals and decisions, and she has more votes, a longer memory, and a sterner sense of justice than we do."— Wendell Berry

UUAM Recipe

by Carol Hyndman

Skillet Cornbread

Serves 4

1½ C cornmeal
½ t salt
1 t baking soda
1 t baking powder
1 t sugar (optional)
2T butter or canola oil
1 egg, or 1 ½ t Ener-G + 2 T water
1½ C buttermilk, or motherless milk + 1 t vinegar

Preheat oven to 450. Combine dry ingredients. Put the butter in a skillet and preheat until the butter gets bubbly. Add the egg and buttermilk to the dry mixture, whisking with fork at first and switching to a spoon until blended. If the mixture seems too dry, add more buttermilk. Remove skillet carefully and pour the batter into the sizzling butter. Return to oven and bake to a golden brown, 15-20 min. Remove and cut into wedges.

From: *The Meat Lover's Meatless Cookbook*, by Kim O'Donnell.



Caring Notes

by Robin Hart



January is the start of a new year and new beginnings after all of the hustle and bustle of the holidays. Time to take a breather and reflect on all the possibilities of the year to come. May we keep to all of our resolutions for ourselves and our community and keep those we care about in our hearts for the coming year. Please join with me to light candles of concern and send healing energy to those many in our community who need special prayers and wishes at this time:

If you need to bring something to the attention of the Caring Committee, please contact one of our members: Rev. Meghan, Robin Hart (Committee Chair), May Lawrence, Corrie Silva, Leal Portis, Gwen Eymann, Bernell Scott, Sherie Saenz, Ernie Jackson, or Jim Lane or e-mail us at caringcommittee@ugrassvalley.org.

This space is intentionally left blank to protect the privacy of our members.

RE News

by Rochelle Davisson

Happy Holidays, from all the RE Committee members and RE kids! So far the kids have had a great start to the holiday season. The Family Fun nights have been precisely as advertised: fun for the whole family. During the December Family Fun Night, the kids made Groovy Green ornaments, which, along with homemade soup and hot cocoa Mason Jar mixes, homemade holiday cards, frozen cookie dough, and lovely homemade jewelry and brittle, were offered during the first RE Kids General Fund Fundraiser event. And what a success that fundraiser was! A big thanks to our UU community for supporting the kid's efforts to add to the General Fund. We hope you got much of your holiday shopping out of the way by stopping by our booth. And yes, we're busy making plans to continue the event next year!

Upcoming events include the next Family Fun night scheduled for January 21, featuring an improv night with Richard Winters. The pre-teen/teen group is scheduling a "fun in the snow" weekend in February up at Lake Tahoe, thanks to the generosity of the Winters family, who have again agreed to let the kids (and a few supervising adults--don't worry!) use their cabin on the lake for a bonding experience. And speaking of bonding, there's something wonderful that the RE teachers have noticed with the RE kids: they are becoming a very closely knit group, inclusive and supportive, and so very excited to see each other when Sundays come around. A true UU community.



Visual Artists Group

by Robin Hart

The Visual Artists group will meet the 4th **Wednesday, January 26**, at 6:30 pm. Call Robin Hart for details at 271-7121.



UUCM Sewing Bee

by Kia Hatch

Do you need help with mending, minor alterations, etc.? If the answer is yes, your UUCM sewers can help.

Bring your items needing repair on **Sunday 1/16**. We will gather after the service with sewing machines and sewing supplies to help you. Though we'll have a variety of thread colors available, if you have special needs, like zippers, be sure to bring them with you.

If you like to sew and are willing to help with this sewing bee, contact Kia Hatch.

Women's Group

by Clarita Nolan

Christmas at May Lawrence's house was as spectacular as usual. Theresa Houtman expertly demonstrated the preparation of stone soup while everyone pitched in to make the meal delicious. We were also visited by a cowboy poet who regaled us with his entertaining wit.

January will bring us back to the chapel. We will continue to discuss Kate Byron's book, *Loving What Is*. We will also talk about what other activities and topics to consider throughout the New Year. Please come and share.



Committee Chairs Meeting

by Lindsay Dunckel

Committee chairs, please join the Committee on Ministry and representatives from the Board of Trustees for a committee chairs meeting on **Sunday, January 30** from 12:30 to 2:00. We will be discussing communication of information and how it can build and nurture good relationships. What information do the Board of Trustees and committees need to exchange in order to be most effective, and to be of greatest service to each other, the UUCM congregation, and the wider world?

