



# The Mountain Choice

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

## September 2011

We are a GLBT-Welcoming Congregation



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### September 4, 11:00 am – “Water Communion / Ingathering Service”

**Rev. Meghan Cefalu**

Come, come whoever you are! This Sunday marks the beginning of our new church year together. It is the time when we pour our separate waters together into one vessel, recommitting to one another in our spiritual journey as one community. Remember to bring some water from someplace that has nurtured your soul over the summer. Worship Associate: Carrie Osborn



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.



### September 11, 11:00 am – “9/11, Then and Now, Decade of Disasters!”

**Rev. Tom Lewis**

What really happened on 9/11/2001? Who was responsible and why? Does the USA shoulder some responsibility in the attack? What does it mean 10 years later? What have we learned? What does it mean as Unitarian Universalists? Come listen to Rev. Lewis struggle with these questions and engage yourself in probing difficult questions that may not have been asked and if asked may not be answerable. The choir will sing. Worship Associate: Jerry Jacoby

### September 18, 11:00 am – “The Spirit at Play” Rev. Meghan Cefalu

Exciting things are happening in every corner of our building on Sunday mornings! While most of the grownups are sharing in worship together in the chapel the children and teens have wonderful new programs. The youngest will be learning our seven principles through color and play, the school-aged kids will be listening to and exploring evocative wisdom stories and the teens will be expanding their capacity to experience what is good and true and beautiful through poetry. This morning's intergenerational service will allow all of us a glimpse of the whole of our religious exploration as one congregation. Worship Associate: Lindsay Dunckel

### September 25, 11:00 am – “Wholeness and Holiness” Rev. Meghan Cefalu

At the time of the Jewish high holy days we also lift up the values of forgiveness and atonement. When we ask forgiveness and forgive others we take steps to restore ourselves to a state of wholeness – reclaiming scattered bits of our focus and attention – and in so doing realign ourselves with the Holy. The choir will sing. Worship Associate: Matthew Wilson-Daley

9/11  
Peace  
Concert  
& Rally



see page 11



# Rev. Meghan's Musings

by Rev. Meghan Cefalu

Greetings!

It is so nice to be back with all of you after several weeks of vacation and study leave. My summer was fantastic, a good mix of rest and adventure. I traveled as far north as Coeur d'Alene Idaho to visit family and as far south as San Cristobal de las Casas in Chiapas, Mexico to study Spanish.

I hope you also took some time of renewal over the past couple of months. It is such a gift to be able to slow down my pace of life for a little while. I stopped checking my email and voicemail, spent time instead in the yoga studio and by the river, took long walks with my dog and talked with friends for hours in outdoor cafes.

Perhaps this is a universal experience but when it comes time to go back to work, to schedule meetings and phone calls, teach classes and sit down to read, study and write sermons again, I grieve just a little. My brain protests like a spoiled child pounding its fists as I drag it back to a state of sustained concentration. The hardest part of all though is picking the laptop back up and trying to stay afloat in the roiling river of information. Between my several email accounts, the online news pages I follow and Facebook there are hundreds of people pulling my attention in a thousand directions. I quite often leave sessions on the computer feeling drained and scattered.

After such a delightful and peaceful summer away from the computer this experience is what I am dreading most. I know there must be a way to stay on top of what I need to know and respond to without getting sucked under by it all.

I read a great article a few weeks ago about staying afloat amid information overload. The author writes:

“Many people are actually getting less done even though we have better technology, because they have access to too much information and they can’t handle it, and they’re often being interrupted by irrelevant things...And even when it’s relevant, there’s too much of it.”

The article refers to a study reported in a Feb. 27 Newsweek article which found that when people are given more information than they can process, their brain activity in the area linked to cognitive thinking, working memory and emotion fizzles – it is as if the mind had simply thrown up its hands. The people in the study got frustrated and started making poor choices. When we are in that state of overwhelm by information overload we can’t even make choices that would help us regain balance!

