

# the Mountain Chalice



Unitarian Universalist Community of the Mountains

October 2015

## UPCOMING SERVICES

...  
 Each Sunday, you may choose to attend services at either 9:45 a.m. or 11:30 a.m.

...  
 Social hour is between the two services; either stay after the first service, or come early to the second one.

...  
 Religious Education classes for all children and teens are during the 9:45 a.m. service.  
 Nursery care is available for both services.

October 4 **Tom Lewis**  
 Worship Associate: Jerry Jacoby

October 11 **Rev. David Usher**  
 Music: Barbershop Quartet

October 18 **Rev. David Usher**  
 Music: UUCM Choir

Rev. David will be preaching the sermon bought at the Spring Auction by Phil Hart.

October 25 **Rev. David Usher**  
 Music: TBD

This service will include the welcome ceremony for new members

November 1 **Rev. David Usher**  
 Music: TBD

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*Rev. David Usher  
UUCM Interim Minister*

## Minister's Letter

Dear Friends,

The momentum is building in both major political parties to decide who will be the nominees for the Presidential election in November 2016 (oh Lord, can it really still be more than a year away?!) For the Democrats there are three hopefuls, and for the Republicans there were a remarkable seventeen though two have since dropped out. Even more remarkable, in the opinion of this non-American observer, the single qualification which the three current front-runners in the Republican race have in common is their total lack of political experience. Is there any other field of human endeavour in which lack of experience or knowledge is regarded as a positive asset? "Let me extract your teeth. I'm a plumber and know nothing about dentistry, but how hard can it be?"

Most Unitarian Universalists tend to be left-of-centre in their political allegiances. It is certainly where I locate myself. It is therefore tempting to make the casual assumption that everyone at UUCM views the world through the same political lens because that is the majority view. But if we proclaim that we celebrate our diversity and that everyone is free to reach their own conclusions, it is vitally important that we are true to our own best principles and allow that diversity includes a breadth of political opinions.

My parents, devoted Unitarians both, were political Liberals which, in Australian terminology, means they were Conservative. I know, how can that make sense? The common thread for them was the doctrine of the individual's self-reliance. In traditional Republicanism, there is much that finds resonance with Unitarian Universalism and must be given welcome within our broad tent.

What is not acceptable within Unitarian Universalism is any political doctrine which is based not on love but on hatred, greed or fear. Immigration, for example, might be a complex issue, but any policy which dehumanises someone from another country simply because they are from another country is not a policy which can ever be in sympathy with UU values. Any economic policy which deliberately denies dignity and rights to the work-force similarly has no place.

For all of us, our religious values should inform our political choices, and we each should be open to challenge if there is discrepancy between the two. I am sure you will each be

watching the debates, forming your opinions, coming to your own conclusions about who you would most like to be the next President of the United States. I encourage you to make those judgments based on love and not hate, generosity and not greed, trust and not fear. I encourage you to live your UU values in the political market-place.

*See you in church!*

*David*

## Joys & Sorrows

*By Rev. David Usher,  
UUCM Interim Minister*

Since January we have been using a book in which to record our *Joys and Sorrows*, which are then incorporated into a Pastoral Prayer after people have silently placed their pebbles into the bowl of water. Starting this month, whatever has been written in the book will be published in the following month's *Mountain Chalice*. (Please see page six in this issue to see some of the entries in the *Joys and Sorrows Book* from September.)

In this way, more people will know whatever it is you have shared. If you want your joy or sorrow to be included in the Pastoral Prayer but not published in the *Mountain Chalice*, please make a notation to that effect beside whatever you write in the book.

Some entries in the *Book of Joys and Sorrows* are vague (about the weather, etc) and/or anonymous, making them difficult to incorporate into the Pastoral Prayer. Please remember to make your entry specific to your life, and to add your name.





Rob Ferroggiaro  
UUCM President

## President's Perspective

Dear UUCM:

The Board of Trustees recently held its annual, two-day retreat. These retreats are a great opportunity for reflection on the past year and for development of plans for the year ahead.

After the second Sunday service on October 11th, there will be an informal general meeting in the sanctuary. At that time the Board of Trustees will share highlights from the recent retreat. In addition, the Ministerial Search Committee will provide an update on upcoming ministerial search activities, and the Transition Team will share perspective on the interim ministry.

We hope you can attend.

