

the Mountain Chalice



Unitarian Universalist Community of the Mountains

February 2018

UPCOMING SERVICES

Two Service Times on Sundays:

9:30 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 offered during the 9:30 A.M. service.

Nursery care is available for both services.

FEBRUARY THEME: PERSEVERANCE

What does it mean to be a people of perseverance?

Throughout Black History Month and the theme of perseverance we'll be weaving in the stories and voices of black persons, as we do throughout the year at UUCM.

Visit UUCM's Facebook page in February

(<https://www.facebook.com/groups/REatUUCM/>)

for daily postings celebrating black figures from history.

February 2 Imbolc Celebration

Cancelled

February 4 She Persisted

Women from among us with Rev. Kevin Tarsa

We'll enter our month's theme of perseverance by celebrating a number of American women from throughout the nation's history. Plus, we'll hear from and celebrate the persistence and perseverance of several women from right here, including Claire Leve, Ellen McCord and Bev Lyon!

February 11 Love is the Water that Wears Down the Rock

Rev. Kevin Tarsa

Come, find inspiration and cultivate hope drawing on the metaphor of the gentle, steady, powerful persistence of water, and consider what courageous love is asking of you. (The title is drawn from Pat Victor's wonderful song, "Love is the Water".)

February 18 The Deepest Things We Know - a Spiritual Café

Gail Johnson Vaughan

Back by popular demand we will once again gather café-style for intimate conversations about the things we most care about and ponder.

February 25 The Promise and the Practice of our Faith

Rev. Kevin Tarsa

What would it be like if our Sunday service centered entirely around the voices and the experiences of black Unitarian Universalists?

What truths might we hear, however difficult? What might we learn? How might these black UU leaders teach us to be better allies, better siblings in faith, and even better citizens in our community?

In our commitment to dismantling white supremacy, white Unitarian Universalists are still learning to decenter our whiteness so that people of color are brought from the margins to the center. Join us as we practice that work, and promise a new way of being together.

Note: We'll also have a chance to align our finances with our values and our theology. Over the month we will seek gifts to reach the threshold of \$10 per member to support Black Lives of UU (BLUU). If we do, your contribution will be matched \$1 for \$1!

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Rev. Kevin Tarsa
UUCM Minister

Musings from the Minister

To be a people of perseverance...

I appreciate the image offered in the Soul Matters materials this month of staggered breathing by singers in a choir or by wind instrument players in a band or orchestra. Having relied on this many times in my life, it is wonderful reminder to me that we do not need to carry the weight or sustain the effort alone, and that we must take time to breathe in the midst of our doing.

As a choir conductor, whenever long sustained notes were required I invited singers first to find the spot where taking a breath would feel most natural to them, and then I asked people to talk to their neighbors to find out where, in the music, they were planning to breathe. "Now, make sure that you are breathing in different places than your neighbor," I would say.

This required some negotiation with one's fellow singers. And a pencil. Unless singers marked in their music the out-of-ordinary breathing places, there would inevitably be a gap in the sound somewhere as many singers took a breath at the same time.

The thing is, breathing at the same time is a marvelous and bonding experience. It is, for most people, wonderfully natural and neurologically rewarding to mirror the actions of those around us, and synchronized breathing is part of what makes communal singing so important when we gather. The songs we sing together, especially the repetitive songs and chants, align our breathing as well as the physical vibrations moving through our bodies, forming us into one instrument for a time. It is a physical rehearsing and reinforcing of the larger unity we strive to find amid all our differences.

As we enter Black History Month, I'm aware that it is no accident that the songs of the Civil Rights movement are so linked in our minds and hearts to those efforts toward justice, no accident that singing together was so important to sustaining the spirits of black persons and communities, and no accident that songs helped unite, sustain and energize inter-racial crowds.

UUCM's mission/covenant is meant to help us sing together amid our differences, to focus and energize us toward the internal and external work of religious community, and to help us breathe together ...most of the time.

If we are to carry that mission forward, with the sustained effort it requires – with perseverance - we will also have to build in places to take a breath while others sustain the chord.

Most of the time we'll have the chance and the responsibility to mark breaths in our "music" consciously and conscientiously, sharing leadership, inviting others into the work, and planning for restorative breaks. We'll have the chance and the responsibility to hold a note while others take their breath. And, at times, life will knock the wind out of us, and we will suddenly need to rely on others to carry the singing, and maybe our hope, while we find our breath.

Many of you will recognize this as a "note to self" on my part, and I invite you to hold me to my own breath planning, even as I invite you to yours.

Know that I commit my gifts, my skills, my energy, and my own sustainable breathing to help you sing together your mission, the music to come.

- Rev. Kevin

Your Feedback toward the Minister Evaluation

Thank you to everyone who contributed thoughtful and candid feedback to the Board and to the Committee on Ministry (COM) members who gathered information regarding my ministry at UUCM. A genuine awareness of how and how well my ministry is serving people and the congregation is so important to my ability to serve and to my growth as a minister. I will be crafting goals and a learning plan based on written evaluations.

This particular evaluation effort is part of the minister credentialing process of the UUA. If accepted, with this evaluation I will move from Preliminary Fellowship (an initial 3-year probation period of sorts) to Final Fellowship. Evaluations will no longer be required by the UUA, but the Committee on Ministry and I will seek feedback regarding the minister in a regular cycle as the COM looks at all ministries of the congregation over time.

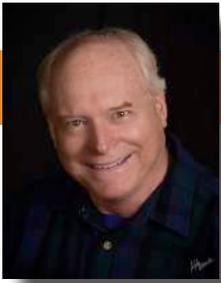
Please, always know that you don't have to wait for formal assessments. I will be glad any time for your insight, and to know how I may better serve you, the congregation and its mission.

With deep gratitude,
Rev. Kevin

REV. KEVIN'S OFFICE HOURS

Tuesday: 10:30 A.M. TO 12:30 P.M.,
Wednesday: 4 P.M. - 6 P.M. and Thursday: 11 A.M. - 1 P.M.
Other times by appointment.