This church year one of my commitments to myself and to you is to stay conscious of this phenomenon and try to keep myself centered and sane. Wouldn’t it be wonderful to hold onto the sense of relaxation from the summer months all year long? Is it possible for peace, gratitude and joy to become the new normal?

May it be so!

Blessings and love,  
Meghan



## Circle Suppers

By May Lawrence

Circle Suppers are starting up again! This is an opportunity for us to get to know each other better. Six to ten people meet in each host’s home for a small, intimate gathering to “break bread” together. This fall we have decided to change the format. If you can host, please phone May Lawrence at 478-9438. You will be the first to learn the particulars of our new THEME Circle Supper Gatherings. There will be a bulletin board in the Thoreau room for everyone who wants to sign up. We particularly encourage new members and frequent visitors to attend.

A good time was had by all at the Celebration of the New Church Year on August 14. Amidst all the tributes, gifts, and general frivolity we also had a chance to talk about all the new stuff going on at UUCM this year. Pot lucks, barbeques, vegan suppers – do I detect a food theme here? Spirit Play for the youngsters, Coming of Age for the teens, a songbook in Spanish, Justice General Assembly in Phoenix, and Animal Justice Ministry are just a few of the new and innovative programs going on at UUCM this year.

The success of the new programs and everything else at UUCM depends on you. I know you are busy and perhaps leery of taking on more than you can handle in these challenging times. But may I suggest that if you follow these simple guidelines, you will enrich your church experience, avoid burn-out, and feel good about yourself. ↗

## In the Loop

Save the date to be “In the Loop”

Sunday, November 13, 2011 from 12:30-3:00 pm in the UUCM Chapel

The Board of Trustees and Committee on Ministry invite all interested UUCM members and attendees to be “In the Loop.” This is the rescheduling and renaming of the congregation playshop that was postponed from last June. It is also in lieu of a committee chairs meeting. If we find it works well, “In the Loop” meetings for the whole congregation can replace committee chairs meetings altogether.

This gathering will offer a bird’s eye view of the mission and ministry of our congregation at this time, including a “flyover” of our Long Range Plan. There will also be brief reports from standing committees that keep our community going, as well as information from ad hoc committees that are addressing specific endeavors. It is not a congregational meeting for doing any official business, rather it will be a great way to find out what’s going on at UUCM and what is on the horizon.

All BOT members and committee chairs are especially encouraged to attend, and all interested others are also welcome. There will be more information in the October Mountain Chalice, so stay tuned!

## Notes From the President

by Keith Johnson



Photo: Clarita Nolan

- Remember that no is as sacred as yes. This advice comes from *Serving with Grace*, by Erik Wikstrom. Don’t be “guilt-tripped” into volunteering for things that you can’t or don’t want to do. If it doesn’t feel right, don’t do it.
- Start small. If you are new to UUCM and/or new to volunteering, start slowly and see how it feels. Maybe you are not quite ready to be a Committee chair or serve on the Board of Trustees. There are many worthwhile church tasks that take very little time or effort. For example, making sandwiches for Habitat for Humanity workers requires about thirty minutes of your time per month.
- Do what you like. Do you like to help others? Write? Cook? Work with numbers? Clean? (Oops, that last one might be a stretch). But the point is wherever your interests lie, we have a job for you. Contact Reverent Meghan, a board member, or a committee chair to find out how you might best serve.

The rewards from your involvement in church life are truly profound. I can say that from personal experience. For many years my parental responsibilities did not allow me to do anything at church except attend Sunday services. Now that my path has taken me in a different direction, this community in all its dimensions has changed my life. As a former Board President once told me, you really don’t get the true church experience until you show up on other days besides Sundays. Amen. So get involved!

Peace,  
Keith



# Social Action News

by Sheila Myers



## Peace Festival

Save the date for the Peace Festival on the 10th anniversary of the 9-11 tragedy on 9-11-2011, Sunday, from 3-7 pm at the Gateway Park Amphitheater. See the separate announcement on page 11 for more details. UUCM's Social Action Committee is co-sponsoring this event, and will have a table about the UUA's Statement of Conscience on Peacemaking and on Ethical Eating there. Also, in addition to Tom Wernigg, UUCMers Randy McKean will be playing with the group Beaucoup Chapeaux, Andy Dooley-Miller with Neil Bledsoe, and Sean Dooley-Miller with Team Sport.