Book Group Forming

by Rev. Meghan Cefalu

There will be an exploratory gathering for people interested in starting a Book Group on **Saturday, January 22**, at 11:00 am.

Announcements

Parking: On Sunday, please treat the parking along Walsh like handicapped parking for those with limited mobility.

Online Services: To make changes to your listing in our directory, to be added or deleted from our email list, or to receive the electronic version of the *Chalice* in color, contact Wally Holtan at bstiknb@sbcglobal.net.

Music, Music, Music

Choir News

In January the choir will sing for the service on Jan. 23. Rehearsals are on Mondays, Jan 3, 10, and 17, 7-8:30 pm. Come and sing with us! You don't need to read music or have sung in a choir before. For more information, call Dorothy at 272-4787.

UUCM Drum Circle

The January gatherings will be Wednesday, Jan 5 and 19, from 7:00 to 8:30 in the UUCM Chapel. The theme, as usual, will be hand drumming in the African tradition. We will begin with some hand drumming basics, then learn and practice some traditional rhythms. An open jam will follow. Bring your hand drums, rattles, shakers and other percussion instruments. Some drums and toys will be available for use. This gathering will be fun for all ages and no experience is necessary. The UUCM Drum Circle meets on the first and third Wednesdays in the UUCM Chapel. For more information contact David Ferrier, 559-5902, davidferrier06@comcast.net.

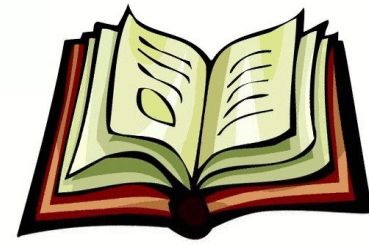
Jim Lowe at Five-Mile House

Our UUCM pianist, Jim Lowe, plays most Thursdays in January from 6 pm to 9 pm at the Historic Five-Mile House, located at 18851 Highway 20, just up the hill from Nevada City. Drop by for dinner or cocktails. For reservations, and to make sure Jim is playing, call 265-5155.

Photo: Carol Kuczora



UUCM Drum Group



New UUCM Directory: Service Providers

by Susan Sanford

In service to building greater community within UUCM and beyond, we are creating a directory of UUCM members and regular attenders who provide professional services of various kinds, or who work for businesses or organizations whose services or products might be of interest.

If this describes you, as a provider or employee, this is your invitation to participate!

Though there are still specific details and protocols to address, we are inspired to begin data collection because Beverlyn Tucker has the time and expertise to start right now. Be assured that questions and concerns will be attended to before anything is "published" in any way. The directory will contain only information that is offered by the providers. Since the directory may go on the UUCM website at some point, please ensure that all information you provide is something you'd be willing to have published in a newspaper.

To be listed in the directory of service providers, call Beverlyn Tucker at 530-268-2052. If you do not reach her in person leave a message with your phone number and a good time to return your call. When you talk, she will ask you for basic information and confirm spellings, etc. Give her the information when you talk, rather than leaving it on her voicemail.

Since Beverlyn is available at this time, you're invited to take a few minutes now to give her your relevant information if you want to participate. If people are able to reply during the first week of the New Year, we might have our first edition by the middle or end of January! Eventually, it could be fun to expand the directory to include peoples' passions, avocations, and hobbies too.

