



# The Mountain Chalice

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

July 2011

We are a GLBT-Welcoming Congregation



## IN THIS ISSUE

Renewal Team.....	2
Notes from the President....	3
Social Action News.....	4,5
Green Sanctuary Film.....	6
Green Power Point.....	6
UU Amblers.....	6
Birthday – Photo Essay.....	7
Caring Notes.....	8
RE News.....	8
Introduction to a Practice....	9
Meal Volunteers.....	9
Women’s Study Circle.....	9
Library News.....	9
UULM House Party.....	10
Music, Music, Music.....	10
Annual Camping Trip.....	11

### July 3, 11:00 am – “Hidden Heart of the Warrior” Mary Tendall, LMFT

When a soldier returns from war, he or she finds that the world as it was once perceived no longer exists. Veterans and families must cope with confusion and grief as they struggle to adjust to the changes. Our communities, insulated from the severity of the physical, emotional, and spiritual wounds of war, can and must play a part in our nation's healing.

Worship Associate: Gail Johnson Vaughan



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.



### July 10, 11:00 am – “Yes, Namaste is possible, even in a court house”

#### Dianne Marshall

Dianne Marshall will share how collaborative courts allow the good in all those involved to be enhanced, be they offender, judge, district attorney, public defender, law enforcement or treatment professionals. She will also talk about how and why she continues to volunteer on behalf of collaborative courts after retiring from her position as Therapeutic Courts Administrator for Mendocino County Superior Court in 2007.

Worship Associate: Jerry Jacoby

### July 17, 11:00 am – To Be Announced

Worship Associate: Matthew Wilson-Daley

### July 26, 11:00 am – “Healthcare as though People Matter” Jeff Kane, MD

When American healthcare is long on cost and short on results, it's because we use too much scientific technology and too little human contact. Reversing this century-long trend will require that we develop spiritual tools for finding and leading healthier lives.

Worship Associate: Lindsay Dunckel

### July 31, 11:00 am – “Emma Smith - An Elect Lady” Carrie Osborn

As UUs we have very different notions about the divine, and we respect each other's differences. We as UUs tend to flinch when other religions go against moral and social rights. Let us come together this morning not to judge but to learn about the woman Emma Smith and who she was. As her Mother-In-Law so eloquently wrote, "I have never seen a woman in my life, who would endure every species of fatigue and hardship, from month to month, and from year to year, with that unflinching courage, zeal, and patience, which she has ever done." Emma Hale-Smith, the first lady of The Latter Day Saints.

Worship Associate: Jerry Jacoby

## UUCM Annual Campout



Aug. 19-21  
see page 11

# Greetings and News from the **Renewal** Team

Dear friends,

As is the case every July, Rev. Meghan is away on her annual break. It is an honor to occupy this space - filled by her column the other 11 months of the year - in order to share important news with our UUCM Community.

During the next church year from July 1, 2012 through June 30, 2013, this congregation will fulfill our commitment to our beloved Rev. Meghan Cefalu to provide her with a renewal leave, also known as a sabbatical. This kind of time is an integral part of many professions and has long been recognized as essential to the long-term growth, rejuvenation, and evolution of both the person going on leave, and those in the organization he or she serves. It is a standard UU practice to provide renewal leave for clergy. During the year, Rev. Meghan will be away for two extended periods of time, dates yet to be exactly determined.

Rev. Meghan has convened this "Renewal Team" to conduct the planning and implementation of the tasks and activities necessary for the success of the renewal leave. Though we are contractually obligated to provide Rev. Meghan with this leave, and she is contractually committed to return to us, we know that her absence from our community may cause some anxiety and distress among our members. We are the people working, along with Rev. Meghan and other UUCM leaders, to ensure that the needs of the congregation are met while Rev. Meghan is away. We will be requesting congregational input and providing regular updates throughout the coming year.

We found this list of reasons congregations should welcome clergy renewal leave very helpful. It's adapted from Roy Oswald's introduction to "Clergy Renewal" by Bullock and Brueselhoff.

1. The very nature of being an effective pastor involves continual spiritual growth...[and is] a lifelong process involving big chunks of time set aside for

reading, prayer, solitude, and reflection. Trying to do this while working between 45 and 55 hours each week is nearly impossible. If clergy are to [do their best work], congregations...need to provide opportunities for their pastors to get away for extended periods of time dedicated to spiritual development.