## Second Sunday Peace Film

No film has been scheduled due to the 9-11-11 Peace Festival.

## Pass the Plate

The September plate will be donated to the Unitarian Universalist Legislative Ministries, date TBA. As of this date, no total dollar amount for last month's plate to Habitat for Humanity is available. Thanks as always for your continuous generosity to these wonderful and necessary groups!

## Vegan Supper Club

The last Saturday of the month is the Vegan Supper Club Potluck. Please keep your eyes open for the UUCM General message describing the theme. It will be different each month, to keep it interesting and SEASONAL!



## Sharing the Bounty

At a meeting of the Ethical Eating Discussion Group, David Ferrier suggested the Sharing the Bounty Program.

Those coming to Sunday service can bring extra produce from their gardens for other members and friends to take home. Produce that is not picked up will be donated the next day to the Interfaith Food Ministry or Nevada County Food Bank.

After being approved by the Social Action Coordinating Committee, of which the Green Sanctuary Committee is a part, the Sharing the Bounty program was instituted on July 24, 2011. So, bring your surplus fruits and veggies to church with the satisfaction that all will be graciously appreciated. Special thanks to our own Master Gardener, Theresa Houtman, for her contributions.

The bins were built by David's son. If you would like something similar for your own purposes, ask David for contact info. This will continue until the harvest is over.

From the Food Bank of Nevada County's website:

Most home gardeners and community gardens harvest more fresh produce than their families and neighbors can consume. Please donate your abundance to those who need it most. By sharing fresh fruits and vegetables lovingly grown in the backyard, the community can help nourish their neighbors in need.

To ensure nutritious and healthy food, produce must be:

Firm

Free of mold or decay

Have enough shelf life to remain in good condition for at least 3-5 days

Properly packed in cardboard boxes, crates, or other sturdy containers in order to prevent damage and bruising

# Meet Your Caring Committee

by Robin Hart

We all need extra care sometimes on our journey through life. Members of the Caring Committee team provide ongoing one-on-one relationship with UUCM members and friends during times of special need: major life changes, transition, isolation, loss and mourning, and other challenges life sometimes hands us.

Caring Committee members do not function as professionals, and do not offer crisis intervention or counseling, but rather serve as safe friends who will keep confidences and who will walk beside us through our ups and downs.

With the direction and assistance of our minister, Caring Committee members offer regular contact, a caring presence, empathy and emotional support, connection with resources of the Caring Network, and guidance to other available sources of help as needed. If you are interested in volunteering to assist the Caring Committee as a resource person, or 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, Sandra Lahuer, Bernell Scott, May Lawrence, Carol Kuzora or e-mail us at [caringcommittee@uugrassvalley.org](mailto:caringcommittee@uugrassvalley.org).



From left: Sandra Lahuer, Carol Kuzora, Robin Hart, Gwen Eymann, Alice Johnson.

## Caring Notes

by Robin Hart



September once again is the turning of the season from the heat of summer to the golden days of autumn. Time for new beginnings, back to school and learning. Time to harvest what we have sown this summer and share it with our UUCM community.

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), Corrie Silva, Leal Portis, Gwen Eymann, Bernell Scott, May Lawrence, or e-mail us at [caringcommittee@uugrassvalley.org](mailto:caringcommittee@uugrassvalley.org).

