



# The Mountain Chalice

June 2011

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

We are a GLBT-Welcoming Congregation



## IN THIS ISSUE

Meghan's Musings.....	2
Annual Camping Trip.....	2
Notes from the President....	3
"How's It Working for Us?"...3	
UU Amblers.....	3
Social Action News.....	4
New Members.....	5
Green Sanctuary Films.....	6
Green Power Point.....	6
Dance Night.....	6
UUAM Recipe.....	7
Caring Notes.....	7
RE News.....	8
Building a Bridge.....	8
Introduction to a Practice....	9
Sharing the Bounty.....	9
Women's Study Circle.....	9
Library News.....	9
Music, Music, Music.....	10
Melodious Accord.....	10
Yard Sale.....	11

### June 5, 11:00 am – “Immigration as a Moral Issue” Rev. Meghan Cefalu

Supporting human rights for all people, especially those most vulnerable, is a core Unitarian Universalist value. We have a long history of support for migrant workers, refugees, and other displaced people. Immigration is the topic of the current Congregational Study/Action Issue adopted at General Assembly in June last year. All UU congregations, including ours, are beginning a process of examining the legal and moral complexities of immigration.

Worship Associate: Jerry Jacoby



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.



### June 12, 11:00 am – “Breaking the Rules” Rev. Meghan Cefalu

Rules, laws and boundaries are created by people for a variety of reasons. Certainly, many rules help maintain order and keep people safe. But what about laws which serve to preserve the unequal status quo? How do we as a justice-seeking people of faith decide when is it okay to break a rule?

Worship Associate: Annie Haymaker

### June 19, 11:00 am “Tapestry of Faith: Fatherhood” Rev. Meghan Cefalu

How does becoming a father change a man? What hopes do dads today have for their children? What legacy does one’s own father bring to bear? On this Father’s Day morning we’ll hear three men in our congregation share their own personal reflections on fatherhood. The UUCM Choir will sing!

Worship Associate: Sophia McKean

### June 26, 11:00 am – “How Coyote Lost His Songs, Music and Dance” – An Intergenerational Celebration of Community

Join us on a journey through this story of Coyote, enacted and voiced by many members of our UUCM community. Help poor Coyote remember his connections to others and bring music back into his life.

Worship Associate: Lindsay Dunckel



**Saturday  
June 11  
see page 11**



# Rev. Meghan's Musings

by Rev. Meghan Cefalu

Dear friends,

As we come to the close of this church year I am feeling gratitude for the honor of serving as your minister. I can hardly believe I have been serving this congregation now for five years! In some ways it seems like the time has just flown by, and at the same time I have a hard time remembering what life was like before Chris and I moved to Grass Valley.

As we learned together last month in our annual congregational meeting, this next year we will face some budgetary challenges. I have no doubt we will rise up to meet them together with grace. I have been continually impressed with the lay leadership of this congregation and feel a great sense of partnership

with the board and committee chairs. We are learning and living the true meaning of shared ministry, and it makes my heart sing!

I am looking forward to General Assembly in the third week of June. I am especially proud to be sending our first ever youth representative, Ian Osborn! Also exciting is that our own Annie Haymaker will be recognized during the Service of the Living Tradition for completing the UUA's three-year program as a Credentialed Music Leader. Yeah, Annie!

Following General Assembly I will be taking several weeks off. Chris and I (& Libby) will drive to Idaho to visit family over the 4<sup>th</sup> of July weekend. When we get back I'm planning to rest and get caught up on some books I've just been too busy to read during the year. I'm sure I'll hike and kayak some, and I'm also hoping to spend a week or so at a language immersion school in Mexico. I'll be back to my office in the second week of August.

If you have a pastoral emergency while I'm away please call Keith Johnson at 265-0277. He will know how to reach me if necessary.

Have a wonderful, restful, sunny and warm summer!