Contact Rev. Kevin to schedule an appointment:
minister@uugrassvalley.org or (231) 883-1058



Taylor Carey,
President,
UUCM Board of Trustees

Board of Trustees

How many of you have heard of the Pareto principle, also known as the “80/20 Rule”? The principle, first described by Joseph M. Juran, assumes that most of the results in a society come from a relatively small number of actors. It was named after the Italian economist Vilfredo Pareto, who observed that 80% of the wealth in Italy was received by 20% of the Italian population.

Since its introduction the rule has popped up everywhere. Efficiency experts counsel that working smarter entails emphasizing your work scheduling and methodology to take advantage of that 20% of your work time that produces the greatest benefits. Cynics complain that they do 80% of the work while only 20% reap the rewards - actually, that might not be cynicism at all. I also noted during my brief research on the topic that a lot of books have been written and sold based upon creative applications urged by their authors of the 80/20 rule to every circumstance imaginable.

But what does it mean for us? Well, since I’m not selling anything, I want to detox the rule a little and take some of the pejorative sting out of it just to the extent necessary to lend it to the role of church volunteerism.

Often by way of complaint, it is often heard that 80% of the work is done by 20% of the people. There is a lot of truth in that, especially when one looks around on a Sunday morning and sees the same faces in leadership roles across the spectrum of church activities. But there is another side that is less visible, but no less vital. And, I believe, it is an often overlooked side that fails to receive the acknowledgement or credit it deserves.

Although it may be news to some, wealth and value do not always track one another. Let’s say for the sake of argument that 20% of those involved make the decisions that result in a final result. Pareto has already posited that these “actors” will pocket 80% of the tally. But did they do 80% of the work? Probably not. How many large farmers pick their own crops? How many share holders actually bolt parts together in the factories they own? Not that many. The trajectory of a useful idea follows the people who do the work.

Leadership is not for everyone. Maybe leadership suits the 20%, but decision-making and decision-implementing are not the same things. In volunteer organizations such as UUCM, even people who spent their careers in management find themselves reluctant to take the reins as volunteer leaders. They don’t want the responsibility. They are tired of fighting on behalf of a committee or team, they don’t want

the headaches of trying to round up people for one more project or undertaking or, because we are UUs, they are just tired of debating which shade of green would make the best poster for snack day - or whether we should even have a snack day. But, and here’s the thing, leadership is not about doing, it is about creating opportunities for other people to find fulfillment in doing.

This aspect of volunteerism was brought into graphic relief for me last summer when after a meeting - not interminable on this occasion - I heard a noise in the little alcove off the library. I went to investigate and found Rene Wiley all by herself happily painting the walls. Turns out, she likes to paint.

Now, I admit that Rene may not be the best example of the unsung hero because in addition to the many things she does quietly in the background she also participates in leadership roles. But that is still kind of my point. Anyone seeking a role here can find one. Many people, tired of being in charge, tired of the endless decisional responsibilities that go with it, tired of interminable meetings, people who simply don’t want to be 20%ers anymore, would be thrilled to be an 80%er and take up a task that just needs doing without attendant executive stress. There is plenty to do. The trick is matching the talent with the task.

I’m sitting here writing these brilliant words, but when I’m done, and when Rev. Kevin has finished his column and other contributors to the *Mountain Chalice* have finished theirs what happens next? The words don’t magically appear in the *Chalice*. They are edited, polished, shaped, fitted, and formatted by my wife, Kathryn Young, who, while, like Rene, is an active leader, likes best of all just doing things.

If you would like to help in some way, but are a bit shy, find something a shy person might like doing. Bake something for the social hour between services. Help clean up after the social hour. Building and Grounds always needs help. If you like to sing or play or act or stage things, talk to Rev. Kevin or a worship associate about weaving your particular ability into a service, or speak with Jordan about performing a song, or to suggest a song for the Choir. And many of these things don’t require any meetings at all. Yet, each of them matters and each one helps advance our community. We - all of us - just need to choose from time to time whether and when we want to play in the band or conduct the orchestra.

- Taylor

**Please Note our New Meeting Time:
Third Thursday of each month at 5:15 p.m.
in the UUCM Channing Room.**

Nominating Committee



Kathryn Young, Chair,
Nominating Committee

UUCM Nominating Committee is Looking for Board Candidates

Each year, the UUCM Nominating Committee is charged with the task of finding candidates to fill all available board of trustee positions, as well as candidates for next year's Nominating Committee.

We are currently searching for people to serve for the 2018-19 Board, who will be elected at the Congregational Meeting on Sunday, May 20, 2018. The available offices are: Vice President, Treasurer and Secretary, as well as three "at large" board members. We will also be looking for one person to serve as chair of the Nominating Committee, plus two committee members and an alternate. We are happy to announce that Taylor Carey will run for a second term as UUCM President, and newly appointed at large board member Chuck Champlin will have a second year to serve. See the box on the right for the current members of both the Board of Trustees and Nominating Committee.

Serving on the UUCM board is an honor and also a challenge. The board generally meets once a month with additional meetings scheduled as needed. Board members spend time working on the business of running our community, our finances, budgets, policies, and by-laws. Those who are members in good standing for at least a year are eligible to run for office.

If you are interested in serving on the board in any of the available positions, or have someone in mind that you think would be a great board member, please contact a member of the nominating committee with your suggestions. We can also provide you with job descriptions for the various positions so you can know more about the expectations of the offices.

You may feel intimidated by the thought of stepping into this role at UUCM, so I am including a couple short testimonials from a past UUCM Board President, Dave MacLeod and a current Member at Large, Beth Freedman. You can see from their experiences that while service on the board can be hard work at times, it can also be meaningful, and in fact, life-changing and self-affirming.

Retired Board President Dave MacLeod writes:

"My membership in UUCM means a great deal to me, so during my three years on the Board I personally got a big kick out of the knowledge that I was performing an extremely important function for the congregation. And, it felt good to me to receive the recognition from members of the congregation that I was contributing to their wellbeing."