2. Without...renewal leave, there is a stronger chance that clergy will, over time, demonstrate the key characteristics of burnout - namely, exhaustion, cynicism, disillusionment, and self-deprecation. [If a pastor decides to leave the ministry or the parish due to burnout, it is important to remember that] every pastoral turnover costs a congregation years of progress...[burned out pastors may also become] dull, hollow, and uninteresting... clergy vitality is the greatest asset in building up a congregation. The paradox...for clergy is that they are constantly invited to overextend but doing so can torpedo the vitality that drives their ministry.

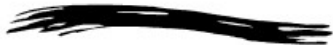
3. The pastoral role generally involves long, hard hours without weekends off, or even the occasional long weekend. Pastors are rarely afforded the luxury of having two consecutive days off every week that most laypeople enjoy. Every weekend involves a major output of energy...sermon preparation, [Sunday services], wedding rehearsals and weddings, and so forth. Congregations too often assume that clergy can remain vital and healthy and maintain a sound family life with only one day off per week. (A pastor's day off may be different from other family members, further reducing the chances to spend nurturing time together.) When you add up the time off clergy miss that most laypeople take for granted, it becomes clear that...renewal leave every [few] years is a reasonable proposal that helps make up for that loss.

4. We also need to examine the ways in which congregations become overly dependent upon their clergy. For some congregations it is almost unthinkable to have their pastor away for [an extended time]... How can the congregation develop skills and self-sufficiency if their pastor is never off the scene? Or learn how to manage their own life together effectively without him or her? Clergy renewal leaves can help congregations develop self-sufficiency skills that will be invaluable. *(continued on next page)*

As I begin my tenure as your board president, I feel a mixture of exhilaration and apprehension. I feel exhilarated because we are such a healthy, vibrant community. The evidence is all around us. A wonderful minister, a pleasant sanctuary, an increase in membership, and active participation in District Assembly and General Assembly. These achievements as well as others point to a future that is indeed bright.

But I also feel apprehensive about serving as president. Who wouldn't after watching Kia Hatch in action for the past two years? A very tough act to follow. I feel a little like Herbert Hoover following FDR. There is simply not enough space here to review all of Kia's accomplishments. In my opinion, her crowning achievement was the adoption of the budget in May. Due in large part to her leadership skills, we begin a year of financial challenges with confidence and unity.

So enough about my feelings. What are we going to do together this year? As we continue to grow together as a community, the answers will emerge. But for now, the questions are more important than the answers. Here are some questions I have been pondering.



*(Renewal Team – continued from page 2)*

One idea we've talked about is how the UUCM Congregation might have a "renewal stay" experience. While Rev. Meghan is on "leave" the rest of us will "stay," yet we all have the opportunity for renewal and growth wherever we are. A renewal stay could be for the purpose of accomplishing or creating something you've always aspired to, either individually or with a group. The Renewal Team will be exploring ways to help UUCM cultivate renewal here at home while Rev. Meghan is away.

We welcome your questions, comments, and energy for our UUCM renewal endeavors.

Blessings, The Renewal Team ~  
Keith Johnson, [kjohnson.uucm@gmail.com](mailto:kjohnson.uucm@gmail.com)  
Meg Luce, [megtracy7@yahoo.com](mailto:megtracy7@yahoo.com)  
Susan Sanford, [ssanford@sonic.net](mailto:ssanford@sonic.net)

## Notes From the President

*by Keith Johnson*



- How can we deepen our spiritual commitment to each other and the larger world?
- Can we continue our quest to become an even more engaged, committed and generous congregation? We are already generous. Out of a total of 87 pledge units, 50 increased their pledge from last year. But after reading (and re-reading) *Creating Congregations of Generous People* by Michael Durall, I am excited about the concept of a year-long stewardship program which focuses on mission and not money, which brings the next question:
  - What is UUCM here to do? For what purpose do we exist? When we get very clear about what we are called to do and be there is no telling what we can do together. The time has come to clarify and revise our mission statement.
  - How can our leadership base continue to expand? I'm hoping for truly shared leadership – that means everyone has an opportunity to grow their leadership capacity. Have you completed the course on *Serving with Grace: Leadership as a Spiritual Practice*? Might you consider attending District Assembly or even General Assembly next year?

Let's not forget to have fun! How about starting with a party to celebrate the new church year in August? And monthly potlucks!