Blessings and love,

Rev. Meghan



## UUCM Camping Trip

It's that special time of year again where we come together to commune with nature and each other for a special weekend! This will be the second year we will spend at Scotts Flat Lake Campground, which is right in our backyard. All are welcome to join us for this fun relaxing weekend, August 19- 21. At Scotts Flat Lake there is hiking, biking, swimming, kayaking, boating or just time to hang out with fellow UUs and friends. There will be Friday and Saturday night campfires with amazing music from our very own UUCM musicians. Bill Nolan has been collecting your song requests and is preparing an expanded UUCM camp song book for all of us to enjoy. We will carry on our traditions of a Saturday night potluck and Sunday morning service too. This year we are opting to reserve larger sites close together rather than the group campground we used last year as we need more room. Last year, we had 30 adults and 11 kids join us for overnight camping and an additional 12 adults came for our Saturday night potluck and campfire. Prices per site are \$30 per night including one car up to 10 people. One extra car per site is allowed at \$10 per night. Day use, boat/kayak launch, dogs, are separate fees and can be found on their website: [www.scottsflatlake.net](http://www.scottsflatlake.net) . Contact Beth Freedman to reserve a site or share with a friend.

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) .

## *We have Faith in our Future.*

If there was any doubt about the strength of our community, those thoughts were dispelled at our Annual Congregational Meeting on May 22. I want to thank every single one of you for your commitment, and your contributions of time, treasure and talent, your energy and love. YOU make it happen here.

This will be my last column as your president. The next issue of the Mountain Chalice will come out the first of July and your incoming president, Keith Johnson, will be speaking to you from this place. This has been an interesting two years for me, working closely with the Board of Trustees and our Minister as we thought about our mission, about who we are and who we want to become as a community. As your elected leaders it is important to always hold onto those concepts as we try to think strategically about how to help make that mission come to life.

It has been my honor to serve on the Board of Trustees for 4 years. It has been a wonderful experience that has given me an opportunity to stretch beyond my own personal boundaries. Thank you for that opportunity. What it has also been is FUN! Working for you with people of high principles, integrity and energy is a joy. If you are fortunate, someday you may have the chance to experience all of this by accepting a formal leadership position.

## "How's It Working for Us?" Playshop

Sunday, June 5  
1:15 to 3:00 pm

Please join the Committee on Ministry as we take a look at our 2009 - 2014 Long Range Vision Plan to assess how it's working for us. This document was designed to be in service to us as a congregation and it's time to take a look at the goals and ideas we set into place and see if they need some updating. What directions would we like to head? Where would we like to see some energy invested. Join us for this engaging playshop – lunch included

## Notes From the President

by *Kia Hatch*



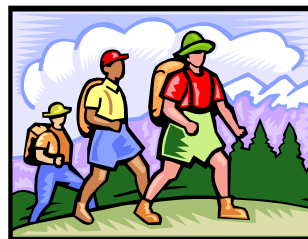
Photo: Carita Nolan

I will admit that it has been a little hectic this past 3 months and look forward to taking the summer off. However, I am not leaving, just taking a little "renewal leave" of my own. There is still a lot of work to be done and I admit to being excited about being a part of it as we move through the year.

I am very excited about our new Board of Trustees; they represent a wonderful mix of talent and experience. I know you'll give them the support you have given us this past year. TOGETHER we make it happen.

I have faith in our future.

Peace,  
Kia



## 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.



# Social Action News

by Sheila Myers



**UUSC/UULM News** (From the UUSC website)

## Human Right to Water Campaign

On April 26, 2011, the campaign for the human right to water in California overcame its first legislative hurdle. The new human-right-to-water bill (AB 685) passed with an overwhelming margin out of the Water Parks and Wildlife Committee, and the Environmental Safety and Toxic Materials Committee passed four additional bills in this package.

Legislators were visibly moved as 75 advocates of all ages and backgrounds, including some who traveled hundreds of miles, gave powerful testimony in support of each bill in the human-right-to-water legislative package. Rev. Lindi Ramsden also delivered 685 letters in support of AB 685 from Californians who could not be there. At noon, the water-justice mascot, "La Gotita," and more than 50 advocates for safe drinking water rallied by the capitol building, raising visibility for the water-justice movement.