January 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 11 Sunday Service 12:30 Renewal Film	3 7 Choir Practice	4 9 am Meditation 7 Threshold Choir	5 8:30 am Men's Group at UUCM 4 Planned Giving 7 Drum Circle	6 8:30 am Men's Group at Caroline's 6 pm DBSA-NC 7 pm LSP Group	7	8
9 11 Sunday Service 12:30 Spirituality Group 7 Peace Center Movie Night	10 7 Choir Practice	11 9 am Meditation 9 am David's CG	12 8:30 am Men's Group at UUCM 5:30 Caring Com 7 Social Action	13 8:30 am Men's Group at Caroline's 10 Writers Group 7pm UUCM Board	14 7:30 Woolman Semester Student Documentaries	15 9 am B&G Work Party 1 pm B&G Committee
16 11 Sunday Service 12:30 New to UU 12:30 Sewing Bee	17 7 Choir Practice Newsletter Deadline	18 9 am Meditation 7 Threshold Choir	19 8:30 am Men's Group at UUCM 7 pm Drum Circle	20 8:30 am Men's Group at Caroline's 5:30 pm Women's Group 6 pm DBSA-NC	21 5:30 HH Dinner 5:30 Friday Family Fun Night	22 11 am Book Group
23 11 Sunday Service 12:30 RE Comm 2:00 Workshop – Jonathan Robinson	24	25 9 am Meditation 9 am David's CG 6 pm PFLAG	26 8:30 am Men's Group at UUCM 6:30 Visual Artists 7 Worship Comm	27 8:30 am Men's Group at Caroline's 10 Writers Group 6 Green Sanctuary	28	29
30 11 Sunday Service 12:30 Chairs Mtg	31				Note: Calendar is subject to change. Verify on website: uugrassvalley.org	1

Friday Family Fun Nights January 21: Family Night at the Improv

by Paige Anderson-Torgrimson

We have dined together, scooped pumpkins together, played together, and crafted together. Now it's time to share some laughs together, as our Friday Family Fun Night series continues on January 21.

This month you are invited to grab a steaming mug of hot cocoa and settle in for a night of multigenerational improv games led by professional actor and teacher Richard Winters. No experience, resumes, or headshots required.

Our Friday Family Fun Nights are an opportunity for everyone in our community to gather together, share a meal, and enjoy an evening filled with fun and laughter. The soup and salad potluck dinner begins at 5:30 pm. Bring a dish to share. Hot cocoa will be provided. For more information, email Brett or Paige at PgAnderson@aol.com.





**Unitarian Universalist
Community of the Mountains**
246 So. Church Street
Grass Valley, CA 95945
www.uugrassvalley.org

Return Service Requested

The purpose of our Community is to foster liberal religious living through worship, study, service and fellowship. We seek the enjoyment of religion founded upon devotion to individual freedom of belief. Relying upon reason as our guide, and upon freedom as our method, we seek to grow in understanding of ourselves and of our world, to promote and serve the universal human family.

New to UU? Comprehensive information on our principles, beliefs within our faith, history, worship practices, congregational life and more is available on the denominational website at www.uua.org. Click on "Visitors."

Membership in UUCM is open to all who see this community as their religious home and the principles for which it stands as their own. To join UUCM, one signs the membership book and supports the community through a financial contribution and regular participation.

A Membership Retreat is held three times a year for people who are ready to make it official and join UUCM. It is a wonderful day of learning and sharing spiritual journeys while gaining a more in-depth understanding of the significance of membership. For more information about membership, please talk with Rev. Meghan Cefalu or with someone from the Membership Committee.

Office phone: (530) 274-1675

E-mail: uucm@uugrassvalley.org

UUCM Board of Trustees

President Kia Hatch
president@uugrassvalley.org
Vice President Keith Johnson
Treasurer Jerry Jacoby
Secretary Ann Cullinan
At Large Pat Paddock, Carol Ann Jones,
Bernell Scott, Beth Freedman

Minister: Rev. Meghan Cefalu

Hours: Tues-Wed-Thurs, 11 am – 6 pm
Please call ahead for an office appointment
minister@uugrassvalley.org, 274-1661

Mountain Chalice newsletter editors

Clarita Nolan, Annie Haymaker., Mike Freedman
This issue edited by Annie

Webmaster: webmaster@uugrassvalley.org

RE Director: Marilyn Winters

Music Director: Annie Haymaker

Committee Contacts

Religious Education: Meg Luce
Membership: Corrie Silva
Social Action: Sheila Myers & Ann Cullinan
Green Sanctuary: Bill Nolan
Worship: Matt Wilson-Daley
Finance: Beth Freedman
Communications: Karen Copening
Music: Randy McKean
Stewardship: Keith Johnson
Building: Rick Osborn
Ministry: Lindsay Dunkel
Caring: Robin Hart

Other Contacts:

Women's Group: Clarita Nolan
Spirituality Group: Janet & David Lee
Room Scheduling: Anita Wald-Tuttle

Newsletter deadline is the 15th of each month. Send to: editor@uugrassvalley.org
Send change of address, phone number or email to: directory@uugrassvalley.org