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

# Green Sanctuary Film

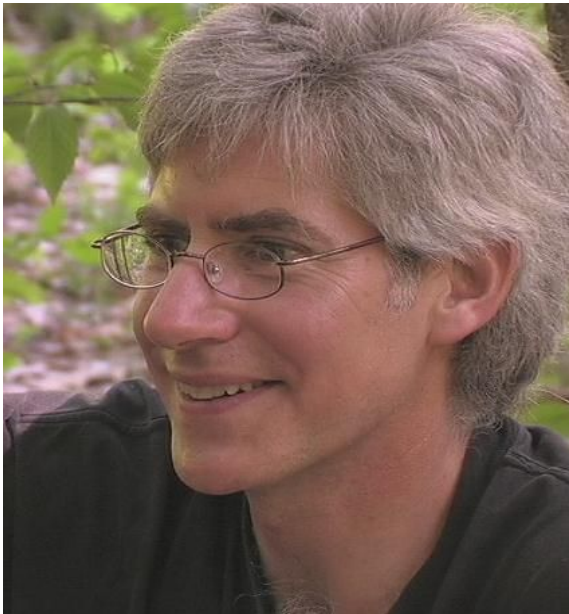
by Bill Nolan

## “Radically Simple”

Meet engineer and author Jim Merkel who demonstrates by example that living more lightly on the earth is not only possible, but deeply rewarding.

The name of the film is a bit misleading because Jim Merkel’s attitude is anything but strident or “radical.” There is no doom and gloom and no preaching in this film. Jim explains the idea of sustainability very elegantly and his ideas about simple lifestyle modifications make one feel that they are not only possible, but desirable in a fun and rewarding way.

Please join us on Sunday, September 4th at 12:30 pm to view this enjoyable 30 minute film.



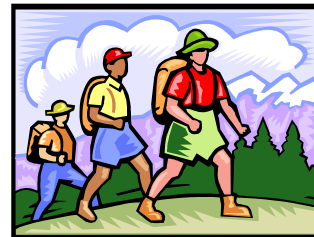
## Green Power Point

by Anita Wald-Tuttle, UUCM Green Person

### Tap Dance

It's so simple, but it bears repeating. If you're not already in the habit of turning off the tap while you brush your teeth or shave, start now, and save up to five gallons of water every day. Make sure everyone in your household does the same; post a reminder above the sink, if necessary.

"If there is magic on this planet, it is contained in water...Its substance reaches everywhere; it touches the past and prepares the future; it moves under the poles and wanders thinly in the heights of air. It can assume forms of exquisite perfection in a snowflake, or strip the living to a single shining bone cast up by the sea." Loren Eiseley, *The Immense Journey*



## 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).

## 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.

# FAMILY FUN NIGHT

## Friday Family Fun Nights are Back

If you missed the fun, the laughter, and the mayhem of last year's Friday Family Fun Night series, you are in luck. They're back!

Friday Family Fun Nights are an opportunity for everyone in our community to gather together, share a meal, and enjoy an evening filled with songs, games, crafts, and storytelling.

We are kicking off this year's Friday Family Fun Night series with an RE Open House on September 23rd. Come and meet our teachers and the members of the RE committee. Ask questions. Join the committee. Become a teacher. Or just come and have fun. Our soup and salad potluck dinner begins at 5:30 pm and activities at 7:00 pm. We will have a tour of the new Spirit Play classroom and a story by our Spirit Play trainer, Brett Torgrimson. There will be a poetry wall in celebration of the teens' new "poetry-based" RE curriculum and board games for people of all ages to play.

Mark your calendars for future Friday Family Fun Nights including: Pumpkin Carving and Not-So-Spooky Stories With Rev. Meghan on October 21st, Bizarre Holiday Bazaar and Tree Trimming Party December 2nd, "Almost" First Night Bash December 30th, Chinese New Year of the Dragon Celebration January 27th, Mardi Gras on February 24th, a Spring Fete on March 23rd, and Poetry Night at the UUCM Poetry Café on April 27th – hosted by our teen group.

For more information about Friday Family Fun Night events, email Brett or Paige, [PgAnderson@aol.com](mailto:PgAnderson@aol.com).

## RE News

by Rochelle Davisson

With a loud ring, the first bell of school has sounded, triggering both excitement and nostalgia. For UUCM's RE program, that sound meant the three months of Fun and Games that Olivia Lawrence-Weilmann oversaw as Summer Helper has come to an end.

