

# the Mountain Chalice



Unitarian Universalist Community of the Mountains

August 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 children (K-5th grades) are offered during the 9:30 A.M. service, and classes for youth (6th-12th grades) are offered at 10:30 A.M. Nursery care is available for both services.

**August 5 UUCM Cafe**  
**Gail Johnson Vaughan, Worship Leader**

Once again we transform UUCM into our popular UUCM Cafe as we ponder two questions posed to us by Rev Leisa. Who could you be and what would you do if you were not afraid? Join us in this cafe-like setting where we share meaningful conversations about the deepest things we know.

**August 12 Wayfinding - Hōkūle'a and the Mālama Honua Worldwide Voyage**  
**Susan Sanford**

By the mid-1970s knowledge of traditional Polynesian navigation and oceanic voyaging had nearly died out. Fortunately, a group of people in Hawaii became committed to reclaiming the art and science of "wayfinding." There are now, once again, oceanic voyaging canoes throughout Polynesia. From 2014-2017, one Hawaiian canoe sailed around the world using only traditional navigation. What can we learn about our lives, our congregation, and our island Earth from the story of Hōkūle'a, the Hawaiian voyaging canoe that started a cultural renaissance?

With the blessing of the Polynesian Voyaging Society regarding cultural appropriateness, all are invited to wear "Aloha Attire" to the service. So get out those beautiful Hawaiian dresses and shirts and fill UUCM with color and aloha!

Note: The sermon for this service was written as part of the UUCM sermon seminar earlier this year.

**August 19 Human Life in Human Hands**  
**Wendy Wernigg, Worship Associate**

Join us for the 3rd annual Humanist Service presented by members of the Humanist Discussion Group. They will offer readings and personal insights about Humanism and how it informs our view of human existence.

**August 26 Wrestling with "God" – Part 1**  
**Rev. Kevin Tarsa**

Our human perspectives on the nature of "God" and the divine – and, concomitantly, of the nature of humanity, existence, purpose, and meaning – have morphed continually over the ages. In various Sunday services throughout this coming congregation year, we'll explore the nature of both God/Spirit/the Divine and religion/religiosity in the context of these times, the nature of nature, and our evolving human experiences and understandings.

Rev. Kevin begins here by inviting us to consider the fundamental experiences of transcendence that are interpreted, understood and spoken of in so many different ways."

## INSIDE THIS ISSUE

Item	Page
Upcoming Services.....	1
From Rev. Kevin Tarsa.....	2
Board of Trustees.....	3
Choir Starting Up Again.....	3
Membership.....	4
Hospitality.....	4
Caring Committee.....	4
Building and Grounds.....	5
Endowment.....	5
Finance Committee.....	6
Stewardship Committee.....	6
Social Justice News & Activities.....	7
Community Connections - Social & Spiritual.....	8-9
Library Team.....	9
Full Community Education.....	9
Adult RE/Soul Matters Circles.....	10
Monthly Calendar.....	11
UUCM Contact Info and Office Hours.....	12



Rev. Kevin Tarsa  
UUCM Minister

## From the Minister

### REV. KEVIN'S SUMMER OFFICE HOURS

Rev. Kevin will be away at the UU Musicians Network conference July 31 - August 5.

His office hours are flexible over the summer. Please call or email to make an appointment.

[minister@uugrassvalley.org](mailto:minister@uugrassvalley.org) or (231) 883-1058



A thoughtful person long familiar with the place invited me to hike to Lake Winnemucca, from Carson Pass. The trail begins at 8500 feet and rises another 600 feet to the lake. The hike begins in dry terrain. En route, most of the way to the lake and after lovely expanses of blossoming "mule's ears" and quietly cheerful patches of lavender asters, we encountered a spectacular, luxurious, long spread of waist-high wild flowers of many kinds, "landscaped" to aesthetic perfection. It was breathtaking, with new flowers at each bend, and with snow-graced mountains posing sure in the background.

That inclining meadow of life and color offered a welcome and surprisingly generous lushness in the midst of hot, arid summer weather, this particular realm watered by the still melting snows of the peaks. Beyond the unexpected delight of this amazing garden high up the mountain, I was so taken with the fact that one could still not only see snow but even reach it with a little bit of extra hiking, that I left my travel companions to lunch at the lakeside while I continued up the path.