– Dave MacLeod

And Beth Freedman, a current Member-at-Large who finishes her term this June, wrote:

"Serving on the Board is a spiritual path for me and an opportunity for personal growth. I am able to share my skills and talents in a environment that practices awareness, respect and gratitude....elements often missing in my corporate job. Although there are challenges and frustrating moments, I find the time I spend with these extraordinary members meaningful and transformative."

– Beth Freedman

Please speak to Kathryn Young, Melissa Ridgway, Robin Hart or Dave MacLeod with your ideas, questions or suggestions, or send an email to Kathryneyounguu@gmail.com.

UUCM BOARD OF TRUSTEES

JULY 2017 - JUNE 2018

Taylor Carey	President
Lindsay Dunckel	Vice-President
Charlie Zimmerman	Treasurer
Sandi Lauher	Secretary

Members at Large:

George Dunstan, Beth Freedman, Chuck Champlin

Board of Trustees meetings are **NOW** held:
the third Thursday of each month at 5:15 p.m.
in the UUCM Channing Room.

UUCM members and friends are cordially invited to attend!
If you wish to address the board, please give two days notice
so the agenda timing can be adjusted.

UUCM NOMINATING COMMITTEE

JULY 2017 - JUNE 2018

Kathryn Young	Chair
Robin Hart and Melissa Ridgway	Members
Dave MacLeod	Alternate

Stewardship Committee



UUCM is poised like never before to do great things. We have a new minister, new governance, and soon we will have a new mission statement to honor and inspire our shared intention to make the world a better place. With new people drawn to our UU principles in these anxious times, we are greater in number and new (and renewed!) passion.

The Stewardship Committee for the fiscal year 2018-2019 has come together, and our campaign theme is MISSION: Possible! It is in this spirit of optimism that we will be coming to you, not only to ask for your generous donations, but also to hear what UUCM means to you and how we as a community can reach farther and do more to really live our – entirely possible– mission.

Consider our stewards to be your sounding board for new ideas – we want to hear them! Here are the key dates for this year’s stewardship campaign:

March 4:	Kickoff Sunday
March 9, 16, 25:	Donor Receptions
April 7:	Congregational Dinner
July 1:	Fiscal year 2018-2019 begins

We look forward to meeting with you. You’ll recognize our stewards by the “Mission Possible Force” on their badges – come up to any of us, and we’ll be happy to answer your questions.

When you look around in our world, we hope you believe that “being a generous person is truly one of life’s great privileges.” (Michael Durall)

– Your 2018-19 Stewardship Committee

Membership Committee

Learn more about UUism, UUCM and You!

By Rev. Kevin Tarsa, Minister

The New UU series, our "introductory" sessions for those who want to learn more about Unitarian Universalism, about UUCM and/or about becoming a member, are a rich chance to get to know others as well as to learn and reflect. They are helpful opportunities for and open to long time members, and important introductions for new and curious folks.

This season, we'll hold the main series during the daytime: mostly Tuesdays early afternoons, with a Saturday morning session at the end. Mark your calendars now:

TUESDAYS, 1:00-2:30 P.M. AT UUCM:

February 6 - Theology and Worship

February 20 - Where Do We Come From? UU Roots

March 6 - How We Grow in Faith:
Philosophy of Religious Education

March 20 - Social Justice Philosophy and Practice

April 3 - How Are Decisions Made? Governance and Policy

SATURDAY, APRIL 14, 9:00 A.M. - 1:00 P.M. -

Welcome to UUCM! and What does it Mean to be a Member?

Hospitality Teams

Snack Teams for January

By Marilyn Young, Coordinator, UUCM Hospitality Hour

Every Sunday we enjoy snacks and refreshments along with socializing, between the two services - 10:30 until 11:20 a.m.

This month's schedule for contributing snacks:

February 4 - last names beginning with A to E

February 11 - last names beginning with F to J

February 18 - last names beginning with J to R

February 25 - last names beginning with S to Z

If you plan to bring a snack, or if you can help set up or clean up the kitchen some Sunday morning, please contact Marilyn Young (marilyny04@gmail.com).

Mission Renewal Team



Mission Renewal Team presents the Final Mission Statement!

Dear Beloved Community,

IT'S HERE!!! We are proud to present UUCM's Mission Covenant statement for your approval. The Mission Refining Team accepted the challenge to find the right balance of words based on your feedback at the mission workshop and discussion groups that followed. Gail Johnson Vaughan shared with us: "A mission is something you work to attain, not a description of what currently is. It is something that requires us to go beyond our comfort zones; something that requires courage, conviction, and action."

We also heard from many of you that we needed to make the mission statement shorter, which aligns with generally accepted wisdom from mission experts. Our proposed Mission Statement is concise, yet it embodies a lot of meaning. We hope you are as pleased with it as we are.

*With courageous love and a sense of wonder,
we cultivate our spiritual, emotional, and
intellectual strength
to create a world more compassionate,
sustainable, and just.*

Read the statement out loud and notice how it feels. We know this mission will guide our community and trust that it will come to life through your participation and thoughtful contributions.

Please join us in thanking the Mission Refining team for their inspired and excellent work: Lesley Champlin, Susan Merrill, Gail Johnson Vaughan and Tom Wernigg.

We look forward to seeing you at the congregational meeting on February 4th after the second service where we will vote to approve our Mission Covenant Statement.

Some things to consider when you read it:

- Our mission statement is 25 words. This is compared to the first draft of 35 and second draft of 51. Each of the words was carefully chosen to capture the spirit and the richness expressed by our community throughout the process.
- You don't see UU or UUCM in the mission because it is the mission of the congregation; "we" can be assumed to mean UUCM members and friends. In voicing "we" UUCM can be more inviting to all, something that can be claimed by nonmembers, as well. Members will explicitly commit to pursue the mission, and all others are welcome to join in!
- The mission mentions "world." What about this caring community? We understand this community to be part of the world. We will commit to courageous love and emotional strength starting right here at UUCM, and apply it to each part of the world we encounter.
- There were words that some members felt strongly about including. What happened to them? In order to keep the mission statement clear and concise, we sought the spirit within those words and distilled it into the words we chose for the mission statement. It is important to remember that a good mission statement can be expanded upon: for example, a whole sermon could be based on "courageous love" alone. Likewise, it can be contracted into a very short tagline.