- Rob

### Board of Trustees September Meeting Highlights

- The Board approved the role description and employment contract for the Music Director.
- Beryl Beckwith reported from the Stewardship Committee regarding the need for additional committee members and plans for a spring stewardship event.
- Rev. David will pursue acquisition of a "Black Lives Matter" banner for placement in front of our building.
- The Board approved expenditure for Rev. David's attendance at the Interim Minister Training/Workshop.

*Come experience living history at this performance, "Clara Barton, Patriot Angel", Saturday, October 3 at 7:30 p.m. at UUCM. Proceeds benefit both the Red Cross and UUCM.*

## UUCM BOARD OF TRUSTEES

JULY 2015 - JUNE 2016

Rob Ferroggiaro, *President*  
Amy Renee Patterson, *Vice-President*  
Janet Dunstan, *Treasurer*  
Scottie Hart, *Secretary*

**Members at Large:**

Dawn Bateman, Kern Hildebrand,  
David MacLeod, Carol Wong

*Board of Trustees meetings are held on the second Thursday of each month at 6:00 p.m. in the Channing Room at UUCM. Members are welcome to observe with prior notice.*

## Clara Barton

### Patriot Angel

Hear Clara's tribute to the soldiers who serve in our armed forces and their families. Find out how she worked her way through government red tape both to care for the wounded on the Civil War battlefield and years later to convince the United States government to bring the Red Cross to America. Her fortitude under fire and dedication to the cause of humanity stand as a role model for all time.

Presentation in character, followed by a Q&A "with Clara" and then a Q&A with the scholar/presenter.

**Saturday  
Oct. 3, 2015  
7:30 P.M.**

Susan Marie Frontczak has given over 600 living history presentations as Clara, Eleanor Roosevelt, Marie Curie, Irene Castle, and Mary Shelley across the United States and abroad. (See [http://www.storysmith.org/clara\\_barton](http://www.storysmith.org/clara_barton))



Hosted by the Unitarian Universalist Community of the Mountains  
246 So. Church St., Grass Valley CA 95945  
Admission: Adults \$12, Seniors and Students \$10.  
Proceeds above expenses donated to Red Cross and UUCM.

**A Performance by Susan Marie Frontczak**

For more information: 530 263-1001

## Search Committee



### SEARCH COMMITTEE

Taylor Carey, *Chair*  
George Dunstan, *Associate Chair*

Lindsay Dunckel • Beth Freedman  
Keith Johnson • Bev Lyon • Corrie Silva

### Great Survey Response!

What a wonderful response! As of this writing we have received over 100 completed surveys for a rate of over 80% of our membership. In addition, many of you have participated in focus group discussions to help the Search Committee better describe UUCM to prospective candidates for our new settled minister and to help the Committee better understand what we are looking for in a new minister.

We will be busy analyzing the data to report back to you in the coming weeks. We are also in the process of completing the Congregational Record which will give candidates a thumbnail sketch of UUCM.

Please save some room on your calendar for a Congregational Meeting on October 11th. At that time the Board of Trustees will be reporting on plans for the second year of the interim ministry and the Search Committee will be reporting on what we have learned so far in our search.

Thank you for your participation in the survey and focus groups. Nothing appeals more to a prospective minister than an engaged congregation.

*Gratefully,*  
– Your Search Committee

## Membership Committee

### Our Next "Intro to UUCM" Class Saturday, October 10, 9 AM to 1 PM

The next class for those considering becoming a member at UUCM will be held on Saturday, October 10th from 9:00 a.m. until about 1:00 p.m. The class will include an opportunity to share your personal spiritual journey with others, and to learn something about Unitarian Universalist theology, history and governance, as well as what are the privileges and expectations of membership at our congregation. There is no pressure to become a member after taking the class, and it is open to newcomers as well as to people who have been around a while but would like a refresher.

There will be fruit and pastry, coffee and tea in the morning, and a lunch following the class. We definitely need RSVPs so we can have enough food for everyone. If you have any special dietary requirements, please contact Kathryn Young at [kathryneyounguu@gmail.com](mailto:kathryneyounguu@gmail.com).

If you are interested in becoming a member, or just curious about our community, please come. We look forward to getting to know you better!

### Membership Needs Members

*By Kathryn Young, Chair, Membership Committee*

We need some friendly people to help with greeting, planning new member classes and services, and helping new and old members connect within our community. We meet once a month on the second Wednesday, from 5 to 6:30 p.m. Please let me know if you'd consider joining our committee. [kathryneyounguu@gmail.com](mailto:kathryneyounguu@gmail.com)

### Lay Greeters Needed

Every Sunday morning, at both services, the membership committee has greeters at the entry. Our small committee really needs some lay greeters to help. It's a simple job, and we'd be happy to train you on the spot. The job description pretty short: be friendly and welcoming, and encourage visitors who plan to come again to fill out a visitor card so we can make them a name tag, and start emailing our newsletter. If you would like to be a greeter from time to time, please let one of the current greeters know, or email: [kathryneyounguu@gmail.com](mailto:kathryneyounguu@gmail.com). THANK YOU!