Representatives of impacted California communities who testified at the bill hearings included Mark Franco, headman of the Winnemem Wintu Tribe; Susana De Anda and Laurel Firestone of the Community Water Center, with Coachella and Tulare County residents; and Debbie Davis from the Environmental Justice Coalition for Water, with Maywood residents.

In reaction to the news, UUSC President and CEO William F. Schulz said, "Although the committee's approval is just the beginning of the legislative process, it is a major first step that signals ever growing support for a human-right-to- water law in California. As we have seen on many occasions, what happens in California can have a dramatic ripple effect in states across the country."

Debbie Davis, policy director for the Environmental Justice Coalition for Water, said, "Today we have taken one step closer to the day when everyone in California has access to safe, affordable water."

These developments mark the beginning of a new campaign for the human right to water — and more than 11.5 million Californians are depending on our victory for access to safe, sufficient, affordable water! To learn more about this campaign, please visit UULMCA's website.

## Immigration as a Moral Issue Study Group

The study group will continue on Sundays through June 19. A general meditation session will begin at 9:30 am, followed by the discussion group from 10:00-10:30. Anyone is welcome to attend either or both.

## KIVA

At the Third Annual KIVA Party on May 8, 12 people loaned a total of \$1,055.00. All of our loans from previous years have been repaid by the recipients. Thanks to all of the people who are making a difference by being a part of this.

## Pass the Plate

May's recipient, Women of Worth, received a total of \$629.00 on May 8. June's recipient will be FREED, an organization that helps people with special challenges remain independent. Please be generous on **June 19**, Father's Day, to help FREED assist those needing these services.

## CSA Share

Anyone wishing to share a CSA (Community Sponsored Agriculture) box with another member should call or e-mail Anita Wald-Tuttle @ 530-272-3699, or [awaldtuttle@gmail.com](mailto:awaldtuttle@gmail.com). She is putting together a list of interested people and their demographics for distribution. What a great way to keep our food money local, help area farmers stay in business, and get used to eating what's available in season! So if you have ever been interesting in joining a CSA but were afraid you could never use up a box on your own, now is your chance to split the box with another member or visitor near you!

# New Members

Please get to know the new members of our congregation and make them feel welcome.



## **Sandi Lauher**

A native San Franciscan, Sandi moved to Grass Valley in 1981. She raised three children in this area and, although two now live out of the area, she's grateful to have one close by. Sandi has two grandchildren and a wonderful husband, Gary, whom she adores. Next to spending time with Gary, Sandi enjoys gardening, sewing, listening to music and traveling. She hopes to sprout wings someday, turn dandelions into fairies and sing peace across the world.

## **Amanda Jensen**

Amanda is a mental health worker, college student, partner to artist David and parent to three grown children and one little Sofia. She enjoys teaching R.E. and sharing UU values with our wonderful young people. Alternative/affordable housing advocacy is becoming a passionate activism for her. Up next: Green Sanctuary! Amanda loves UUCM, and sends a heartfelt embrace to everyone in the community. She thanks you for welcoming her.



## **Emily Gallup**

Emily has been a commitment-phobic UU wannabe since she moved to Nevada City in 2002. Emily's preferred family members include her husband, Eli, her daughter, Grace, her step-daughter, Haley, and her parents, Bob and Mary Adams. Emily is a licensed marriage and family therapist in private practice in Grass Valley. She previously worked as a mediator for Nevada County Family Court. Things did not end well. Emily is currently writing a book about her experiences in family court, and advocating for statewide reform of the family court system.