Your Mission Renewal Process Team:

Beth Freedman,

Jim Perkins,

Rev. Kevin Tarsa

and René Wiley

Social Justice News and Activities

Volunteer Opportunities:

By Keith Johnson, Member, Social Justice Committee

The Social Justice Committee encourages all members and friends to volunteer for justice work with local non-profit organizations. UUCM'ers are already doing outstanding work for the following groups. Please read the brief description of the group and the volunteer help that is needed, and if you are moved to do so please contact the UUCM contact person to volunteer. The contact person will have further information about the organization and may suggest other volunteer opportunities. If you would like to recommend other service organizations to be included, or if you wish to join us on the Social Justice Committee, please contact committee chair Stu Matthews (530-362-8456).

ANIMAL PLACE, SAMMIE'S FRIENDS SHELTER, GRASS VALLEY SHELTER

Animal Place cares for rescued farm animals. Sammie's Friends and the Grass Valley Animal Control Shelter care for rescued pets. All three of these organizations need help feeding, cleaning, walking, and socializing with animals.

Sammie's Friends' contract with Nevada County expires on June 30, 2018. They must submit a new proposal to renew the contract. Sammie's has done a great job of running the shelter. They have a great foster program, adoptions are up, they help with medical needs and food for pets whose caretakers are in need. If you would like Sammie's to continue to run the shelter please submit a comment to Board of Supervisors at clerkofboard@co.nevada.ca.us and CEO of county Rick Haffey at ceo@co.nevada.ca.us.

Contact Carol Hyndman (530-477-0693).

HABITAT FOR HUMANITY

UUCM makes lunches for Habitat workers on the second Wednesday of each month at 11 a.m. at the church. Contact Keith Johnson (530-265-0277).

HOSPITALITY HOUSE

Hospitality House manages and operates Utah's Place, the local homeless shelter. Hospitality House needs help in three program areas:

UUCM purchases, prepares, and serves dinner to our guests at Utah's Place on the third and fifth Fridays of every month. Contact Wally Holtan (530-559-0050).

Hospitality House manages the Bread and Roses Thrift Store and help is needed in all aspects of store operation. Contact Cassandra Holdeman (530-575-4428).

Utah's Place needs volunteer monitors. Contact George Dunstan (530-205-8159).

IFM

Interfaith Food Ministry provides food to the needy at least two times per week. Current needs include drivers and packers. Contact Anne Lyon (619-933-1618).

SIERRA ROOTS

Sierra Roots is a local homeless advocacy group which requests assistance in operating a cold weather shelter and their one-on-one advocacy program. Contact Keith Johnson (530-265-0277).

SYRCL

The South Yuba River Citizen's League is dedicated to preserving and protecting the South Yuba River. Volunteer opportunities include river monitoring, becoming a river ambassador, and clerical support.

Donations for Nevada County Pets of the Homeless

By Carol Hyndman, Member, Social Justice Committee

Please remember donations for Nevada County Pets of the Homeless will be collected on the first Sunday of each month, when food donations are collected for the Interfaith Food Ministry. Nevada County Pets of the Homeless provides food and services for our homeless and their pets.

CHECK OUT THE 5TH ANNUAL ANIMAL FILM FESTIVAL,

Feb. 17 in Grass Valley: www.animalfilmfestival.org

I have been a judge for the films to be shown. Some are funny, emotional, hard to watch. All are high quality from professional film makers, students and non-professionals.

Please contact Carol Hyndman with any questions (countrycattery@gmail.com).



Community Connections – Social & Spiritual Activities

Women's Circle in February - Book Share & Exchange

MONDAY, FEBRUARY 12,, 6 P.M.

A favorite tradition returns! Do you have a book you've loved? This month we'll each bring one book and share what it means to us. (If you read only books on an ereader, just give us the title and author, and tell us what you love about it.) We'll have an opportunity to listen and know each other at a deeper level. If you are ready and willing, you may exchange yours for another book. And maybe you'd like to clear some clutter! Feel free to bring a selection of books or magazines to be offered on a special table.

We'll start with a potluck. Perhaps your dish can be related to your book? Or you might ask, "What would my favorite author serve?" This is optional, of course!

Please RSVP to Rene with what dish you'll be bringing:
renemarie@gmail.com

All UUCM women are invited to any Women's Circle gathering. If you are not on the Women's Group email list and wish to be, please contact Kathryn Young, or send an email to Conrad Sisk at: admin@uugrassvalley.org and he will add you.

Recovering Spirit

(FORMERLY CALLED "SPEED BUMPS OF LIFE")

2ND & 4TH WEDNESDAYS, 10:30 A.M.,

ANTHONY ROOM ANNEX

Like all addictions, ___ (Fill in the blank) ___ kills the spirit.

There's a reason the Indigenous Elders of long ago referred to alcohol as, 'Spirits.'

Individual addictions often cover a wide range of behaviors that far exceed the use of drugs and/or alcohol. Not only is an addiction capable of depriving individuals of spiritual growth; just as often it breaks individual spirit as well.

This is not a Twelve Step program, nor is the goal to fix or offer counseling, but a quiet gathering for honest sharing and gentle fellowship. No matter what stage of recovery you find yourself, please feel welcome to come together in a confidential setting where we safely explore the many challenges of addictive behavior that distract from the sense of the spiritual.

For additional Information: Carmen Riley (530-272-2803)
Scottie Hart (530-388-8612)

Drop-In Support Circle

SUNDAYS FROM 10:50 UNTIL 11:25 A.M.

IN THE ANTHONY ROOM ANNEX

We have found our new designated space in the "library annex" to be cozy and intimate. Please join us if you would like a safe, confidential place to share your feelings about life's challenges and give support to others.

The group meets every Sunday, 10:50-11:25.

Circle Facilitators: (rotating) Janet Bullock (530-477-8760, janetbullock41@gmail.com), Corrie Silva, Tom Wernigg, and Penelope Williams.