I thought it a happily childlike impulse at the time, this snow seeking, and it was, but after finally grasping a handful of snow, witnessing alpine blossoms peeking out from the melting edges, and carrying a refreshing handkerchief full of snow which lasted all the way back to the trail head, I'm seeing it now as an embodied reach for the refreshing spiritual/emotional/political coolness and moisture I've been longing for these days.

I was on vacation, fortunate to have the time and space to reach.

For those of us who claim to hold progressive, compassionate, nurturing



values, it has been a long, hot, dry summer, a drought in many areas of our public lives. I've been seeing it and hearing it from many of you and have begun to feel it more often in me. A woman on the trail as we left came to represent for me some of what I've seen in others. She was in such pain that she was not able to move for a time. Hikers, including my companions, stopped to offer water, salty foods, attention, advice and calls for help, not sure whether the real issue for her was the leg cramp, dehydration or perhaps a stroke.

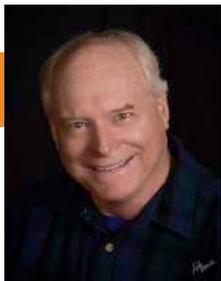
This season requires extra care. And community.

The summer heat is the reality here, and in these times, and the heat reorients us. Scorching days send us to the rivers, to the lakes, to the higher climes, to the ice cream stores, and to our airconditioned rooms. We are pressed toward summer behaviors and morning and evening activity. Kind friends and newscasters remind us to take care of ourselves, to wear hats and sunglasses, to apply sunscreen often and liberally, to be careful in the rivers, and to drink plenty of water.

My hope for you who are feeling parched, is that you will find this summer the waters, the companions, the unexpected beauty, the breezes, the altitudes, the impossible patches of life-sustaining snow your spirit needs. This is part of what religious communities like this one are meant to offer. Please help us know what it is that you are reaching for. And you who know the paths and the possibility of moisture and even unexpected splendor, I encourage you to invite someone to join you on the journey.

With care,

- Rev. Kevin



Taylor Carey,  
President,  
UUCM Board of Trustees

## Board of Trustees

I participated recently in an online discussion - alright, Facebook - of an LA Times article that took the paper to task for being so overly fastidious with balance in its reportage that it failed to provide the context within which the sense of subjects reported could be understood. The writer was concerned that the just-the-facts technique not supplemented with context sucked most of the digestible information from news reports. One of my friends, an actual friend, not just a Facebook friend, raised the concern that while context is an important element, it is possible to go so far that a given article can become too colored by the author's perceptions.

I share that concern, but I also believe that the Times editorial writer's thesis has validity. It seems that since the George W. Bush presidency, the press has become overly gun shy about taking politicians to task for fear of exposing itself to claims of bias or willowy patriotism (The Trump regime's aggressive use of the derisive epithet "Fake News" to attack articles with which it does not agree is not the same thing.) to the point that the duty to report the news is reduced essentially to reporting the noise in the room. The context within which that noise arises gets short shrift. To be perceived as fair, legitimate news purveyors and people engaged more broadly in a search for truth have retreated behind a shield of "balance," or, just as frequently, a cloud of false equivalence to show their evenhandedness.

But, as we learned from Sesame Street, some of these things are not like the other. Context is essential for UUs. Our 4th principle, "A free and responsible search for truth and meaning," demands it. Context provides "the circumstances that form the setting for an event, statement, or idea," the informational bits that place the elements necessary for understanding a subject in their proper relationship. To see things as they are we must have the courage to address what they are not. White supremacy, neo-Naziism, and other pernicious "isms" are not the equal-but-opposite sides of a discussion about human rights. These sociological phenomena warrant study, but in their proper contexts. They are out of place at the table of reason.

The risk here lies in the dangers inherent in the substitution of a particular point of view for truthful, factual context. One's point of view embodies "a particular attitude or way of considering a matter," and though proper in an opinion, points of view almost by definition place their objects under an

artificial light. Point of view reportage leads to the proliferation of pure propaganda. Rigid point of view-based analysis also invites the kinds of confirmation bias that erodes discourse and promotes sloganeering and argument by insult. Let's not do that.