## **Maryann Hart**

Maryann was born and raised in Huntington Park in Southern California. Her family was Roman Catholic. In her early 20's she moved away from home, moved away from Catholicism into a more spiritual philosophy and began exploring. In 1981 Maryann moved to Nevada County, when her son was 9 months old. She has worked here as a School Nurse and Nurse Practitioner and is currently trying to morph into an at least semi-retired person, pursuing possibilities of work she can do at home. She is grateful to have her brother, his wife and her sister living close by.



## **Betsy Welton**

Betsy was born in Boston, MA., moved to California in 1990 and then to Nevada County in 1994. She has three wonderful children, Mackenzie, Alexa and Matthew, and a three-year-old grandson named Preston. Betsy enjoys spending time with her children and grandson, hiking the South Yuba River, cooking, gardening, painting, and hanging out with friends. She has a Master's degree in Psychology and is working towards her Ph.D. She is passionate about women's issues. Betsy is appreciative of the richness of the UUCM community and is honored to be a member.



# Green Sanctuary Film

by Bill Nolan

**“How to Boil a Frog: Make Friends/Make Fun/Make Trouble: The Movie about Saving Civilization with Comedy”**

On Sunday, June 5, at 12:30 pm, the Green Sanctuary Committee offers a different kind of film. Its title says it all. The entire family will get a kick out of this 88-minute long bit of fun. And it won't cost you a dime. Where else can you get a deal like that? We encourage you to plan ahead - bring a snack or picnic lunch, and enjoy this entertaining and inspiring romp in the company of family and friends.



## UUC (UU “Crush Club”) Dance Night

by Bill Nolan

On Friday, June 17, from 6:00 to 10:00 pm, UUCM will be transformed into a dance club.

A professional DJ will be there to rock the house with big band, 50's and 60's “oldies”, and even some disco dance music. Professional lighting will complete the ambiance.

There will be free snacks along with a no-host beer, wine and refreshments bar.

It will be an opportunity for you to put on your dancing shoes, poodle skirts, dinner jackets, bell bottoms and Beatle-boots, Nehru jackets, velvet or polyester suits, disco dresses or party gowns.

Actually, the way you dress isn't important. What is important is to bring your “swing moves”, grooves, and party attitudes.

Be sure not to miss this Super-Fun *Fun-Raiser*. The cover charge is only \$15.

This will be the first event of its kind for UUCM, but if it is successful you can be sure it will not be the last!



## Green Power Point

by Anita Wald-Tuttle, UUCM Green Person

### Spring Cleaning Plus a Little Sunshine

Keyboard clean-freak? Forgo traditional keyboard cleaners, which are full of toxic chemicals and greenhouse gases. Use a little elbow grease instead: turn your keyboard upside down over a trash can, then run a strip of double-stick tape between the keys. For a fancier approach, buy a refillable duster that can be refreshed with a bicycle pump. (Try the ReAir Refillable Duster, available online.)

A rechargeable solar flashlight is a brilliant alternative to one that eats up conventional batteries. Buy one - or two, or three - from [www.sunnightsolar.com](http://www.sunnightsolar.com), and the company will match your order, for people who need them desperately. (Nearly two billion people worldwide have only one option for lighting at night: a dangerous, expensive kerosene lantern.)

## 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).

# UUAM Recipe

by Carol Hyndman

## Southwest Quinoa

- 1 C quinoa
- 2 C vegetable broth
- 1 15 oz can kidney beans, washed & drained
- 1 15 oz jar prepared salsa
- 1 C chopped chives, optional
- 1 C cilantro, chopped
- 1 C toasted sunflower or pumpkin seeds

In saucepan dry toast quinoa for 3 min over med heat. Add broth increase heat to high and bring to boil. Stir, reduce heat, cover, and simmer about 15 min until quinoa is tender and most liquid is absorbed. When quinoa is tender add beans, salsa, chives if using, and cilantro; stir to combine. Cover and cook about 1 min. Fold in seeds.

The Reverence for Life program is being planned to begin in Sept. There will be a brief meeting in Aug to discuss guidelines and to hand out reading material for the first meeting. Also in the works is a weekend workshop for early next year. For more info call Carol Hyndman, 477-0693.