As I begin my turn as your president, I welcome your thoughts. We're in this together! Enjoy your summer!

Peace,  
Keith



# Social Action News

by Sheila Myers

## UUCM Partners with PFLAG!

The UUCM board has approved a proposal by the community group, Parents and Friends of Lesbian and Gays (PFLAG) to co-sponsor and provide space for LGBTQ teen events. As an official Welcoming Congregation since 2003, we are being given an exciting opportunity not only to “walk the walk” to Stand on the Side of Love, but to save lives as well! Yes, save lives. Here are some startling findings about LGBTQ teens:

- Lesbian, gay, and bisexual youth are up to four times more likely to attempt suicide than their heterosexual peers (Massachusetts Youth Risk Survey 2007).
- More than 1/3 of LGB youth report having made a suicide attempt (D’Augelli AR - *Clinical Child Psychiatry and Psychology* 2002)
- Nearly half of young transgender people have seriously thought about taking their lives and one quarter report having made a suicide attempt (Grossman AH, D’Augelli AR - *Suicide and Life Threatening Behavior* 2007)
- Questioning youth who are less certain of their sexual orientation report even higher levels of substance abuse and depressed thoughts than their heterosexual or openly LGBT-identified peers (Poteat VP, Aragon SR, et al – *Journal of Consulting and Clinical Psychology* 2009)
- Nine out of 10 LGBT students (86.2%) experienced harassment at school; three-fifths (60.8%) felt unsafe at school because of their sexual orientation; and about one-third (32.7%) skipped a day of school in the past month because of feeling unsafe (GLSEN School Climate Survey 2009).
- LGBT students are three times as likely as non-LGBT students to say that they do not feel safe at school (22% vs. 7%) and 90% of LGBT students (vs. 62% of non-LGBT teens) have been harassed or assaulted during the past year. (GLSEN From Teasing to Torment 2006)

- Almost all transgender students had been verbally harassed (e.g., called names or threatened in the past year at school because of their sexual orientation (89%) and gender expression (89%) (GLSEN: Harsh Realities, The Experiences of Transgender Youth In Our Nation’s Schools 2009).
- LGBT youth in rural communities and those with lower adult educational attainment face particularly hostile school climates (Kosciw JG, Greytak EA, Diaz EM – *Journal of Youth & Adolescence* 2009)
- Lesbian, gay, and bisexual adolescents are 190 percent more likely to use drugs and alcohol than are heterosexual teens (Marshal MP, Friedman MS, et al – *Addiction* 2008).
- It is estimated that between 20 and 40 percent of all homeless youth identify as lesbian, gay, bisexual, and/or transgender (2006 National Gay & Lesbian Task Force: An Epidemic of Homelessness). 62% of homeless LGB youth will attempt suicide at least once—more than two times as many as their heterosexual peers (Van Leeuwen JM et al – *Child Welfare* 2005)

## What can UUCM and PFLAG do to help?

Provide a safe, accepting environment for LGBTQ youth to meet peers that can support each other and be themselves.

**What can you do?** Provide your time and talent to chaperone specific events, provide refreshments or help plan events working with PFLAG volunteers. Contact me, Sheila Myers, at [sheilaj@theunion.net](mailto:sheilaj@theunion.net), or come to the Social Action Coordinating Committee meeting July 13, 7 pm. (*continued next page*)



(Social Action – continued from page 4)

### Sharing the Bounty

Start looking for our very own **pesticide free** produce stand in the front patio area. The best thing about it is that it is **FREE!**



### Vegan Supper Club

What exactly is Vegan, you might ask? The definition from Wikipedia is as follows: **Veganism** is the personal practice of eliminating the use of non-human animal products.

A monthly Vegan Supper Club is being organized; hopefully starting this month, date TBA via e-mail. This will be a potluck held at the church or other predetermined location to introduce non-vegans to a variety of healthy and tasty alternative menus and for Vegans and Vegetarians to meet and socialize. Start looking for those **Vegan** recipes so we can exchange them. Come one, come all!

Some have asked: Children are especially welcome!

Contact me, Sheila Myers, at the above email address if you are interested.

### Pass the Plate

This month's recipient is the **Interfaith Food Ministry**. The IFM provides bags of groceries to people in need. In this economic climate, the need continues to grow. Please let your kind and generous nature show on **July 17<sup>th</sup>**, when we will be giving our offering proceeds to this wonderful organization that UUCM and many other local churches sponsor.