Now a new "school" year is upon us. For the younger group, this means a fantastic curriculum called Spirit Play. Brett and Paige Torgrimson spent time this summer training in Albuquerque, New Mexico, learning how to best teach this rich and diverse curriculum. In turn, they are training the many volunteers who will be teaching Spirit Play to the kids. In addition, the Channing Room has undergone an overhaul by various volunteers in preparation for Spirit Play. For the teens, Rochelle Davisson has been working on the Poetry curriculum and has procured some cushy air chairs (like bean bags) for the Teen Room upstairs.

More news: Rochelle Davisson and Lindsay Dunkel are working on the Coming of Age program for the thirteen- to fifteen-year-olds, which will start in September. The Torgrimsons have planned another series of delightful Family Fun nights. We warmly welcome Jo Waters as our new RE Chair. Here's to an amazing year!

## Class: Serving with Grace

Our third "Serving with Grace" class will begin Wednesday, Oct. 12, from 6:30 - 8:30 pm, and continue for 6 weeks, ending on Nov. 16. Facilitated by Rev. Meghan and Annie Haymaker, the class will use the book *Serving With Grace*, by Erik Walker Wickstrom, and will cover the spirituality of service, self-discovery, the sacredness of "no," mindful meetings, mission and community, and leadership support. Copies of the book are available in the UUCM library to borrow or purchase (\$10.50). Committee members, volunteers, members of the board, and anyone interested in lay leadership are encouraged to attend. See Rev. Meghan to sign up.

# UUAM Recipe

by Carol Hyndman

## Garlicky Mushrooms

2 T olive oil  
10 cloves garlic, sliced  
40 large white button mushrooms, quartered  
2 cups dry white wine  
2 T chopped parsley

Heat oil in skillet over low heat. Add garlic and cook about 1 min or until transparent. Add mushrooms and cook 10 min without stirring. Add wine and cook 15 min, or until liquid has evaporated and mushrooms are browned. Stir in parsley and cook 2 min. Season with salt & pepper if desired. Serve hot or at room temperature. Can be served in small shallow bowls along with toothpicks.

"I ask people why they have deer heads on their walls. They always say because it is such a beautiful animal. There you go. I think my mother is attractive but I have photographs of her."

– Ellen DeGeneres

The first meeting for the Reverence For Life program is still planned for Sunday, September 18 after service, at 12:30. Call Carol Hyndman for information at 477-0693.



## Never Forget the Cost of Freedom

by Pat Paddock

Never Forget The Cost Of Freedom! That's the theme of the Constitution Day Parade this year, since it falls on Sunday, 9/11.

PFLAG (Parents, Families & Friends of Lesbians & Gays) would like to invite our UUCM friends and families to walk with us this year, as we have done for the past three years. We want to top last year, we were 62 strong and won a beautiful third prize ribbon for Best Marching Unit! Our rainbow colors make for an outstanding presentation.

We have a decorated float for less-than-able participants. Right after our PFLAG banner, our UU "Standing on the Side of Love" banner will be proudly carried. We're also hoping to have a new one by then, proclaiming "Someone You Know and Love is Gay", which was a big hit at our booth at the Fair this year--many photos taken in front of it!

Don your rainbow colored or red-white-and-blue togs and join us at the top of Broad Street in Nevada City between one and two pm. Unit numbers aren't assigned until the week before, so for specific information close to the date, please call Pat Paddock at 268-6576, or check with Pat or Anita at services that day. We're up for carpooling, too.

At the site, look for Anita's spectacular rainbow hula hoop (and you should see her work it!). A celebratory after-party for participants will be held at a private home in the Nevada County hills.



## Women's Study Circle

### Rockhounds Unite!

By Anita Wald-Tuttle

It's been said that diamonds are a girl's best friend. Sure they sparkle, but I'd take some of my gem stones any day when it comes to pretty and sparkly! I'll be showing some of my "pretties" and sharing gem and mineral stories and information after we all join in a potluck (perchance the last Salad one of this growing season). Let's meet at 6 pm on Thursday, September 15 down in the kitchen and take it from there!