# Committee Updates

## Help with Coffee and Snack Table Needed and Appreciated!



If you would like to help set up and/or clean up the coffee and snack table, but don't know your way around the UUCM kitchen, please come back to the kitchen and look for Carol Kuczora or one of the other regular volunteers (David Ferrier and Donna Foddrell) and let them know you'd like to help. You can help provide a much needed and appreciated service for your fellow parishioners. This is a perfect job for someone who wants to contribute, but isn't ready to make the commitment to be on a committee.

Now that we are back to two services each Sunday, the coffee time is held between the two services, from approximately 10:45 until 11:25 a.m. If you are setting up, you can come during the first service, prepare coffee and set out snacks for the between service break, then attend the second service. If you are on the clean up crew, you can attend the first service, then clean up during the second one – you don't have to miss a service!

### SNACK CONTRIBUTIONS WELCOME!

Sweet and savory snacks for our snack table are always welcome. Please sign up for a turn on the bulletin board just outside the kitchen. If you have some goodies you'd like to share, and didn't get around to signing up ahead of time, bring them anyway -- they will be gratefully received and quickly devoured!

**RESERVED  
PARKING**

## Parking at UUCM

There is no off-street parking at UUCM, and with two other churches as near neighbors, finding a spot close by can be a challenge, particularly for those with mobility difficulties. If you are able-bodied, even if you are first to arrive on Sunday morning, please leave the spaces on Walsh St. between South Church and South School for those who need easy and close access. And please note: now that the garages on the corner of Walsh and School are empty, you may park in front of them!

## Building & Grounds Report

By Wally Holtan, Chair,  
Building and Grounds Committee

### SEPTEMBER WORK DAY:

When we talk about our current UUCM motto to seek, savor and serve, I cannot help thinking about our monthly volunteers. They come to *SEEK* making our building and grounds a better place to gather. They *SAVOR* the results of not only their work but the work of those who are there with them, enjoying a day of togetherness and accomplishment. They *SERVE* to create a space that all of you can enjoy and share together. This month we had 14 volunteers who accomplished all the projects that I had proposed for that day. WOW! Remember, any of you can volunteer for an hour or three and experience the fun of working on selected projects and even get a great lunch if you want to stay after.

### WATER CONSERVATION:

Congratulations! In the last month UUCM has used 42% less water than all of our neighbors. Our water usage has been below 1000 gallons per day. This has been accomplished by all of you thinking of your water use and the marvelous job that our B&G's volunteers have done at decreasing our water use outside during this last year. As this year moves forward, we will work at making UUCM a pillar of what can be accomplished by people who care.

### B&G MEETING:

One of the topics this month was a discussion about setting up a list of routine projects that can be accomplished by an individual person. This came up after one of our members suggested such a list for people who might not be able to make it on weekends. A list would allow a person to sign up to do a specific project on a different day. There would be reoccurring projects on a monthly basis or a one-time task that needs to be accomplished during a month's time. If a task was reoccurring, an individual would not have to sign up for every month. I am mentioning this to see if this might be intriguing to some people in our community. Let me know.

[uucmgv@gmail.com](mailto:uucmgv@gmail.com)

### NEXT B&G WORK DAY:

Watch your weekly email "This Week at UUCM" for an announcement of the B&G October work day. It's a great opportunity to pitch in and help keep our beautiful building and grounds clean and in good repair.

# Caring Committee & Pastoral Care Notes

## Caring Committee Notes

By Gwen Eymann, Chair, Caring Committee

The Caring Committee serves the UUCM community by offering support, help, and contact to folks during times of special need. We, as a community, can all be part of the UUCM Caring Team by reaching out to each other to offer support, kind words, offers of help, and good works. Please give extra support and caring to the following people:

- **Anne Lyon** had hip surgery in Santa Rosa. This has been a tough year for Anne but she is a trooper. She appreciates our calls, care and support.
- **Otto Hau Eisen** is 101 years young and he would enjoy having visits from old friends and the occasional meal. Please call first before visiting.
- **Barbara Chestnut and Nancy Finlay** recently lost their beloved brother, James. Please hold Barbara and Nancy and their families in your hearts.
- Our thoughts go out to all those affected by the Valley and Butte Fires; so much has been lost by so many.
- **Rob Ferroggiaro's** sister suffered a recent stroke. Please keep Rob and his family in your caring thoughts.
- **May and Jerry Lawrence** would have celebrated their 61st anniversary. May carries with her the joy and love of all their years together.
- **Kia and David Hatch** have been celebrating all month their 50 great years of marriage. Congratulations Kia and David.