**Meditation/Discussion Group:** The topic of study, Immigration as a Moral Issue, will continue through July. Meditation begins at 9:30, discussion at 10:00 in the Anthony room.



Mary Jorgensen

### Freedom Riders

**Second Sunday Cinema** presents the historic film **Freedom Riders** on **July 10, 2011**.

50 years ago a band of courageous civil-rights activists calling themselves the Freedom Riders boarded buses to change America. This film is an astonishing testament to the accomplishment of youth and what can result from the incredible combination of personal conviction and the courage to organize against all odds.

### Would you have the courage to get on the bus?

Nevada County residents Mary Jorgensen, a founding member of the Peace Center of Nevada County, and Steve Sanfield, founder of the Columbia Schoolhouse Storytelling Festival, were participants in this historic movement. They have recently returned from a 50-year reunion of the Freedom Riders, including an appearance on The Oprah Show. They will be sharing their experiences and the documentary film.

### Sunday, July 10, 2011, at UUCM:

6 pm – Meet Mary and Steve and hear their stories!

7 pm – watch the film **Freedom Riders** !

Co-sponsored by the Peace Center of Nevada County and the UU Community of the Mountains Social Action Committee.

Suggested Donation \$4-10. No one turned away.

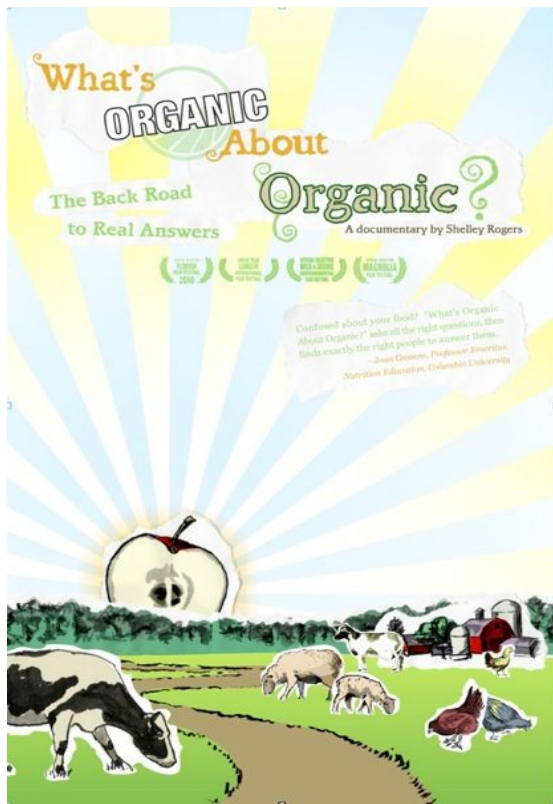
# Green Sanctuary Film

by Bill Nolan

## “What’s Organic About Organic?”

Have you ever wondered if there is any real difference between organically and conventionally grown foods? Please join us on Sunday, July 3 at 12:30 pm to learn more about what “organic” actually means.

This very informative, hour-long film explains the history of the organic movement. It also helps us to understand more about the dangers associated with the widespread use of pesticides, herbicides, fungicides, and genetically engineered plants.



## 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](mailto:bstiknb@sbcglobal.net).

# Green Power Point

by Anita Wald-Tuttle, UUCM Green Person

George Bernard Shaw said it. "Except during the nine months before he draws his first breath, no man manages his affairs as well as a tree does."

So let's talk about some managing we CAN do.

## Leave No Trace!

When you use the ATM, decline a receipt. Keep track of your bank balance online instead. Every bit of paper saved (along with the chemicals used to bleach it) makes a difference, especially when you think of how many receipts you could rack up over time.

## Marginal Improvement

A printing trick: Save paper by shrinking your margins to fit more words per page.

## Bank On It!

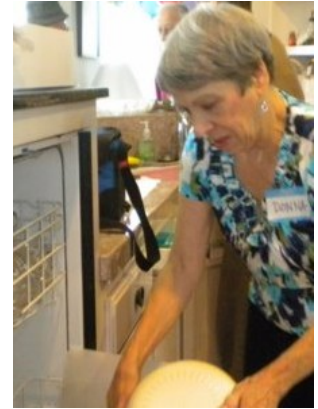
In addition to paying your bills online, also make sure you've elected to receive your bank and credit card statements electronically. Take advantage of direct deposit at work, too, and ask to receive your pay stubs electronically.

