



The Mountain Chalice

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

July 2010

We are a GLBT-Welcoming Congregation



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July 4, 11:00 am – “Yankee Doodle Unitarians?” Rev. Ben Walker Meyers

There have been either four or five Unitarian presidents, depending on the status accorded Jefferson. (Like Lincoln, Jefferson never joined a church.) Our faith has produced its share of heroes and heroines, men and women whose names will be remembered as long as history is written and read and recounted by us. In this sermon on faith and freedom, Rev. Meyers arms us with these stories.

Worship Associate: Anita Wald-Tuttle



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.



July 11, 11:00 am – “Spirituality Through Music: UUism & Jazz” Bryan McAllister

What is jazz and why should we understand it? What does jazz have to do with life as a Unitarian Universalist? There are many things we can learn from jazz and improvisational music, and many similarities between the lives of Unitarian Universalists and jazz musicians. We will explore both worlds and discuss why we should practice UUism like jazz musicians.

Worship Associate: Jerry Jacoby

July 18, 11:00 am – “GA Inspirations” UUCM Members

Three of our members attended General Assembly in Minneapolis in June, where delegates voted on changing the presidential elections, holding GA every other year and reducing the number of delegates, reducing the size of the board and consolidating districts into regions, and whether to boycott Arizona’s new immigrant law by moving GA 2012 out of Arizona. On this day they will share with the congregation the insights and inspirations they received during this annual event.

Worship Associate: Matt Wilson-Daley

July 25, 11:00 am – “Authentic Happiness” Susan Sanford and Lindsay Dunckel

Using positive language can change how we think and how we interact; it builds bridges rather than creating chasms. Together we will create an experiential tool kit through song, story, and skits and explore the wisdom of positive psychology.

Worship Associates: Susan Sanford and Lindsay Dunckel



**Annual
UUCM
Camping
Trip
see page 7**



RE News

by Rochelle Davisson

Your RE committee has been hard at work, already planning for next year. Jo Waters graciously hosted an all-day Religious Education Committee retreat in the beginning of June. Classes were divided up, the curriculum for each group determined, and Annie Haymaker will be helping us incorporate more music into the students' studies. It was determined that Jo Waters will be working along with Marilyn Winters to fulfill the responsibilities of the DRE, Director of Religious Education. What a great team!

This summer the RE program is lucky to have Haley Luce as our special summer-long teacher. She will be teaching the entire group in an old-fashioned one-classroom setting, complete with fun crafts and activities. We're lucky to have such a dedicated and capable teacher. The summer's already off to a great start!

As always, the RE Sunday was spectacular! Indra Waters and Genevieve Melko served as the Worship Associates for the service. Singing "We Are Family" and waving "street" signs that indicated UU values, the RE congregation entered, from the teenagers down to the babies in the arms of loving mamas and papas. Songs were sung, including the Seven Principles song sung to the tune of "Do, a Deer." The younger group proudly illustrated what they had learned during the year with their Safe Journeys curriculum about how to put UU principles into practice. They invited the congregation to participate in writing their own "footprints" of a way in which they had put a particular UU principle to practice that week. The pre-teen/teen group displayed a PowerPoint presentation on the differences and similarities of families, and the "We Made a Family" band played an instrumental piece. Ian Osborn did a call and response reading, and Sophie McKean read a story she wrote. Afterward, various children claimed to feel proud, happy, excited and a little embarrassed, but all agreed they had a wonderful time leading the Sunday service.



“Meditation, ritual and prayer are the glamorous side of the spiritual life, but service is its heart.”
- Thomas Moore

At the last meeting for our current fiscal year your Board of Trustees briefly reviewed the past year. Among other things, we talked about the fact that serving this community is actually fun as well as rewarding. We agreed that although we sometimes grouse about the work and responsibility involved, it's a great experience. It allowed us to get to know each other more deeply and, as I like to say, this work, like work on committees, is part of our spiritual practice.

I especially want to thank all my fellow Trustees for their commitment, willingness and deep engagement in the work we did together. It has been a joy and honor to serve with you. I look forward to the upcoming fiscal year with enthusiasm and hope.