- Taylor

### UUCM BOARD OF TRUSTEES

JULY 2018 - JUNE 2019

Taylor Carey	<i>President</i>
Jim Perkins	<i>Vice-President</i>
Charlie Zimmerman	<i>Treasurer</i>
Karyn Packard	<i>Secretary</i>

**Members at Large:**

Chuck Champlin, Maryann Currington & Dennis Weiher

*Board of Trustees meetings are 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 Choir



*It's that time again...*

### THE UUCM CHOIR

will begin rehearsing again on  
Wednesday, August 8th at 6:30 p.m.  
in the UUCM Sanctuary.

*Anyone with an interest in singing,  
please come join us!*

Jordan Thomas-Rose, UUCM Music Director  
[music@uugrassvalley.org](mailto:music@uugrassvalley.org)

# Membership Committee & Hospitality

## Social Events: Make New Friends, but Keep the Old!

By Claire Miller, Chair, Membership Committee

### SATURDAY, AUGUST 4 - DAY IN THE MOUNTAINS

Plan to beat the heat by gaining altitude – hike on mountain trails and then play in a clear mountain lake in the Sierra, within a one hour drive of UUCM. Please contact Brenda Morgan by August 1st to be added to the hiking list. ([bren2go@gmail.com](mailto:bren2go@gmail.com), 916-869-5794)

### SEPTEMBER END OF SUMMER HOE DOWN

Date to be determined, enjoy an evening of fun, food, singing and fellowship, including a talent show and other entertainment (still to be determined.)

## Intro to UU Classes Coming in Fall

By Claire Miller, Chair, Membership Committee

We expect to have an "Intro to UU" class in the fall. This will be of interest to anyone new to UUCM, new to Unitarian Universalism, or as a refresher course for long time members and friends. If interested in finding out more, please talk to any of the ushers.

In the depth of a hot, hot summer, UUCM is there for you. Friendly faces will greet you, the service will inspire you – not to mention, we have air conditioning!

We're delighted to welcome the many new folks who are 'checking us out' this summer, and even more delighted to see you come back. I hope you will find a community here that feels right for you.

## Snack Teams for August

By Marilyn Young, Coordinator, UUCM Hospitality Hour

Thank you to all who brought goodies, healthy snacks, tea and more on the Sundays in July!

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:

August 5 - last names beginning with A to E

August 12 - last names beginning with F to J

August 19 - last names beginning with J to R

August 26 - last names beginning with S to Z

If you plan to bring a snack, please contact Marilyn Young ([marilyny04@gmail.com](mailto:marilyny04@gmail.com)).



## MEMBERSHIP COMMITTEE

Claire Miller, chair  
Marilyn Young, Hospitality Coordinator

Contact Claire Miller, [truckeeclaire@yahoo.com](mailto:truckeeclaire@yahoo.com) if you have any questions about membership, or are interested in joining the committee.

# Caring Committee

## Caring Committee Update

By Anne Lyon, Chair, Caring Committee

Caring Committee wishes you well! We hope that everyone is surviving in the heat, although our gardens may be suffering.

As always, we continue to monitor the congregation for folks who might need a hand or a meal provided. Our strength as a congregation is reflected in the wonderful people who have stood up and offered to help in so many ways.

If you think you might fit in with our committee, please let us know! We meet the first Tuesday of every month, for about an hour. Please feel free to drop in and visit – you are always welcome.

## CARING COMMITTEE

Anne Lyon, chair  
Maryann Currington, Gwen Eymann, Penny Harlan,  
Maryann Hart, Robin Hart, Carol Hyndman,  
and May Lawrence

Committee meetings are at 4:00 p.m. on the first Tuesday of each month in the Anthony Room.

If you would like to reach out to members in need with rides, hot meals, home visits and more, please let us know.

Contact: Anne Lyon, (619) 933-1618  
[caring@uugrassvalley.org](mailto:caring@uugrassvalley.org)

## Building & Grounds

### Step by Step, Our Sanctuary is Being Transformed

By Wally Holtman, Building & Grounds Committee Chair



So! Have you looked up while in the sanctuary? What happened to all the dangling cords that use to hang between the rafters? In case you have not noticed most of them are missing. With Joel taking the lead, he and I spent most of a day figuring out how to remove them from sight. That is another Sanctuary remodeling job done and the list grows smaller. If anyone has a suggestion how to cover the

lines crossing the beams please let Joel or me know. Much of what is left is painting where most people cannot see. It is on the slate for later in the year when summer vacations end and weekend playing is finished.