"When you run from what frightens you, remember that the higher you climb, the thinner the branch." Yo Meow Ma

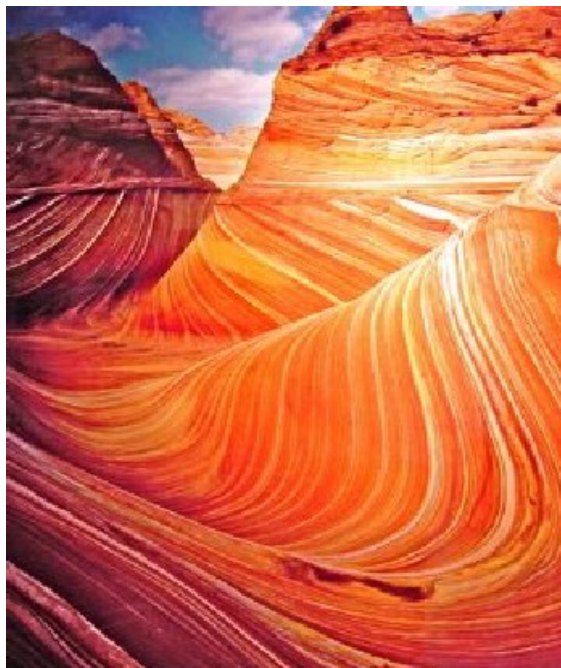


Photo: Dave Hatch

## Caring Notes

by Robin Hart



June is the time that spring transitions into summer; time for family outings, camping trips, BBQs and enjoying all of the bounty of our beautiful Sierra. This is the month that we celebrate dads and grads. We honor the fathers in our community and those young people matriculating on to new futures this fall.

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 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 tries to keep up with her treatments and care for her husband Lloyd.

Please light a candle of remembrance for Shirley Haueisen. Shirley passed away in early May after a long illness. A celebration of life service was held for her at UUCM on May 7th. Please keep her husband Otto in your thoughts with cards and calls.

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, Hasel and Mike, 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, Bernell Scott, May Lawrence, or e-mail us at [caringcommittee@uugrassvalley.org](mailto:caringcommittee@uugrassvalley.org).



Photo: Charita Nolan

## RE News

by Rochelle Davisson

RE Sunday was once again one of the highlights of May. Or one of the highlights of spring. Ah, heck, it was one of the highlights of the whole entire year—at least, that's how the kids felt! The younger group did an excellent job presenting and displaying some of the many religious holidays and celebrations they studied this year. The adults were both surprised and impressed with how many celebrations the kids learned about. The pre-teen/teen group loved interrupting the service to ask each other some really big questions. They'd had fun during the year recording episodes of the WCUU - that's Wisdom of the Community of Unitarian Universalists.

As spring still toys with us (um, snow in May?) the RE committee continues to plan for the fall. One thing we know for sure--summer should be an adventure in the back room with the theme of "Fun and Games" going strong!

## Thank You for Building a Bridge

by Meg Luce

Mother's Day at UUCM this year was a peak experience for me. My daughter, Haley Luce, was able to mark the rite of passage from high school into adulthood in the beautiful Bridging Ceremony conducted by Reverend Meghan. How amazing to

belong to a community that affirms and supports its members at every age, and that day the love was flowing to carry Haley toward her college launching.

We came to UUCM about 10 years ago, and I admit it was not the children's program that initially brought us. In fact, we first tried other area churches drawn by their large numbers of children. But there were always those niggling theological differences that didn't sit well with me. Invariably, on the ride home from church I would try to explain my position to Haley, "There are other ways to interpret these sayings, honey..." I finally decided that I needed to choose a church based on where I felt most at home, regardless of the number of children in the congregation. Never did I dream of the riches that Haley would receive here. The gifts go way beyond the many tangible opportunities that she has received. And there have been many. The real treasures have been the week in and week out interactions with an accepting, caring, and encouraging community of people whose friendly faces say, "We like you," and "You belong with us."