Humanism Discussion Group

FIRST WEDNESDAYS FROM 10:30
A.M. TO 12 P.M.

UUCM CHANNING ROOM

By George Dunstan

Join us for our February 7, meeting when our topic will be "The 7 UU principles, what's missing?, How do they compare to/ depart from the Humanist Manifesto"?

The topic was picked at the end of our last meeting, as we do each month. Here are links to documents we will discuss:

- UU 7 Principles
<https://www.uua.org/beliefs/what-we-believe/principles>
- 7 Principles and 6 Sources
<http://www.uugrassvalley.org/wp-content/uploads/2018/01/Seven-Principles-and-six-sources-.pdf>
- Humanist Manifesto
<http://www.uugrassvalley.org/wp-content/uploads/2018/01/Humanist-Manifesto.pdf>
- 7 Principles History
<http://www.uugrassvalley.org/wp-content/uploads/2018/01/7-principles-history.pdf>
- History of Humanism
<http://www.uugrassvalley.org/wp-content/uploads/2018/01/History-of-Humanism.pdf>

We meet on the first Wednesday of each month from 10:30 a.m. until noon at UUCM in the Channing Room. Hope to see you at our discussion. For further information, or to be added to the Humanism Discussion Group email list, please contact George Dunstan (530-477-7635 or gvgeode@gmail.com).

Community Connections – Social & Spiritual Activities

Meditation Group

Tuesday mornings at 9, a self-directed group of congregants meets for an hour of meditation in the Sanctuary. Enjoy a time of inner peace and reflection with others. For more info: Shelley North Gerson, 272-8930, shelley10493@gmail.com.

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.

Women & Religion Women's Retreat

MARCH 8-11, 2018, AT THE ANUBHUTI CENTER, NOVATO, CA

All self-identified women are welcome to join us for a calming respite from our busy lives. Our retreat offers something for everyone: delicious meals; workshops for mind, body, and spirit; conversations with new and old friends; time for quiet contemplation; and a boutique, silent auction, and book swap. To learn more about Women and Religion and our retreat, visit our website at <http://womenandreligionpcd.org>. This year registration will be by MAIL ONLY, so you will need to print out the registration form, complete it and mail it in with your check to the address on the form. Invite a friend! NOTE: **The Early Bird deadline is FEBRUARY 10th** - you may register for 2-nights for \$220 or 3-nights for \$250 (saving \$30) if your registration is postmarked by February 10th.

Pacific Western Regional Assembly

REGIONAL ASSEMBLY 2018
STORIES OF HOPE, COURAGE, RESISTANCE, AND RESILIENCE
 Lloyd Center DoubleTree in Portland, OR
 April 27-29, 2018
uua.org/pwr



Speakers include
 Congresswoman Pramila Jayapal,
 Rev. Dr. William Barber, and Rev. Susan Frederick-Gray.

Join us for workshops on congregational life, development days for religious professionals, experiential learning with the UU College for Social Justice, district gatherings, and much more.

REGISTRATION FEES
 Adult: \$162 (to Jan. 31). After Feb. 1, \$180.
 Young Adults, Ministerial Aspirants, Retired Ministers & Partners: \$120
 Youth: \$90
 Children: \$30 (Kids Camp will be amazing!)
 Includes all programming Friday night through Sunday noon; Saturday breakfast, lunch & dinner; Sunday breakfast.

Register Now for Regional Assembly!

APRIL 27-29, 2018, AT THE DOUBLE TREE HOTEL IN PORTLAND, OREGON

Plan to join attendees from 185 PWR congregations as the four districts of the Pacific Western Region convene in Portland, Oregon, April 27-29, for the 2018 Regional Assembly. Three dynamic speakers will address the theme, *Stories of Hope, Courage, Resistance, and Resilience*. The Rev. Dr. William Barber, a national figure in civil rights activism, will be in the pulpit for Sunday's worship service. Saturday's keynote speaker will be Congresswoman Pramila Jayapal, the first Indian-American woman to be elected to U.S. Congress. Jayapal has spent the last twenty years working internationally and domestically as a leading advocate for women's, immigrant, civil, and human rights. The Rev. Susan Frederick-Gray, UUA president, will speak at Friday evening's opening ceremony. Frederick-Gray will share her emerging vision for the future of the UUA and the wider movement.

Several workshops will be offered during Saturday's programming. If you prefer, you may opt to participate in a local social justice activity. Look for details and register on the Pacific Western Region website: (www.uua.org/pwr).



Butterfly Montgomery
Religious Education
Coordinator

Full Community Education

Job Opportunity:

SEEKING A CHILDCARE COORDINATOR

CHILD CARE COORDINATOR JOB SUMMARY:

We are looking for a committed child care provider to care for and play with our youngest children during our Sunday services. UUCM will provide activities, games and simple lesson plans. The ideal candidate will be babysitter/CPR certified, well organized, dependable, and have a reliable mode of transportation.

This position begins immediately.

Hours: Estimated 3.5 hours per Sunday (9:15 am-12:45 pm) plus monthly planning meetings (approximately 1 hour), and various after-service meetings or special events, as available.

Pay: The childcare coordinator will be paid \$13.25 per hour.

The Child Care Coordinator is supervised by the Religious Education Coordinator. Please email letters of interest and resumé to employment@uugrassvalley.org.

Fun Things Happening for Kids and Youth at UUCM

NEWBORN IXCHEL MATTHEWS' FIRST UUCM VISIT

Stu, Mags and Ramon brought Ixchel to church for the first time on Sunday, January 21. We are so happy to welcome this newest member of UUCM Religious Education!

MORE THAN JUST BABYSITTING...

We're pleased to announce that we have begun offering curricula in Childcare during the service. Now, even our very youngest members have a chance to build understanding and strengthen Unitarian Universalist values.

YOUTH MUSIC - MOST WEDNESDAYS

Beginners 4:30, Advanced at 5:00

A great chance to learn and to have fun making music.

Contact Jordan Thomas-Rose for more information: music@uugrassvalley.com

ELDER INTERVIEWS COMING SOON!