July will be a quiet month for your trustees. It is the time when our minister takes her break for spiritual and physical renewal. It is the time when we work on better understanding and processing all we

New at the Library

By Custis Haynes, Library Chair

Thanks to May donors of these additions to the library:

Judas, The Betrayer's Story, a novel written by J. Ramsay, a retired Episcopal priest. Donated by Carol Hyndeman.

The Message of the Qur'an, donated by Bill Toensing.
Pay Attention, by Sylvia Boorstein, donated by Jerry Hall.

Not Becoming My Mother, Ruth Reichl's poignant account of the things she learned from her mother without knowing it. Donated by Anonymous.

And two bulging bags of interesting titles are waiting to be gone through this month and listed in the August newsletter.

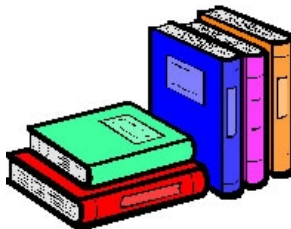


Photo: Carita Nolan

Notes From the President

by Kia Hatch

learned at the General Assembly. It is the time when we begin to plan for the upcoming year. It is the time when newly elected trustees begin to learn more about what this is “all about.”

As I write this, I am packing for GA, thinking about the year ahead, and being thankful for all of you and what UUCM means to us.

Peace,
Kia

Meghan's Musings column is on vacation this month, and will resume in August.



Photo: Dave Hatch

Calling All Visual Artists

UUCM is home to a large group of talented visual artists. I have been amazed at all the beautiful artwork that has been displayed in the entry and the walls of the sanctuary over the last several years. I would like to see if there is interest in forming a group within UUCM, call it UU Artists or whatever we would decide, that would meet once a month and explore our mutual interest in visual arts. If interested, please contact Robin Hart: 271-7121 or e-mail rhstarbird@gmail.com.

Volunteer of the Month: Annie Haymaker

by Connie Wright



“When you're looking down at a book, it's hard to really sing out,” Annie Haymaker remarks. So one of her upcoming projects is chairing UUCM's new Multimedia Task Force, with the goal of devising a professional sound and media system that includes song words projected on a wall for all to see.

This endeavor is just the latest in a long string of projects Annie has undertaken since 2006, when she met former choir director Judy van der Veen, who invited her to join the UUCM choir. First, she made the nametags—a great way to get to know people. Then she started producing the newsletter, which she is still doing, along with Clarita Nolan and Mike Freedman. She also helped out with designing Orders of Service. Last year, she co-led the Right Relations Task Force, which involved the congregation in creating our Covenant of Right Relations, and co-facilitated the Building Your Own Theology class. She's also a member of the website upgrade group.

Annie, of course, loves music, and started a weekly gospel singing group, which ran for two years. In 2008, she discovered the UU Musicians Network, a national organization for UU musicians. “One thing led to another, and I applied to their credentialing program, was accepted, and went to my first conference that summer. It was like a GA for musicians!” she recalls. The 3-year process, similar to the UUA's RE credentialing process, involves taking summer classes and completing assignments at UUCM with guidance from Rev. Meghan and a UUMN advisor.

She now leads songs during services, conducts a monthly Morning Song, where people can come before the service and learn the songs we're singing that day, and writes a monthly music column for the newsletter. This year she became UUCM's volunteer music director, providing much-needed administrative help for our music program. Her focus for next year is on singing in RE. Annie looks forward to acting as mentor to the teachers who work directly with the children, and helping them dovetail the music with their UU curriculum.

Regarding future happenings at UUCM, Annie feels it is “most important to provide more opportunities for people to sing” during services, at meetings, and at other events. She hopes to help shift some of the standard hymns toward being more upbeat and fun to sing.

Outside UUCM, Annie and her partner, Bruce McCulley, run a business making training videos for psychotherapists, which they sell nationwide. With her free time (when?) she likes to read, sing and walk.

Annie's worn so many hats in her four years at UUCM, and we know you'll want to “tip your hat” to her in appreciation.

This column will resume in September.