The *Mountain Chalice* Caring notes come from individuals and from specific notes in our *Joys and Concerns Caring Book*. If you do not wish to have your words in the *Mountain Chalice*, please make a note in the *Joys and Concerns book*.

The UUCM Caring Committee meets on the second Tuesday of the month at 4:00 p.m. We may be contacted via email at [caring.committee@uugrassvalley.org](mailto:caring.committee@uugrassvalley.org) or by calling Gwen Eymann at 530-274-7965 for more information.

## Pastoral Care

The following people have written a Joy or Sorrow in the *Pastoral Care* book during the past month.

We are saddened by the passing of **James Michael Chestnut**, who died suddenly at home on 2nd September one day after his 57th birthday. James (Jim) was an occasional attendee at UUCM, along with his sisters **Barbara Chestnut and Nancy Finlay** who are both members and to whom we extend our deep sympathies, and to their sister, Ellen.

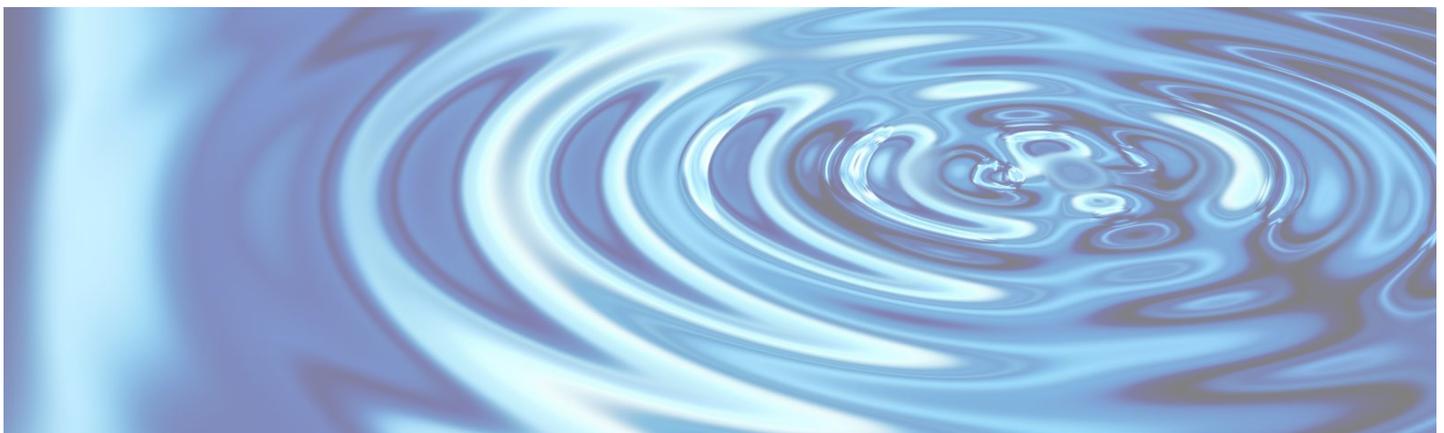
There will be a Memorial Service for James in the Sanctuary on Saturday 17th October at 1:00 p.m.

Our thoughts are very much with **Rob Ferroggiaro**, whose sister has suffered a severe stroke in early September and who remains seriously disabled. Rob and his wife, **Suzanne**, have been in attendance at the family home in Santa Rose and at a medical facility in San Francisco ever since, and we send both of them our thoughts and prayers for his sister's recovery.

**Kia Hatch** has been saddened by the death of a dear friend, Charles, and **Paul Elias** is grieving the death of his almost ninety year old mother after she had fallen and broken her shoulder. She survived long enough after her fall to be able to express her love and deep appreciation for her family and the long life she had enjoyed. **Leal Portis** still grieves the passing of her husband.

The cancer for which **Alan Duncan** was treated three years ago has returned, but he is grateful for the support he receives from this community.

Friends of **Gwen Eymann**, Peter and Martha, as have so many others, have lost all their material possessions in the recent Valley fire.