Word is...that our youth are planning to interview elders in the UUCM community and broadcast the interviews on the web via podcasts!

Keep your eyes and ears open for more great RE possibilities!

Black History Reflections

February is Black History month. When black people sing out James Brown's song, "say it loud, I'm black, and I'm proud", it would definitely be because we are a people of resilience. To say that black people represent our monthly theme of perseverance is putting it lightly. We are the great granddaughters, and great grandsons of the ancestors who survived the transatlantic slave ships and a world that was perpetuated by abuse, institutionalized oppression, racism, and violence.

We have so many amazing reasons to applaud black culture from all of the gifts shared with the world from labor, finance, engineering, mathematics, science, medicine, natural healing, religion, music, art, film, fashion, dance, song, food, social justice movements, and the certain je ne se quoi, which is why we have been known to be a people of perseverance.

I am a proud daughter of civil rights. Both of my parents were involved with the civil rights movement, and they both marched on Washington before I was born during the 1960's. Rev. Dr. Martin Luther King Jr. once said, "We Shall Overcome," and yet we still have so much further to walk to reach our final destination!

Blessings,

Butterfly

education@uugrassvalley.org



STANDING ON THE SIDE OF LOVE



BUTTERFLY'S BEEsNESS HOURS



By appointment only.

Email: education@uugrassvalley.org or (530) 274-1675

Full Community Education, Continued

New Youth Mural!

By Linda Siska, Youth Teacher

The Youth RE group is embarking on a new project, the painting of a mural in their upstairs room. While still in the planning stage, the mural is already shaping up to be something both fun and inspirational. It will feature the youths' silhouettes in poses that evoke UU's seven guiding principles. Symbols, rainbow colors, and illustrations of the activities of the youth at UUCM will further illustrate the theme. The creation of this mural is being facilitated by graphic artist and church member, Robin Hart, to whom we owe a debt of gratitude. This is to be a long term project, but we hope that when it's finished, church members will take a detour upstairs to check it out. If you are a part of our church community and in 6th to 12th grades, we would love to have you join us in this new adventure..

Volunteer for R.E.!!

We are welcoming new Teachers and volunteers into the RE program to work with our children and youth, and are seeking volunteer commitments from January - March of 2018.

There are several ways you can support Sunday morning Religious Education:

Serve as a Lead Teacher, Co-Teacher, Storyteller, Guest Teacher, RE Liaison or Childcare assistant. We also welcome parents to help provide books, supply materials for arts and crafts, and to provide support for possible 2018 field trips to connect with youth from nearby UU congregations in Reno and Auburn.

(Note: All volunteers who work with our children and youth are required to undergo a background check for the safety of our young people.)

Contact Butterfly at (530) 274-1675 or at education@uugrassvalley.org to serve and to seek answers to your teaching questions.

Regional Mission Trip for Youth and Adults Next Summer

- Do you have a passion for environmental justice?
- Have you been interested to partner with grassroots organizations to create a lasting partnership in solidarity with local communities?
- Have you ever wanted to make a real difference while learning hands on skills and concepts?

Pacific Western Region Justice Journey: Roots, Reflections and Relationships - An Environmental Justice Journey. A week long immersion experience focusing on Environmental Sustainability through service, learning, and through a meditation practice designed to be reflective and to sustain future justice work.

Logistics: Saturday night, July 14 - Sunday afternoon, July 22 at Throop Unitarian Universalist Church, 300 South Los Robles Avenue, Pasadena, CA 91101

You are invited! 25 multigenerational participants - youth (rising 9th - rising 12th graders), YA's and adults. Families with youth, YA's and adults welcome. Cost is \$550.00 per person for 8 days.

All meals, lodging at the church, local transportation. (Air and ground Transportation to the Throop Church is not included.) Staff: Eric Bliss, PWR Youth Specialist; Rev. Jaelynn Scott, Buddhist minister; and U.U. Religious Educator, Katie

Covey, PWR Mission Trip Lead.

Scholarships are available: Click this link for information: [https://www.uua.org/pacific-western/youth-ministries/youth-program-scholarship-fund!](https://www.uua.org/pacific-western/youth-ministries/youth-program-scholarship-fund)

The Pacific Western Region Mission Trip provides an opportunity to practice environmental sustainability in the unique permaculture urban garden at Throop, as well as a variety of community projects and events. In addition, the group will engage in centering meditative UU and Buddhist practices as developed by Rev. Jaelynn Scott's Mutuality Movement as a way to build a lifelong foundation for justice work and compassionate understanding. Registration: <https://register.pwruua.org/event-registrations/pwr-mission-trip/> Contact: Katie Covey, PWR Mission Trip Lead at katiecovey@gmail.com.

In faith and in the spirit of love,
Eric Bliss, Youth Ministry Specialist,
Congregational Life Staff
303-903-3144 [MST timezone] or
ebliss@uua.org





All Ages are invited to UUCM for a

FUN FAMILY GAME NIGHT!

& Potluck Dinner

Saturday, February 10th from 5:30 to 8:00 p.m.

Please come support our 9-year old RE student Ben Marcrum, as he works on his Cub Scout/UU project organizing a cooperative game night to support our UU sixth principle!

Look for Sign Up Sheets in the Foyer!



Full Community Education



6th to 12th Graders:

You are invited to come to the

UUCM BRUNCH BUNCH

WHEN: Second Sunday of each month

WHERE: Meet in the UUCM Entry at 9:25 a.m.

WHAT: Walk to a Grass Valley restaurant for breakfast with other youth!

COST*: Depends on what you order!

WHY?:

- Get to know other UU youth
- Have *authentic* conversations about things that matter
- Explore monthly themes such as: *Hope, Intention, Perseverance*

...and have FUN!

** Financial assistance available... please talk to Butterfly or Rev. Kevin*

Food for Thought and Reflection from Soul Matters

What does it mean to be a people of perseverance?

*"People cry not because they are weak. It's because they've been strong too long."
– Shane Koyczan*

'This morning I have been pondering a nearly forgotten lesson I learned in high school music. Sometimes in band or choir, music requires players or singers to hold a note longer than they actually can hold a note. In those cases, we were taught to mindfully stagger when we took a breath so the sound appeared uninterrupted. Everyone got to breathe, and the music stayed strong and vibrant...