All of these messages of support are what Haley will take with her when she packs her bags and heads off into her future. I know that when times are tough she will remember the feeling of the community's hands of support on her back that she experienced physically in the Bridging Ceremony. There is no greater gift that a mother could wish for her daughter than to have received all of this strength and goodness. And so I say, thank you, beloved community.

## Introduction to a Practice

by Janet Bullock

I plan to introduce a practice that I learned from American Zen teacher Joko Beck. It will meet for 4 sessions at the church. Dates and time: all Sundays in September, at 12:20.

Unlike many Zen traditions, this particular practice deals directly with one's psychological makeup, not through analysis or exploration of one's personal history, as in traditional psychotherapy, but rather through precisely learning one's own pattern of dealing with life's demands and threats and then following a systematic, methodical practice of working with that pattern as it arises again and again. It will be a deeply intimate, bold examination of one's negative personal conditioning, one's "stuff," and learning to work with it in a new way.

This is a simple practice, but not an easy one. And it is not a quick fix. It is a life-long, gradual process with many ups and downs. But if it is followed with diligence, it can lead to a gradual transformation from fear-based reactivity towards a more relaxed capacity to be with life as it is.

If you are excited about the idea of attending an interesting, intellectually stimulating discussion, this might not be for you. If you are looking for a therapy group, this will not be that, even though it can be therapeutic. If you struggle with mental illness and are feeling on the edge, I would advise against participating because I think it could be too emotionally disruptive.

This practice is not for everyone. But if you want to find a way of being in the world that is less reactive and more authentic than the life you're now living, and you are willing to take some risks to accomplish that, this may be a practice for you.

To sign up or ask questions, email [janetbullock41@gmail.com](mailto:janetbullock41@gmail.com), or call Janet at 477-8760. Please read before the class: *Everyday Zen*, Charlotte Joko Beck. The Bookseller on Mill St. sells it for \$14.95, and I can order copies.)



## Sharing the Bounty

by Anita Wald-Tuttle

Attention avid gardeners and fresh produce lovers... David Ferrier is building a fruit and veggie "stand" for our congregation to leave *pesticide free* fruit and vegetable surplus from our gardens. Congregants will be welcome to take some, leave some, or both! Any remainders will be given to the Interfaith Food Ministry. Keep an eye out for it. Announcements will be made at services

## Women's Study Circle

Women's Group Thursday June 16 – 6 pm

The next UU Women's Group meeting will feature a viewing of the movie "Letters to Juliet."

Bring a potluck dish to share with the ladies, as we learn about the real-life Secretaries of Juliet in Verona, who give advice to the lovelorn from around the world. The meeting will be held at the home of Robin Hart. Call 271-7121 or email [rhstarbird@gmail.com](mailto:rhstarbird@gmail.com) to RSVP.



## Library News

by Custis Haynes, Library Committee Chair

*West of Kabul, East of New York*, by T Ansary - an Afghan-American's thoughts on 9/11. *Three Junes*, by J Glass - a novel about a Scottish family's travels in Greece and New York, donated by Bernell Scott. *Big Questions*, by J. Robinson. *Awakening Your Spirituality*, by J Robinson. *Amazing Grace*, video of the movie about Wilberforce's fight to abolish slavery. Donated by Susan Sanford. *Palace Thief*, by E Canin - a novel *Hotel on the Corner of Bitter and Sweet*, by U Ford - novel about Japanese internment during WWII. *Snow*, by Oran Pamuk - a novel about modern Turkey.

## Melodious Accord

by Annie Haymaker

Since several people have asked me what went into the Music Leadership Credential that I completed in May, I thought I'd oblige with a look behind the scenes.

It all started back in 2007, when a kind UU musician told me about the UU Musicians Network (UUMN). I'd been singing in the UUCM choir since the summer of 2006, and had started a gospel group here the next spring, so I was feeling ripe for new knowledge. When I looked online, not only did the UUMN have an annual conference, but there was a 3-year credentialing program that taught everything I wanted to learn! Rev. Meghan and the board were very encouraging, so I signed up to start the program with the summer conference in 2008.