## Social Justice FAQs

By Keith Johnson, Social Justice Chair

Q. *What's new with social justice at UUCM?*

A. A great deal. Briefly, a series of three workshops were held last summer under the direction of Evan Junker of the UU Justice Ministry. The workshops produced a social justice work plan which has been approved by the Social Justice Committee and adopted by the Board of Trustees.

Q. *What's in the work plan?*

A. The work plan designates economic justice and environmental justice as the two focus issues. These issues were selected by the congregation through telephone and on-line surveys and workshop participation. The work plan also identifies our justice partners and possible action items.

Q. *What's the big deal? Hasn't UUCM always been involved in social justice?*

A. Yes, we have been involved in social justice since 1998. But the adoption of the work plan represents a paradigm shift in the way that we do social justice. The new approach has the following key characteristics:

- 1) Congregation based
- 2) Focus on just two issues
- 3) A shift from working on projects by ourselves to building relationships with our justice partners
- 4) Time sensitivity as this plan will be replaced by a new plan in 2017

Q. *Why were those posters up on the walls of the sanctuary?*

A. The posters described the work of our twelve partners and the justice opportunities available. Everyone was encouraged to sign up to do justice work with the partners that most interested them.

Q. *I forgot to sign up but I want to be involved. What can I do now?*

A. Contact Keith Johnson at 530-265-0277, [kjohnson.uucm@gmail.com](mailto:kjohnson.uucm@gmail.com), or any other member of the Social Justice Committee.

Q. *Twelve partners! Isn't that a lot for the size of our congregation?*

A. Maybe or maybe not. It all depends on how many of you want to do justice work. The Social Justice Committee will eliminate or add partners on a case by case basis and as the need arises.

Q. *What's next?*

A. A plan of action with specific work projects will be developed by the Social Justice Committee in consultation with our partners and you. Stay tuned!

## The Congregation Volunteers

By Rev. David Usher

UUCM Interim Minister

At our Water Communion Service on September 13th, the posters for all our prospective local Social Justice partners were on the walls of the sanctuary, inviting the congregation to sign up for those partners with which they would like to volunteer. A remarkable 45 members and friends of the congregation have signed up a total of 96 times, with a minimum of six volunteers for each partner. This is a most encouraging response, and everyone who has signed up so far is warmly thanked. The posters will be up until the service on October 11th, so if you have not already done so, please look at them all and decide which appeal to you. At its meeting on October 15th the Social Justice Committee will decide how best to organize those partnership teams.

## Hospitality House Dinner Crew Prepares Meals at Utah's Place

FRIDAY, OCTOBER 16 AT 4:00 P.M.

FRIDAY, OCTOBER 30 AT 4:00 P.M.

By Leal Portis

UUCM's dinner crew provides dinner for residents of the Hospitality House on the third and fifth Friday of every month. We are always in need of volunteers to cook and folks to either provide part of the food or donate money to shop. We also leave food for breakfast – no more cereal as they have to take a bag breakfast now. If you can help, please contact Leal at 530-265-3887 or [portis.leal@gmail.com](mailto:portis.leal@gmail.com).

## GREEN Power Points

By Anita Wald-Tuttle, Chair,

Green Sanctuary Sub-Committee of SJCC

As we head into the fall season let's recycle some of those excess fall/winter clothes to some of the Fire Victim help stations - also any other excesses that we can pass on to those who have lost so much.

Fall reminds me of writer Edward Abbey who wrote:

*"The love of wilderness is more than a hunger for what is always beyond our reach; it is also an expression of loyalty to the earth, the only home we shall ever know; the only paradise we ever need – if we only had the eyes to see."*

# Community Connections – Social & Spiritual Activities

## Bright Lights:

### A Program for All Ages

WEDNESDAY, OCTOBER 28

AT 5:30 P.M. AT UUCM

*Bright Lights* is an opportunity for those of all ages to enjoy time together. There will be a time for some simple worship, an activity, and a shared meal. Those who attended Rev. Karen Foster's service and workshop about RE on July 26th will remember how she stressed that the success of any RE program will be determined and measured by the involvement of the whole congregation, not just the parents. Come and be a Bright Light for two hours of multi-generational connection and fun.

## Women's Circle –

### Potluck and Focus Group

TUESDAY, OCTOBER 13, 2015, 6-8 P.M.

All UUCM women are welcome to come at 6:00 p.m. in the Alcott and Channing rooms at UUCM. We will first share a potluck meal, then Beth Freedman will lead a focus group for the Search Committee. Let's all join in and give UU women's perspective on where we want to go, and the kind of minister we think would be best suited to lead us there!