Now go hug that tree you saved!

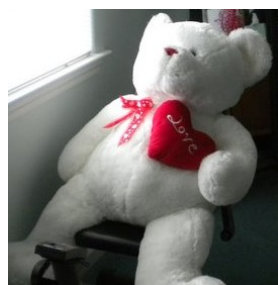


## UU Amblers

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](mailto: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.



James Staggs' June Birthday Party was a gala UUCM event!



Photos: Carol Kuczora



## Caring Notes

by Robin Hart

July is the time to celebrate our nationwide community with fireworks displays, parades and festivities on the 4th of July, and our UUCM Community's annual campout at Scott's Flat Lake. Time to savor the summer's warmth and the season of growth and bounty.

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:

Please light a candle and send your thoughts, prayers and healing energy to Diana Weilmann, who is having health issues.

Please light a candle for May Lawrence who is recovering from a bad fall and can use some healing energy.

Please light a candle for Phillip Copening, who is still having health issues, and for his wife Karen, who could use our support.

Please keep Leal Portis in your thoughts as she could also use support and calls from the community as she deals with multiple health issues for herself and her husband.

Also please light a candle for Sharon Moore, who is having some other health issues and could use your prayers and healing thoughts.

Also light a candle of concern and keep a special place in your hearts for: Gail Johnson Vaughan, Wally Holtan, James Staggs, Jennifer and Steven Bigelow, Marilyn and Leo Winters and for all those others in our UUCM community who are not named but who need prayer and healing energy 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), Corrie Silva, Leal Portis, Gwen Eymann, Alice Johnson, Bernell Scott, May Lawrence, or e-mail us at [caringcommittee@uugrassvalley.org](mailto:caringcommittee@uugrassvalley.org).

## RE News

by Rochelle Davisson

The RE Committee had its highly successful, well-attended annual retreat in early June. The UUCM members met for hours to discuss the upcoming curriculum, planning, extracurricular activities, roles, responsibilities, and more for next year's RE program.

This year the younger group will be treated to something wonderful: Spirit Play is a curriculum surrounding storytelling. If you are a skilled storyteller, or would like training, please contact the RE committee and let us know. We still have some room for additional storytellers. All stories are scripted and come with a complete "props" package. This is a fun and entertaining way to share your storytelling skills with a fantastic group of kids. *Calling all volunteers!*

Newsflash: we are back to having a true "Teen" program! All our former pre-teens who comprised the pre-teen/teen group will all be actual teenagers by the fall. And guess what? There are eight--that's right--*eight* actively participating teenagers in our program now. This year the teens have selected a poetry curriculum to study. Not only will they learn the form, structure, and history of poetry, but will use poetry writing to dig in deep into their spiritual selves--*and* will have some fun studying some fairly wacky poems. Remember "Jabberwocky"?

The summer season will be highly enjoyable, with kids of all ages playing board and other types of games. The kids are looking forward to some relaxing fun. We're looking forward to hearing giggles coming from the back.

Also starting in the fall, several of our teens will participate in the Coming of Age program. The teens will be paired with a mentor and will attend several out-of-the-area retreats to help them to learn more about Unitarian Universalism and articulate their own beliefs. On May 20, 2012, there will be a Coming of Age ceremony, in which the teens will read their statements of personal belief to the congregation.



## Introduction to a Practice

by Janet Bullock

A reminder: I will be presenting "Introduction To A Practice" (see the June newsletter for a description) during the month of September; 4 sessions, Sundays at 12:20. Although I learned this practice from Buddhist teacher Charlotte Joko Beck, author of *Everyday Zen*, one does not need to be or become a Buddhist in order to profit from the practice.

It is a simple but not easy practice for people who yearn to be less reactive and more grounded and authentic in our daily lives; and are willing to put effort into that endeavor.

Give me a call or email with questions, or to enroll in the class. Janet Bullock, [janetbullock41@gmail.com](mailto:janetbullock41@gmail.com), 477-8760.