PS I forgot to mention there's a raffle involved!

## UU World

To all members of UUCM,  
One of the benefits of becoming a pledging member of UUCM is receiving a subscription to the *UU World* magazine. It's a wonderful way to keep up with news from The UUA and other congregations around the world. If you are a member of UUCM and are not receiving a copy of *UU World*, please let the Membership Committee know. Contact Shannon Dooley-Miller at 346-6995 or sdooley-miller@gotsky.com.

## Hospitality House

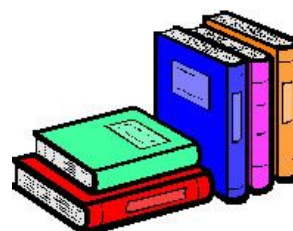
By Leal Portis

The Hospitality House roving shelter starts up in September. UUCM will be providing the HH dinner next door on Friday, Sept 16, and maybe Friday, Sept 30. Call Leal at 265-3887 for more information.

## Holiday Wine Market

by Clarita Nolan

Holiday Wine Market will be on Friday, November 4 at UUCM. Mark your calendar for this fabulous fundraiser. It's your opportunity to buy gifts, replenish your wine cellars and stock up for the holiday season while saving money and helping UUCM all at once.



## Library News

by Custis Haynes, Library Committee Chair

Welcome donations have come from:

Jim Lowe: *Third Stream Jazz Suite* (piano scores for his pieces "Miles of Time," "Washington Square" and "Unfulfilled.")

Bernell Scott: *Saving Fish from Drowning*, (a novel by Amy Tan), and *The Heart of Healing* (non fiction by the Institute of Noetic Science)

Anita Wald-Tuttle: *Agenda for a New Economy*

Summer winnowing is finally done and the results are down on the FREE TO GOOD HOME shelf. (UU's discard may be your treasure!) After October the leavings get sold to Book Town and proceeds used to purchase two new books: Mary Oliver's *Evidence* and Sarah Conover's *Ayat Jamilah: Beautiful Signs - A Treasury of Islamic Wisdom for Children*.



## Wedding Anniversary

by Leal Portis

The “GA Inspirations” service on August 15 reminded me that on Sept 9, 1961, Lloyd and Leal Portis were part of some UU history when Lewis McGee preformed our marriage ceremony as his first act of being the called minister of the Chico Unitarian Fellowship. That in itself was noteworthy as Lewis was the first black minister in the UU denomination to be called as the Senior Minister of a "white" UU congregation. Lewis and his wife Marcella became good friends of ours. We later visited them when Lewis was minister of the Humboldt UU Fellowship in Arcata. Before retiring Lewis was a minister of the First Unitarian Church of Los Angeles.

On September 10, from 1 to 4 pm, we are having a 50th anniversary celebration in the dining area of the Common House of Nevada City Cohousing. If you care to attend please bring a little food to share. Drinks, cake and meat and cheese platters will be provided. Purdon's Crossing band will provide music.

## Music, Music, Music

### Choir News

Our choir has been diligently rehearsing this summer with its new schedule: first and third Monday evenings, 7 – 8:30, and second and fourth Sunday mornings, 9:15 – 10:30. In September our rehearsals will be Mondays, Sept. 5 and 19, and Sundays, Sept 11 and 25; we will sing for the services on Sept 11 and 25. If you love to sing, come and try us out – we’re a friendly group that welcomes new singers! You don’t need to read music or have sung in a choir before. For more information, call Annie at 477-0701, or Janet at 477-8760.

### Drum Circle @ UUCM

Come explore your natural rhythm in a fun, safe environment. All ages are welcome and no experience is necessary. The September gatherings will be Wednesday the 7th and 21st from 7 to 8:30 in the UUCM Chapel. For more information contact David Ferrier 559-5902 ([DavidsDrums@gmail.com](mailto:DavidsDrums@gmail.com)).