These last few work days have been less heavily attended which is normal, but our smaller persistent crews have been keeping up on the maintenance work and things are doing well. This last work day was mostly spent outside keeping our grounds in a presentable state. Gwen and Theresa worked on the outside. Kern did some electrical repairs and Joel played with our safe and the front door. Be sure to thank Keith and Bonnie for the clean lint-free chair you sit in on Sunday. They are troupers who take on that task for us.

We have some fun projects coming when the weather starts to cool. They will be specific projects where we hope to have a given day to do the work. These will be fun and challenging one-time commitments and I am personally hoping that we will get some new volunteers to help.

I will end as always. Whether you are new to UU or not and if you would like help this wonderful community in a meaningful way, come join us on our monthly adventures. Hope to see you soon.

## Endowment Committee

### Thank You to Those Who Made Simple Gifts & Legacy Gifts in June

By Joel Houtman, Endowment Committee Chair

The Endowment Committee wishes to thank Kathryn Young for her donation to the *Simple Gifts* Endowment Fund in honor of her birthday. Happy birthday and thank you!!

The Houtmans have honored Bev Lyon and Lynn Whitson with a *Simple Gift* to the UUCM Endowment Fund. They wish Bev and Lynn the joy they have brought to us and our community in this next phase of their lives in their new home.

If you wish to participate in the *Simple Gifts* Program, brochures and envelopes are available in a rack near the main double doors.

#### **UUCM ENDOWMENT LEGACY GIFTS:**

A special thank you to Kia Hatch for her generous bequest adding UUCM as a beneficiary in her Family Trust. She did point out that she plans to live at least another 25 years though!

We also thank the Houtmans for adding UUCM as a beneficiary in their IRA plan.

If you wish to participate in the UUCM Endowment Legacy Program please contact any of the following committee members:

Joel Houtman, Chair	<a href="mailto:jhout46@att.net">jhout46@att.net</a> 530-273-2925
Kern Hildebrand	<a href="mailto:khildebrand13@gmail.com">khildebrand13@gmail.com</a> 925-818-3758
George Dunstan	<a href="mailto:gvgeode@gmail.com">gvgeode@gmail.com</a> 530-205-8159
Dawn Bateman	<a href="mailto:dawn.bateman@sbcglobal.net">dawn.bateman@sbcglobal.net</a> 530-273-6471



## Finance Committee

### *Finance Committee Works on the Big Picture of UUCM Finances*

*By Bob Packard, Finance Committee Chair*

Having helped the Board of Trustees complete development of a budget for the Congregation to approve last May, the Finance Committee has been taking some time to reflect on a broader view of UUCM finances – and on how we can better assist the Board in strengthening the UUCM's financial underpinnings. Since we're not just a budgeting committee, I thought this would be a good time to discuss a few of the issues we have identified along with the goals we have set in place to make a difference this year.

First, we took a serious look at UUCM's new mission, and we asked ourselves, "How is our mission reflected in the way we spend our money?" From our mission, we know that we want to ". . . cultivate our spiritual, emotional, and intellectual strength . . .", but how does that instruct us in the way we make budgets and plans? We need to figure that out, and that's one of our goals for the year: to have a good answer when someone asks next year how the money we receive in pledges addresses UUCM's mission. The committee has some ideas, but we would love to hear from you if you have some thoughts on the subject.

#### *OTHER GOALS FOR THE YEAR:*

- Helping to write the financial aspects of policies that the Board will use to govern the functioning of the ministry, in its process of fleshing out the decisions the congregation made at our recent meeting.
- Developing a guide for UUCM budget development to better document how each line item is estimated. This will greatly ease future budgeting activities and help to prevent mistakes. And we'll validate it by using it for budget development for FY 19/20.
- Establishing an audit capability and conducting an initial review of church activities and processes. This item is needed to help prevent mistakes that could result in losses or liabilities for UUCM. We'll be starting with checklists offered by the UUA. This first effort will be broadened and improved in future years.
- Providing the Board with ideas for the initiation of regular, ongoing planning for UUCM.