Photo: Michael Lange

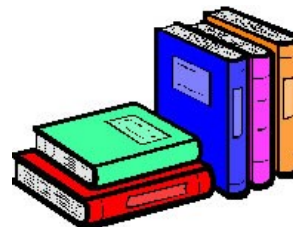
Charlotte Joko Beck (1917–2011) taught Zen to students around the world. A truly influential and widely admired teacher, she was the founder of the Zen Center in San Diego, which she ran for more than two decades, the Zen Center of Prescott, and the Ordinary Mind Zen School. In the 1960s she studied with Soen Nakagawa Roshi, who she considered her teacher. Her two books, *Everyday Zen: Love and Work* and *Nothing Special: Living Zen*, have been translated into more than half a dozen languages. Her influence today continues on through her teachings and through those for whom she was a direct teacher.

## Meal Volunteers

The Caring Committee is looking for volunteers that can be called on to help provide meals when we receive requests from congregants that need some help due to sickness or disability. Please email committee chair Robin Hart at [rhstarbird@gmail.com](mailto:rhstarbird@gmail.com) or call 271-7121.

## Women's Study Circle

Thursday, July 21, 6 pm: "Sharing our Lives." Bring your favorite salad and a special memento from your past to share, as we get to know each other better at the home of Pat Paddock on Waterfall Lane in Grass Valley. Enjoy the setting in a forest on the edge of Wolf Creek, featuring the waterfall cascading over magnificent boulders. Wear appropriate shoes if you plan to climb them! It's twelve miles south of UUCM, where you can meet for carpooling at 5:40 pm. Please don't use Google, etc; you'll get lost! Pat has simple directions for you. Call 268-6576 or e-mail [pmpaddock@gmail.com](mailto:pmpaddock@gmail.com).



## Library News

by Custis Haynes, Library Committee Chair

*A Small Heaven* – a book of short quirky essays by the Rev. Jane Rzepka. Best way to describe them is Megan-esque. They start out with something mundane – roller skating, getting stranded in an elevator, losing a wedding license – and then morph into observations you can chew on for days. The companion piece is a CD recording of some of her sermons.

After winnowing books to make more room on the shelves, we sold them to used book stores, made a tidy profit, and asked for suggestions on how to spend it. Thanks to Annie Haymaker for coming up with this suggestion.

# Music, Music, Music

## Big Choir Changes

Sunday, June 19th, the choir sang under the direction of Michael McAllister for the last time, as his position was cut from the 2011-12 budget. Accompanist Jim Lowe's position was trimmed but not entirely cut. Annie Haymaker and Janet Bullock (and, as time allows, Matt Wilson-Daley) have volunteered to co-lead the group for the next year.

The choir will be meeting on July 11 at 7 pm for a "choir retreat" to discuss the changes and brainstorm about new approaches and directions. One change is that most (not all) choir rehearsals will happen on Sunday mornings, before church. That may be good news for folks who have wanted to join the choir but could not make it to Monday night rehearsals.

Other goals, still in the embryo state, are to bring less experienced singers into the choir, weave more music into the service, and develop more opportunities for special musical offerings. We'll keep you posted.

## Drum Circle @ UUCM

Come explore your natural rhythm in a fun, safe environment. All ages are welcome and no experience is necessary. The July gatherings will be Wednesday the 6th and 20th from 7 to 8:30 in the UUCM Chapel. For more information contact David Ferrier 559-5902 ([DavidsDrums@gmail.com](mailto:DavidsDrums@gmail.com)).



UUCM musicians Tom Wernigg and Andy Dooley-Miller provided music for the June 18 UU Legislative Ministry House Party, hosted by Sierra Foothills UU in Auburn.