*So let's remember the advice of music: Take a breath. The rest of the chorus will sing. The rest of the band will play. Rejoin so others can breathe. Together, we can sustain a very long, beautiful song for a very, very long time. You don't have to do it all, but you must add your voice to the song"
– Michael Moore*

So, have you been strong too long?

It's not the usual question when tackling the topic of perseverance. Most often, we're asked, "Are you ready to be strong?" The standard recipe is well known: Buck up! Grin and bear it! Keep pushing! Keep moving forward! Dig deep; you are stronger than you know! But maybe Koyczan is right. Maybe this typical roadmap isn't the path to perseverance; maybe it's just the path to breakdown.

And when we combine Koyczan's quote with Moore's invitation to breathe, we suddenly see that balance plays a bigger role in perseverance than we often assume. As a people of perseverance, we are being called not just to grit and strong wills, but to gentleness and self-care. Constantly pushing ourselves without also giving ourselves the gift of pause gets us nowhere. Digging deeper without making time to deepen and fill our wells is a recipe for self-inflicted pain.

All of which is to say that maybe vulnerability is the real secret to perseverance. Maybe admitting you're tired and asking for help is the real strength that gets us through. That dominant myth of Sisyphus pushing his rock up that endless hill hasn't done us any favors. We assume that Sisyphus is suffering because his work is endless, but maybe it's his isolation and lack of a place to rest that is his true torment.

So, friends, this month, let's not torment ourselves. We don't have to give up those pep talks about digging deep and being stronger than we know. But right alongside that, let's make sure we're also doing the more tender work of propping each other up and reminding each other to breathe.

Rabbi David Wolf tells a story that we all should carry with us this month:

A boy and his father were walking along a road when they came across a large stone. "Do you think if I use all of my strength, I can move this rock?" the child asked. His father answered, "If you use all of your strength, I am sure you can do it." The boy began to push the rock. Exerting himself as much as he could, he pushed and pushed. The rock did not move. Discouraged, he said to his father, "You were wrong. I can't do it." His father put his arm around the boy's shoulder and said, "No son. You didn't use all your strength – you didn't ask me to help."

What a gift to remember that perseverance isn't a solo act. May that be the gift this month gives us all.

Soul Matters Themes for 2018

What does it mean to be a people of...

February:	Perseverance
March:	Balance
April:	Emergence
May:	Creativity
June:	Blessing



Adult Religious Education Opportunities

WHAT DOES IT MEAN TO BE WHITE?

DEVELOPING WHITE RACIAL LITERACY

BEGINNING FEBRUARY 2018 - DATES & TIMES TBD

With Corrie Silva and Rev. Kevin, this peer-based learning group (or groups) will explore the teachings of Robin DiAngelo through reading and study of her book, *What Does it Mean to be White?: Developing White Racial Literacy*. DiAngelo examines what it means to be white in a society that proclaims race meaningless, yet is deeply divided by race. Her concept of white fragility has influenced the national discourse on race.

This is a chance to do more of the internal racial work required to see and challenge racism effectively and to engage across racial divides more fully.

WITNESS TRAINING (REPEAT OF NOVEMBER CLASS)

SATURDAY, FEBRUARY 3, 1 – 4 PM

What can you do when you witness an incidence of bias-related bullying? The upcoming Witness Training class will discuss various responses people can make when witnessing bias-related bullying, and then provide opportunities to role-play real life scenarios. Presented by *Creating Communities Beyond Bias*, the class will be held on Saturday, February 3, from 1 – 4 pm, at the Unitarian Universalist Community of the Mountains, 246 South Church St., Grass Valley, co-sponsor of the training. \$10 suggested donation, no one turned away. To register, call 530-265-2084. If you have any questions, please call 477-0701.

Annie Haymaker & Josie Crawford, Co-facilitators for the class

"...arguably the best Social Justice activity I have been to since becoming active with UUCM."

- Joel Houtman, November participant

THE THIRD RECONSTRUCTION:

MORAL MONDAYS, FUSION POLITICS, AND THE RISE OF A NEW JUSTICE MOVEMENT

FEBRUARY 11, 1:15-3:15 P.M. (POSSIBLE REPEAT IN APRIL)

Join Keith Johnson and Rev. Kevin for an introduction to the insight of Rev. Dr. William J. Barber II and the Moral Mondays movement in North Carolina. Rev. Barber's conviction is that justice movements are born in response to local experiences of larger injustices and that such movements thrive only when those involved do the hard work of coalition building. Drawing on the prophetic traditions of the Jewish and Christian scriptures, while making room for other sources of truth, Barber challenges us to ground our justice work in moral dissent, even when there is no reasonable expectation of political success.

Barber's book, *The Third Reconstruction*, was the 2016 UUA Common Read. He will be one of the keynote speakers

at this year's UUA Pacific Western Regional Assembly in Portland, Oregon April 27-29. If there is interest, we will hold a discussion of the book in April in preparation for hearing Rev. Barber's newest insight.

TEMPERAMENT THEORY FOR YOU, YOURS, AND US – TWO TIMES: SATURDAY, FEBRUARY 17 - 1-5 P.M....OR... SATURDAY, FEBRUARY 24 - 8:30 A.M. - 12:30 P.M.

Spend a (morning/afternoon) learning more about yourself, your spouse, your children or even the folks you work and worship with at UUCM. Using the Myers-Briggs Type Indicator and the Kiersey Temperament Sorter join Rev. Karyn Packard for some time of discovery.

An inventory will be completed online previous to the discovery session (information will be sent to registrants). Each participant registered will receive descriptive materials related to their unique temperament type. The session will include learning about the theories and also putting them into practice, with fun exercises that help us to better understand both self and others. (Size is limited to 24 persons per session.)

Karyn has been licensed on these inventories for many years and has provided these sessions for church boards, couples planning on marriage, physicians, nurses, pharmacists, and in HR related team building.