Thank You



I wish to thank all you wonderful folks for the outpouring of concern and well wishes. The cards, flowers, phone calls and visits meant a lot and helped the healing process. I am so grateful to all of the UUCM members and friends, and want to let you know that I am feeling much better now.

– Jerry Lawrence

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.

Social Action

by Sheila Myers

Our UUCM members have been very generous this fiscal year with donations, not only for our church community, but for the local and global communities as well. As you all know, we have been “passing the plate” every month and donating the proceeds to worthy and just organizations. At our last Social Action Committee meeting, Carol Ann Jones gave us the figures of all of the donations this church year. The originator of this program, Leo Weilmann, suggested the congregation would be interested in these figures as well. It was unanimously decided to put this information in *The Mountain Chalice*. So, below is a breakdown of all of the generous donations various organizations have received from members, visitors and friends. Thanks to all for participating in the Pass the Plate program. Together, we can truly make a difference!

July, Interfaith Food Ministries: \$213.70
August, Unitarian Universalist Legislative Ministry: \$263.00
September, Hospitality House: \$532.00
October, Sammie’s Friends: \$207.06
November, Unitarian Universalist United Nations Office: \$310.00
December, Interfaith Food Ministries: \$590.94
January; Unitarian Universalist Service Committee, Haiti Relief: \$1378.45
February, Domestic Violence and Sexual Assault Coalition: \$135.00
March, Unitarian Universalist Service Committee: \$732.00
April, Spirit Center: \$493.45
May, FREED Center for Independent Living: \$349.51
Total: \$5205.11

Howdy, Neighbor!

Let Bob Tallmon put you on the map – there’s a street map of our area in the UUCM library with people’s names next to where they live. Bob will help you put your name on the map, and find your nearest UUCM neighbors. This could lead to carpooling, local weather tips, native plant and animal information, and who knows what else!



Caring Notes

by Robin Hart



July is the time for picnics, fireworks and 4th of July. Celebrate and light Roman candles in our hearts and for those we love in our community.

Please light a candle of concern for those in our UUCM community who need special prayers and wishes at this time:

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

If you need to bring something to the attention of the Caring Committee, please contact one of our members: Rev. Meghan, May Lawrence, Robin Hart (Chair), Corrie Silva, Leal Portis, Gwen Eymann, Ann Cullinan, Val Beberg, Kath Fingarson, Sherie Saenz, Ernie Jackson, or Jim Lane or e-mail us at caring.committee@uugrassvalley.org.

Greener Grass

Summer is full upon us and the grass is growing rapidly. Can you spare an hour or two to help keep our lawn trimmed? It’s the kind of job that is easy and can fit into your own time schedule, and gals AND guys are welcome to help. Give Wally Holtan a call if you can help, even occasionally. Wally can be reached at bstkinb@sbcglobal.net or 274-7965.

UAM Recipe

by Carol Hyndman

FYI: There is still time to sign up for a CSA subscription due to a late start this year of the growing season. Unused weeks will be pro-rated. Fruits and vegetables are quite filling and save lives!

Southwestern Salad, Avocado-Lime Dressing

2 c chopped Romaine lettuce
1 c chopped grape tomatoes
1 15oz can pinto beans, drained
½ c fresh or frozen corn kernels
¼ c chopped green onions
¼ c chopped cilantro
1 ripe avocado
¼ c prepared salsa, not the chunky type
½ c lowfat or non-dairy sour cream
3 T lime juice
1/3 c crushed corn tortilla chips (optional)

Combine lettuce, beans, tomatoes and corn in bowl. Sprinkle onion and cilantro on top. In a separate bowl, mash avocado. Mix in the salsa, sour cream and lime juice. Pour over salad and toss. Top with the chips if desired. Serves 8

Quote: Time spent watching a cat is not deducted from your span on Earth. -Richard Beban

Remember your Sammie's friends donations on the first Sunday!

For more info on making a difference in the lives of our fellow Earthlings, contact Carol Hyndman by phone at 477-1003 or Sheila Myers by e-mail at sheilaj@theunion.net.

Green Power Point

Buy Local!