### Open Mic

Our first open mic at UUCM – we were entertained by our fabulous musicians and poets. Many thanks to our talented and creative folks who came out to share: Tom Wernigg, Matt Wilson-Daly, Andy Dooley-Miller and Paul Dileo, Paul Bonani and Eileen Hale, Robin Hart, and Bill Nolan...and to those who came to enjoy. Special thanks to Paul Bonani and David Ferrier doing sound, and Ruth Ghio for refreshments.



Photo: Clarita Nolan

# September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Note: Calendar is subject to change. Verify on website <a href="http://ugrassvalley.org">ugrassvalley.org</a>			<b>1</b> 8:30 am Men's Group - Caroline's 4 Planned Giving 5:30 PFLAG 6 DBSA-NC	<b>2</b>	<b>3</b> 10 Spiritual Book Group
<b>4</b> 9:30 Meditation 11 Sunday Service 12:30 GS Films 12:30 Intro to a Practice	<b>5</b> 7 Choir Practice	<b>6</b> 9 am Meditation 9 am David's CG	<b>7</b> 8:30 Men's Group at UUCM 6 Membership 7 Drum Circle	<b>8</b> 8:30 am Men's Group - Caroline's 10 Writers' Group 7 UUCM Board	<b>9</b>	<b>10</b> 1 Portis Wedding Anniversary (off site)
<b>11</b> 9:15 Choir 9:30 Meditation 11 Sunday Service 12:30 Intro to a Practice	<b>12</b>	<b>13</b> 9 am Meditation	<b>14</b> 8:30 am Men's Group at UUCM 5:30 Caring Com 7 Social Action	<b>15</b> 8:30 am Men's Group - Caroline's 6 Women's Group 6 DBSA-NC	<b>16</b> 5:30 HH Dinner <b>Newsletter Deadline</b>	<b>17</b> 6:30 Artists Exposé & Chalice Art Auction
<b>18</b> 9:30 Meditation 11 Sunday Service 12:30 New to UU 12:30 Intro Prac 12:30 Rev for Life	<b>19</b> 7 Choir Practice	<b>20</b> 9 am Meditation 9 am David's CG 6:15 PFLAG Board 7 Threshold Choir	<b>21</b> 8:30 am Men's Group at UUCM 7 Drum Circle	<b>22</b> 8:30 am Men's Group - Caroline's 10 Writers' Group 6 Green Sanctuary	<b>23</b> 5:30 Friday Family Fun Night	<b>24</b> 9 B&G Work Party 1 B&G Committee 6 Vegan Supper Club
<b>25</b> 9:15 Choir 9:30 Meditation 11 Sunday Service 12:30 RE Comm 12:30 Intro Prac	<b>26</b>	<b>27</b> 9 am Meditation 9 am David's CG 6 PFLAG 7 Worship Com	<b>28</b> 8:30 am Men's Group at UUCM	<b>29</b> 8:30 am Men's Group - Caroline's	<b>30</b>	

## 9/11/11 Worldwide Peace Concert/Rally

Western Gateway Park in Penn Valley  
Sunday, September 11, 2011, 3 pm - 7 pm

Music: Achilles Wheel, Beaucoup Chapeaux, Cool Hand Uke and the Enablers, Tom Wernigg, The Anytime Band, Purdon's Crossing, Team Sport, Neil Bledsoe and Friends, Paul August

Cooperative Games, Children's Storyteller Karen Olson, Crafts

Peace info and action: Veterans for Peace, Department of Peace, United Nations Association, U.S. Grandmothers for Peace, United for Peace and Justice, UUCM Social Action

More info: Peace Center of Nevada County, 265-0200  
[www.ncpeace.org](http://www.ncpeace.org), [www.9-11worldwidepeacefestival.com](http://www.9-11worldwidepeacefestival.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)

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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

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**Communications:**

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**Women's Group:** Clarita Nolan

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**Room Scheduling:** Anita Wald-Tuttle