To register, contact Karyn at karyn@seagoer.net or call 202-262-2481. Please register by February 10 for February 17 workshop, and by February 17 for February 24 workshop.

AHOY MATES... ALL HANDS ON DECK!

FRIDAY, MARCH 23 – POTLUCK MEAL @ 5:30 P.M.,

PRESENTATION @ 6:30-8:30 P.M. - ALL AGES WELCOME!

Have you ever wondered what it would be like to spend 21 days crossing the Pacific Ocean in a 45' sailboat with your spouse, never seeing land or another boat? Join Bob and Karyn Packard for an evening of adventure as they share their journey from Mexico, through the South Pacific and New Caledonia, and on to the north island of New Zealand. Find out what it was really like to navigate, problem-solve, cook, wash clothes, get a haircut, interface with native people, etc. See these lush islands and meet their gracious inhabitants. You will get the inside scoop on this portion of their 2½ year journey aboard their Norseman 447 "Realtime."

ADULT RE OFFERINGS

Exciting Adult RE offerings for Winter and Spring are listed in a new catalog:

<http://www.uugrassvalley.org/wp-content/uploads/2018/01/2018-01-Adult-RE-Brochure.pdf>

For more information, please email:

learning@uugrassvalley.org



February 2018 Calendar of Events at UUCM

DATE DAY TIME EVENT DESCRIPTION

JANUARY 2018

30	Tuesday	9:00 4:00	Meditation The Wi\$dom Path
31	Wednesday	8:30 4:30 5:00 6:00	Men's Group Youth Music (Beginner) Youth Music (Advanced) Mission Renewal Team Meeting

FEBRUARY 2018

1	Thursday	8:30 7:30	Men's Group - What's Up Coffee Singing Meditation Circle
3	Saturday	1:00	Creating Communities Beyond Bias Witness Training
4	Sunday	First Sunday - Bring Food for Pets & People 9:30 10:40 10:50 11:30 1:00	Full Community Sunday Service Social Time & "A Board Member Is In" Drop-in Support Circle Full Community Sunday Service Mission Renewal All-Member Meeting
6	Tuesday	9:00 1:00 4:00	Meditation The New UU – Theology & Worship Caring Committee Meeting
7	Wednesday	8:30 10:30 12:00 4:30 5:00 6:30	Men's Group Humanism Discussion Group Committee on Ministry Meeting Youth Music (Beginner) Youth Music (Advanced) Choir Rehearsal
8	Thursday	8:30 10:30 5:30 6:30	Men's Group - What's Up Coffee Writers' Group Social Justice Night Worship Committee Meeting
10	Saturday	5:30	Family Game Night and Potluck
11	Sunday	9:25 9:30 9:30 10:40 10:50 11:30	Brunch Bunch for Youth Sunday Service Classes for Children Social Time & "A Board Member Is In" Drop-in Support Circle Sunday Service
12	Monday	6:00	Women's Circle & Potluck
13	Tuesday	9:00	Meditation
14	Wednesday	8:30 10:30 11:00 4:30 5:00 6:30	Men's Group Recovering Spirit (formerly "Speed Bumps") Habitat for Humanity Lunch Prep Youth Music (Beginner) Youth Music (Advanced) Choir Rehearsal

DATE DAY TIME EVENT DESCRIPTION

15	Thursday	8:30 5:15 5:30	Men's Group - What's Up Coffee Board of Trustees Meeting Social Justice Committee Meeting
16	Friday	4:00	Dinner Preparation at Utah's Place
17	Saturday	9:00 1:00	Building & Grounds Work Party Temperament Theory for You, Yours & Us
18	Sunday	9:30 9:30 10:40 10:50 11:30 12:45	Sunday Service Classes for Children & Youth Social Time & "A Board Member Is In" Drop-in Support Circle Sunday Service Religious Ed Visioning Team Meeting
19	Monday	9:00	<i>Mountain Chalice</i> Submissions Due
20	Tuesday	9:00 1:00 4:00	Meditation The New UU: <i>Where Do We Come From?</i> Global Affairs Discussion Group
21	Wednesday	8:30 4:30 5:00 6:30	Men's Group Youth Music (Beginner) Youth Music (Advanced) Choir Rehearsal
22	Thursday	8:30 10:30	Men's Group - What's Up Coffee Writers' Group
24	Saturday	1:00	Temperament Theory for You, Yours & Us
25	Sunday	9:30 9:30 10:40 10:50 11:30	Sunday Service Classes for Children & Youth Social Time & "A Board Member Is In" Drop-in Support Circle Sunday Service
27	Tuesday	9:00	Meditation
28	Wednesday	8:30 10:30 4:30 5:00	Men's Group Recovering Spirit (" <i>Speed Bumps</i> ") Youth Music (Beginner) Youth Music (Advanced)

MARCH 2018

1	Thursday	8:30 7:30	Men's Group - What's Up Coffee Singing Meditation Circle
4	Sunday	First Sunday - Bring Food for Pets & People 9:30 10:40 10:50 11:30 12:30	Full Community Sunday Service Social Time & "A Board Member Is In" Drop-in Support Circle Full Community Sunday Service Stewardship Kickoff Sunday
5	Monday	11:00	Nominating Committee Meeting
6	Tuesday	9:00 1:00 4:00	Meditation The New UU – How We Grow in Faith Caring Committee Meeting



Unitarian Universalist Community of the Mountains

246 South Church St., Grass Valley, CA 95945

Telephone: 530.274.1675

Website: www.uugrassvalley.org

Two Sunday Services: at 9:30 A.M. and 11:30 A.M.

Office Hours: Monday through Thursday, 8:30 A.M. - 1 P.M.

Rev. Kevin Tarsa Office Hours:

Tuesday:	10:30 A.M. - 12:30 P.M.
Wednesday:	4 - 6 P.M.
Thursday:	11 A.M. - 1 P.M.

UUCM STAFF MEMBERS

Reverend Kevin Tarsa, *Minister*

Conrad Sisk, *Office Administrator*

Jordan Thomas-Rose, *Music Director*

Butterfly Montgomery, *Religious Ed Coordinator*

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