By Anita Wald-Tuttle, UUCM Green Person

Become a "locavore!" Set a radius for yourself, such as, say, 1,000 miles, or, if you're feeling resourceful, 500 miles or less, and see how many products you can purchase from within that range. Look for local wine and beer, local produce and dairy products, and locally made clothes (from locally made fabric?). You'll have a tough time with coffee, tea, spices, and chocolate, but you can allow yourself those indulgences. (Just make sure that the products you buy are fair-trade.) And if you uncover some amazing local sources, spread the word!

Music, Music, Music

Choir News

The UUCM Choir welcomes Dorothy Hitchcock, long-time choir member, as its new Communicator. Rehearsals in July will be on Monday, July 12, 19, and 26, 7-8:30 pm. (Note that there is NO rehearsal on July 5.) In the summer we try out new music and singing styles, so you all come, and bring fellow interested singers. We'd love to have more members! 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 July gatherings will be Wednesday, June 7 and 21, from 7:00 to 8:30 in the UUCM Chapel. The theme is 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).

Women's Study Circle

In these times, when so many people are suffering from digestive problems, interest in probiotics and the health-giving properties of fermented milks like kefir is increasing. Sauerkraut is another digestive system aid. Kombucha is said to elevate the body's natural cleansing processes and boost the immune system, and is also a prophylactic against cancer and other degenerative diseases.

Join us as Terry Shearn teaches about these yummy and easy-to-make foods. If you are unfamiliar with, or have never tasted, kefir or kombucha, you are in for a pleasant new experience. Terry will share all during this get-together. As always, the UUCM Women's Study Circle is open to all women.

We will be meeting at the chapel on Thursday, July 17. Potluck dinner will begin at 5:30. Hands-on fun in the kitchen will begin at 6:30. Please RSVP to Clarita Nolan at 575-2229.



July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Note: Calendar is subject to change. Verify on website: ugrassvalley.org				1 6 pm DBSA-NC	2	3
4 11 Sunday Service	5 1 pm Building Committee	6 9 am Meditation	7 8:30 am Men's G-T 7 pm Drum Circle	8 10 am Writer's Grp 7pm UUCM Board	9	10 9 am Building and Grounds
11 11 Sunday Service 12:30 Spirituality Group	12 7 pm Choir Practice	13 9 am Meditation 9 am David's CG	14 8:30 am Men's G-T 5:30 Caring Com 7 pm Social Action	15 5:30 Women's Study Circle 6 pm DBSA-NC Newsletter Deadline	16	17
18 11 Sunday Service 12:30 New to UU	19 7 pm Choir Practice	20 9 am Meditation	21 8:30 am Men's G-T 5 pm Membership 7 pm Drum Circle	22 10 am Writer's Grp 6 Green Sanctuary	23	24 9 am Building and Grounds
25 11 Sunday Service 12:30 RE Comm 6 CUUPS Full Moon	26 7 pm Choir Practice	27 9 am Meditation 9 am David's CG 6 PFLAG 7 Worship Comm	28 8:30 am Men's G-T	29	30	31

Annual UUCM Camping Trip



Plans are in the works for planning our annual camping trip for this August. The tentative dates are August 27-August 29.

We have always gone to Chapman Creek campground in Lakes Basin Recreation Area. Suggestions have been made for considering changing our location to Lake Valley Reservoir. You can check out the Lake Valley Reservoir at www.pge.com/recreation. Click on the Recreation areas. You can check out Lakes Basin Chapman Creek area by googling Tahoe National Forest Recreational Activities.

Questions or suggestions, call Shannon or Andy Dooley-Miller at sdooley-miller@gotsky.com or 346-6995.



**Unitarian Universalist
Community of the Mountains**
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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
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Secretary Ann Cullinan
At Large Jerry Jacoby, Carol Ann Jones,
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Minister: Rev. Meghan Cefalu

Hours: Tues-Wed-Thurs, 11 am – 6 pm

Please call ahead for an office appointment

minister@uugrassvalley.org, 274-1661

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Clarita Nolan, Annie Haymaker, Mike Freedman

This issue edited by Annie

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Spirituality Group: Janet & David Lee

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