RSVP to [womensgroup@uugrassvalley.org](mailto:womensgroup@uugrassvalley.org), or contact either Clarita Nolan: [photosbyclarita@att.net](mailto:photosbyclarita@att.net), 530-575-2229, or Kathryn Young, [kathryneyounguu@gmail.com](mailto:kathryneyounguu@gmail.com), 530-478-1329.

If you are not on the Women's Group email list and wish to be, please contact our office administrator, Conrad Sisk at [admin@uugrassvalley.org](mailto:admin@uugrassvalley.org) or 530-274-1675. All UUCM women are welcome.

## Men's Groups

On Wednesday mornings, 8:30 – 10:00 in the Channing Room, and on Thursday mornings at What's Up? Coffee, (1110 E Main St., Grass Valley), men gather to enjoy each other's company and discuss the issues of the day or whatever takes their fancy, in an open and free-flowing way.

## New Men's Group Book Club

A group of men meet to discuss books at 10:30 a.m. on first and third Thursdays at What's Up Coffee. These meetings follow the regular Men's Group meetings that start at 8:30 a.m. every Thursday. Contact Mel Berry at [melnannie@yahoo.com](mailto:melnannie@yahoo.com) or 530-559-0904 for more information.



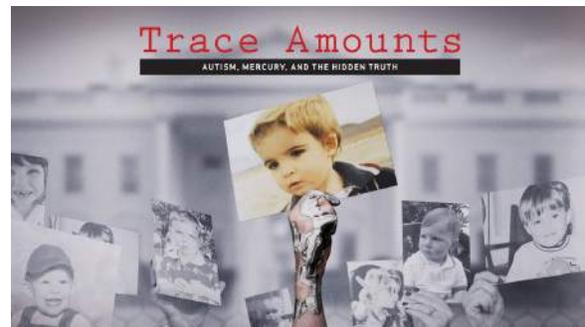
## Meditation

Every Tuesday morning at 9, a self-directed group of congregants meet for an hour of meditation in the Sanctuary. Enjoy a time of inner peace and reflection with others. For more information, call Scottie on 530-272-5022 or [scottiehart47@gmail.com](mailto:scottiehart47@gmail.com).

## UUCM Humanism Discussion Group

WEDNESDAY, OCTOBER 7, 2015

We meet the first Wednesday of the month from 10:30 until noon at UUCM in the Channing Room. For further information, please contact George Dunstan (530-477-7635 or [gvgeode@gmail.com](mailto:gvgeode@gmail.com)) or David Briggs (530-274-9236 or [davidbriggs100@yahoo.com](mailto:davidbriggs100@yahoo.com))



## Fourth Friday Film Series presents "TRACE AMOUNTS"

FRIDAY, OCTOBER 23, 2015 AT 7 P.M. AT UUCM

Has Mercury caused one of the worst health crises in American history? During the past 20 years, the frequency of autism occurring in children has skyrocketed from 1 in 10,000 to 1 in 68, and the scientific community is no closer to determining a cause. *Trace Amounts* is the true story of Eric Gladen's painful journey through mercury poisoning that he believes resulted from a thimerosal-loaded tetanus shot. His discoveries led him on a quest for the scientific truth about the role of mercury poisoning in the Autism epidemic.

Discussion to follow films. Refreshments will be available. \$5 - \$10 donation requested; no one turned away for lack of funds. Co-sponsored by The Nevada County Peace and Justice Center and the UUCM Social Justice Coordinating Council.

For more information, call 530.615.7859, visit [www.ncpeace.org](http://www.ncpeace.org), or email the Nevada County Peace Center at [ncpeace@sbcglobal.net](mailto:ncpeace@sbcglobal.net).



Claire Miller  
Coordinator of Programs  
for Children and Youth

## Religious Education Updates

### *The New Church and Sunday School Year is Off to a Great Start!!*

*The current theme for children of all ages is  
"What Does UU Mean to YOU?"*

The next few weeks we will be working towards our first major event of the year - an Art Show, which will 'open' on Sunday, October 11th. We have been given the opportunity to show children's art, professionally displayed and hung by adult helpers, in the foyer for several weeks. The theme of the show is "What does UU mean to me?" An enthusiastic group of 10 children have begun planning their art work. There is still room for lots more!!