I was a bit diffident when I arrived in my first class, because I'm an amateur, and I thought everyone else would be a better musician than I was. Not so – about half the candidates were from similar backgrounds to mine, and the ones who were professional musicians were in the program to learn UU ministry and hymnody. Everyone, including the teachers, was very welcoming and accepting. Not only that, but there was great camaraderie: the program had only been in existence for 2 years, and the end of that year would see the first group of graduates. Spirits were high, and the classes were great, especially the "Leading a Choir Rehearsal" class, where the emphasis was on warmups as being the most important part of a rehearsal. Who knew? But observing the many choirs I've been in at the conferences, I could see what difference they made. There was also an outstanding class on UU history as exemplified in the grey hymnal, by Mark Belletini, who led the hymnbook commission.

That fall, while chairing the music committee, I completed homework assignments at UUCM, both in leading our choir for MLKJ Day, and in recommending music for services and beginning a database of hymns sung. That spring, the committee created a volunteer music director position, and I moved into that role as we hired our first paid choir director. The classes that summer were multicultural issues and leading congregational singing; that year, I completed



## Music, Music, Music

### Choir News

In June the choir will sing for the service on June 19. Rehearsals are on Mondays, June 6 and 13, 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.

### Drum Circle @ UUCM

Come explore your natural rhythm in a fun, safe environment. All ages are welcome and no experience is necessary. The June gatherings will be Wednesday the 1st and 15th from 7:00 to 8:30 in the UUCM Chapel. For more information contact David Ferrier 559-5902 ([DavidsDrums@gmail.com](mailto:DavidsDrums@gmail.com)).



assignments by putting together a service on Hinduism, and by greatly expanding my songleading. In the final year I learned about managing a music program, and ways to use music in worship. My homework this year included consolidating the music director's role, coordinating the music for the SPAN opening event, including Hospitality House, as a community service project, serving on the RE and Worship committees, and being Worship Associate for several services.

The core of the program was music as ministry. In the application process, we were required to submit a formal statement of our personal philosophy of music as ministry, and we revised it every year. For me, this was the most difficult to articulate, and also the most rewarding part of the process. I've always thought of singing as my central spiritual practice, and to share that with others, and read and write about doing that, made me grow in ways I never would have imagined when I began the program.

I'd like to thank Rev. Meghan, my very thoughtful and creative sponsor and mentor; Joyce Poley, composer and songleader *par excellence*, who was my UUMN advisor; my candidates' group, where I could laugh, moan, and sing; the UUCM choir, who was willing and able to try new things; and you, my congregation, who are the reason I began this whole process, and who accepted and enjoyed the offerings I was channeling. I did it for you, and you did it for me. Thank you all!

# June 2011

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



## Annual UUCM Yard Sale Saturday, June 11

Mark your calendars-this year's UUCM Yard Sale will be held Saturday, June 11 from 8 am to 5 pm at the home of Keith and Alice Johnson. The Johnson residence is located at 522 Sacramento Street in Nevada City. Drop off all your assorted treasures at the Johnsons anytime on Friday, June 10. Sorry, no electronics as these items are hard to sell and tricky to recycle.

Please contact the Johnsons if you would like to volunteer to help set up on Friday or work the sale on Saturday. See you there!



**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**

<b>President</b>	Kia Hatch <a href="mailto:president@ugrassvalley.org">president@ugrassvalley.org</a>
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**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)

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**Worship:** Matt Wilson-Daley

**Finance:** Beth Freedman

**Communications:**

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**Building:** Rick Osborn

**Ministry:** Lindsay Dunkel

**Caring:** Robin Hart

#### **Other Contacts:**

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**Spirituality Group:** Janet & David Lee

**Room Scheduling:** Anita Wald-Tuttle