Photos: Carol Kuczora



# July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>31</b> 9:30 Meditation 11 Sunday Service			Note: Calendar is subject to change. Verify on website <a href="http://uugrassvalley.org">uugrassvalley.org</a>		<b>1</b>	<b>2</b>
<b>3</b> 9:30 Meditation 11 Sunday Service 12:30 GS Films	<b>4</b>	<b>5</b> 9 am Meditation	<b>6</b> 8:30 Men's Group at UUCM 6 Membership 7 Drum Circle	<b>7</b> 8:30 am Men's Group - Caroline's 6 DBSA-NC 6:30 SWG Group	<b>8</b>	<b>9</b>
<b>10</b> 9:30 Meditation 11 Sunday Service 6 Peace Ctr Film	<b>11</b> 7 Choir Retreat	<b>12</b> 9 am Meditation 9 am David's CG	<b>13</b> 8:30 am Men's Group at UUCM 5:30 Caring Com 7 Social Action	<b>14</b> 8:30 am Men's Group - Caroline's 10 Writers' Group 7 UUCM Board	<b>15</b> <b>Newsletter Deadline</b>	<b>16</b>
<b>17</b> 9:15 Choir 9:30 Meditation 11 Sunday Service 12:30 New to UU	<b>18</b>	<b>19</b> 9 am Meditation 6:15 PFLAG Board	<b>20</b> 8:30 am Men's Group at UUCM 7 Drum Circle	<b>21</b> 8:30 am Men's Group - Caroline's 6 Women's Group 6 DBSA-NC	<b>22</b>	<b>23</b> 9 B&G Work Party 1 B&G Committee
<b>24</b> 9:30 Meditation 11 Sunday Service 12:30 Spirit Play Training	<b>25</b>	<b>26</b> 9 am Meditation 9 am David's CG 6 PFLAG 7 Worship Com	<b>27</b> 8:30 am Men's Group at UUCM	<b>28</b> 8:30 am Men's Group - Caroline's 10 Writers' Group 6 Green Sanctuary	<b>29</b>	<b>30</b> 9 am Spirit Play Training

## UUCM Camping Trip August 19-21

UUCM Camping Trip.... Coming up!! August 19 – 21, 2011 at Scotts Flat Lake. To reserve a campsite or share a site with a friend contact Beth Freedman at 274-2234 or Shannon Dooley-Miller at 346-6995, or sign up at UUCM.

All are welcome to come camp, spend the day or come for our potlucks and campfire!! Scotts Flat Lake has hiking, biking, swimming, kayaking, boating and a relaxing time to hang out with fellow UUs and friends. Prices per site are \$30 per night. Further info at [www.scottsflatlake.net/html/rates and directions.html](http://www.scottsflatlake.net/html/rates%20and%20directions.html).

Any questions, suggestions or if you want to help with planning, please contact.... The Camping Coordinators Beth Freedman 274-2234 [beth@mbfree.net](mailto:beth@mbfree.net), Rick and Carrie Osborn 273-1557 or email [wlalchaka@rcip.com](mailto:wlalchaka@rcip.com), Shannon Dooley Miller at 346-6995 or email [sdooley-miller@gotsky.com](mailto:sdooley-miller@gotsky.com) or Beth Karow 432-3228 or email [beth@sunshinejubilee.com](mailto:beth@sunshinejubilee.com).





**Unitarian Universalist  
Community of the  
Mountains**  
246 So. Church Street  
Grass Valley, CA 95945  
[www.ugrassvalley.org](http://www.ugrassvalley.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](http://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@ugrassvalley.org](mailto:uucm@ugrassvalley.org)**

#### **UUCM Board of Trustees**

**President** Keith Johnson  
[president@ugrassvalley.org](mailto:president@ugrassvalley.org)  
**Vice President**  
**Treasurer** Jerry Jacoby  
**Secretary** Carol Ann Jones  
**At Large** Beth Freedman, Sheila Myers,  
Bernell Scott, Brett Torgrimson

#### **Minister: Rev. Meghan Cefalu**

Hours: Tues-Wed-Thurs, 11 am – 6 pm  
Please call ahead for an office appointment  
[minister@ugrassvalley.org](mailto:minister@ugrassvalley.org), 274-1661

#### **Mountain Chalice newsletter editors**

Clarita Nolan and Annie Haymaker  
This issue edited by Annie

**Webmaster: [webmaster@ugrassvalley.org](mailto:webmaster@ugrassvalley.org)**

**Newsletter deadline is the 15<sup>th</sup> of each month. Send to: [editor@ugrassvalley.org](mailto:editor@ugrassvalley.org)  
Send change of address, phone number or email to: [directory@ugrassvalley.org](mailto:directory@ugrassvalley.org)**

**RE Director:** Marilyn Winters

**Music Director:** Annie Haymaker

#### **Committee Contacts**

**Religious Education:** Jo Waters  
**Membership:** Shannon & Andy Dooley-Miller  
**Social Action:** Sheila Myers  
**Green Sanctuary:** Bill Nolan  
**Worship:** Matt Wilson-Daley  
**Finance:**  
**Communications:**  
**Music:** Randy McKean  
**Stewardship:** Keith Johnson  
**Building & Grounds:** Rick Osborn  
**Ministry:** David Ferrier  
**Caring:** Robin Hart

#### **Other Contacts:**

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