Join us Sunday, October 4th at 9:45 a.m. for the art show discussion and fun. Then, plan to attend the family service at 9:45 a.m. on Sunday, October 11th, and stay for coffee hour afterwards to view the new art exhibit in the foyer.

### *Calling All Children Who Enjoy Music!*

Our new music director, Jordan Thomas-Rose will be starting a youth choir/ band. Jordan is a very talented musician, and has a way of combining serious musical instruction with a lot of fun. All children / parents who are interested in participating should speak to Jordan ([music@uugrassvalley.org](mailto:music@uugrassvalley.org)) or Claire (530-205-5324 or [truckeeclaire@yahoo.com](mailto:truckeeclaire@yahoo.com)) without delay.



### *Chalice Lighters and Youth Greeters Needed*

Another opportunity for young people: We are looking for Chalice Lighters (for children aged 7 and older) and Youth Greeters (for children aged 11 and older). Here is a way for you to contribute to the life of UUCM, and have fun at the same time. We will be offering training and provide a 'duty schedule' with help along the way, so that you can feel confident that you are doing your very best. Talk to Claire (530-205-5324 or [truckeeclaire@yahoo.com](mailto:truckeeclaire@yahoo.com)) or Rev. David (530-274-1661 or [minister@uugrassvalley.org](mailto:minister@uugrassvalley.org)) to apply.

### *Bright Lights SHINE!*

*EVERYONE IS INVITED!*

*WEDNESDAY, OCTOBER 28, 5:30 P.M.*

*by Rev. David Usher, Interim Minister*



Our very first *Bright Lights* met on Wednesday, September 23, with a wide range of ages from young teens to grandparents. We enjoyed a brief worship service, focussing on the Jewish Festival of Yom Kippur, with sing-along music provided by Jordan Thomas-Rose. This was followed by pizza, salad and cookies for supper.

*The next Bright Lights will be on  
Wednesday, October 28th, 5:30 - 7:30 p.m.*

Be sure to come. Again there will be some informal worship and program, followed by a simple shared supper. Donation of \$5 for adults, \$2 for children under twelve, maximum of \$15 per family.

# Adult Faith Development Opportunities

## Understanding Mental Health

MONDAY, OCTOBER 26 AT 7 P.M.

IN THE CHANNING ROOM

Learn things you thought you knew, but didn't, about mental health challenges:

- Mental illness myths and realities
- A new understanding of mental health
- Language that helps or hinders when discussing mental health concerns

This class is appropriate for those wanting to...

- Understand the daily challenge of living with mental illness
- Feel more comfortable discussing sensitive mental health issues
- Enlarge the welcome that UUCM offers to all comers

This lively class is sponsored by the UUCM Mental Health Initiative and presented by local Nevada County chapter of the National Alliance on Mental Illness (NAMI). For more information, contact Scottie Hart (530.272.3022) or Gail Johnson-Vaughan (530.477.9501)

## Adult Faith Development Prospectus Available

This is now available in the vestibule and on-line on the website (Please see: [www.uugrassvalley.org/prospectus](http://www.uugrassvalley.org/prospectus)). It lists a rich array of Chalice Circles, Classes, Courses, Affinity Groups and other opportunities for you to explore what it is you believe and why, to deepen personal relationships with others, and to stimulate your mind and challenge your curiosity. Be sure to look at it, and to sign up soon for whichever course of group appeals to you.

### SIGN-UP FOR CLASSES NOW

Several classes will be starting in October, so be sure to look at the Prospectus and sign up for those which interest you.

## Worship That Works

MEETS THE SECOND MONDAY OF EACH MONTH

SIGN UP BY OCTOBER 5

Using the book, *Worship That Works*, by Unitarian Universalist co-ministers Wayne Arnason and Kathleen Rolenz, this group will explore what makes for good worship, using UUCM as its own case study. Members of the group will work with the minister to improve the quality and variety of worship at

UUCM, and develop their own expertise in the preparation and presentation of worship. Please note: this is not a Worship Committee, but a class about what worship is and how successfully to create it. *Worship That Works* is available at the UUA Bookstore for \$16.00. The class will meet monthly on second Monday evenings, starting October 12th, at 7:00 p.m. You must sign up by Monday, October 5.

## Social Justice Book Study:

BEHIND THE KITCHEN DOOR BY SARU JAYARAMAN

CLASS STARTS TUESDAY, OCTOBER 13, 4 P.M.

This book reveals how restaurant workers live on some of the lowest wages in America and how poor working conditions – discriminatory working practices, exploitation, and unsanitary kitchens – affect the meals that arrive at our restaurant tables. The author, who launched a national restaurant workers organization after 9/11, tells the stories of ten restaurant workers in cities across the United States as she explores the political, economic, and moral implications of eating out. What is at stake when we choose a restaurant is not only our own health or “foodie” experience but also the health and well-being of the second largest private sector workforce – 10 million people, many immigrants, many people of color – who bring passion, tenacity and insight into the American dining experience.

Copies of *Behind the Kitchen Door* are available at the UUA book store for \$21.95. Led by Janet Dunstan in four sessions on October 13th & 27th, November 3rd & 17th. Class begins at 4:00 p.m.

## Paganism

MONTHLY ON FOURTH THURSDAY

EVENINGS, STARTING OCTOBER 22



This group will explore the connections and overlap between modern Paganism and the Seven Principles of Unitarian Universalism. Emphasis will be on learning about the wheel of the year and the eight sabbats or holidays that occur evenly spaced throughout the year. Most likely we will read at least one book on Paganism (exact title to be determined by the group) and work together to create a celebration for one sabbat (also to be determined). Led by Jo Waters and Beth Karow, meeting monthly on fourth Thursday evenings, beginning October 22nd, at 7:00 p.m.

# October Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
<b>OCTOBER:</b>			
1	Thursday	8:30 10:30	Men's Group - What's Up Coffee Men's Group Book Club- WUC
3	Saturday	7:30	Clara Barton, Patriot Angel
4	Sunday	9:45 10:50 11:30	Sunday Service and RE Classes Drop-in Support Circle Sunday Service
5	Monday	7:00	Integral Spiritual Meditation
6	Tuesday	9:00	Meditation
7	Wednesday	8:30 10:30 6:30	Men's Group Humanism Group Choir Rehearsal
8	Thursday	8:30 10:30 6:00	Men's Group - What's Up Coffee Writers' Group Board of Trustees Meeting
10	Saturday	9:00	New Member Orientation Class
11	Sunday	9:45 10:50 11:30 1:00	Sunday Service and RE Classes Drop-in Support Circle Sunday Service Congregational Info Meeting
12	Monday	7:00	Worship that Works
13	Tuesday	9:00 4:00 4:00 6:00	Morning Meditation Caring Committee Social Justice Book Study Women's Circle
14	Wednesday	8:30 11:00 5:15 6:30	Men's Group Habitat for Humanity Lunch Membership Committee Mtg Choir Rehearsal
15	Thursday	8:30 10:30 11:00	Men's Group - What's Up Coffee Men's Book Group - WUC Social Justice Committee

DATE	DAY	TIME	EVENT DESCRIPTION
16	Friday	4:00	Dinner Prep at Utah's Place
18	Sunday	9:45 10:50 11:30	Sunday Service and RE Classes Drop-in Support Circle Sunday Service
19	Monday	12:00 7:00	Mt. Chalice Articles Due Integral Spiritual Meditation
20	Tuesday	9:00	Meditation
21	Wednesday	8:30 10:30 6:30	Men's Group Faith Beyond Belief Choir Rehearsal
22	Thursday	8:30 10:00 7:00	Men's Group - What's Up Coffee Writers' Group Paganism Chalice Circle
23	Friday	7:00	Fourth Friday Film
25	Sunday	9:45 10:50 11:30	Sunday Service and RE Classes Drop-in Support Circle Sunday Service
26	Monday	7:00	Mental Health Challenges
27	Tuesday	9:00 4:00	Meditation Social Justice Book Study
28	Wednesday	8:30 4:30 5:30	Men's Group Finance Committee Bright Lights Gathering
29	Thursday	8:30	Men's Group - What's Up Coffee
30	Friday	4:00	Dinner Prep at Utah's Place

## NOVEMBER:

1	Sunday	9:45 10:50 11:30	Sunday Service and RE Classes Drop-in Support Circle Sunday Service
2	Monday	7:00	Integral Spiritual Meditation

## Unitarian Universalist Community of the Mountains

**Street Address:** 246 South Church St., Grass Valley, CA 95945  
**Sunday Services** at 9:45 A.M. and 11:30 A.M.

**Telephone:** 530.274.1675      **Website:** [www.ugrassvalley.org](http://www.ugrassvalley.org)  
**Office Hours:** Monday, Wednesday and Thursday, 10 A.M. - 4 P.M.

### UUCM STAFF MEMBER

Reverend David Usher, Interim Minister  
Conrad Sisk, Office Administrator

### E-MAIL ADDRESS

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