The one other immediate goal I have for the Committee is to find one or two interested people to join us and to get involved in one or more of the above activities. There is no

better way to learn how UUCM works and to have immediate and measurable positive impact. This is important work.

Please contact me if you would like to learn more about the Finance Committee or if you have other ideas for goals for the year.

– Bob Packard, [bob@seagoer.net](mailto:bob@seagoer.net)

## Stewardship Committee

### *Stewardship Committee Plans Upcoming Fundraisers and our 2019 Pledge Campaign*

*By Keith Johnson, Stewardship Chair*

The Stewardship Committee is off and running for 2018/19. Members are Keith Johnson, Maryann Currington, Bob Miller, Brenda Morgan, Bob Packard, and Carmen Riley. There's always room for more so if you'd like to serve, please let me know.

At the July meeting we discussed our plans for fundraising and the annual pledge campaign. Each committee member will be in charge of at least one fundraiser during the year. Watch for old favorites such as the auction, music concerts, the holiday bazaar, yard sale, as well as wine tastings and maybe even a poetry reading.

The pledge campaign will be different this year. Everything is tentative at this stage but we like the idea of monthly cottage meetings hosted by UUCM members in their homes. (If you would like to host a meeting let me know.) A cottage meeting is a small group of 15 or so who gather to discuss the future of UUCM in a relaxed, informal setting. The focus of these cottage meetings will not be money - but instead how we hope to build meaningful relationships and to consider how we can create a world more compassionate, sustainable, and just. Every member will be invited to a cottage meeting at some time during the year so watch for your invitation.

Our next meeting will be Tuesday, August 14 at 4 p.m. Guests are welcome so please stop by and give us your ideas.

Stay cool.

# Social Justice News and Activities

## Social Justice Committee News

By *Stu Chuang Matthews, Chair, Social Justice Committee*

The UUCM Mission is as follows:

*"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."*

To this end, we would like to better engage the entire congregation in the work of social justice. We want the ideas and action to come from the ground up, rather than top down. The Social Justice Committee will serve as guides and helpers in achieving the social justice goals of the congregation. We will continue to communicate with the congregation over the coming months, leading to a congregational meeting in the fall to decide which areas we can focus on, and how we will achieve our social justice goals.

In the meantime, please think about your passions with regard to social justice. In what ways do you most want to make our world more compassionate, sustainable, and just? Your passions will be what determine our path forward.

For more information, or to get involved directly with the Social Justice Committee, please contact Stu Matthews at [stu@fourmajor.com](mailto:stu@fourmajor.com) or 530-362-8456

## Local 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 groups listed below. 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 people to volunteer. They 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 has a great foster program, adoptions are up, they help with medical needs and food for pets whose caretakers are in need. 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 at least two times per week to those in need. Currently they need both 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. Contact Keith Johnson (530-265-0277).

## *DONATIONS FOR NEVADA COUNTY PETS OF THE HOMELESS/PETS IN NEED*

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. Nevada County Pets of the Homeless is now also called Nevada County Pets in Need, serving not only pets of the homeless but also pets of lower income people. Contact Carol Hyndman (530-477-0693).

## Community Connections – Social & Spiritual Activities

### August Women's Circle: Introduction to Qi Gong and Vegetarian Potluck

MONDAY, AUGUST 13, 2018, 6:00 P.M.

By Sandi Lauher

Let's get together at UUCM and experience a little bit of Qi Gong (chee-gong). Qi is the internal life-force energy, which is the foundation of Chinese medicine. I'll guide you through the Eight Brocades (eight different movements) and eight breathing exercises. These movements are suitable for all ages and fitness levels (can even be done in a sitting position).

Let's start with a lighter meal at our 6:00 p.m. potluck. We'll make it a NON-MEAT night so please bring a vegetable dish (hot or cold), a dessert, or rice (brown or white). An email will go out for signups closer to the date of the meeting.

All UUCM women (and friends!) are invited to any Women's Circle gathering. If you are not on the Women's Group email list, please contact Kathryn Young, or send an email to Carol Fulkerson at: [admin@uugrassvalley.org](mailto:admin@uugrassvalley.org) and she will add you. Then you'll get monthly updates and reminders of our upcoming meetings.

### Humanism Discussion Group

FIRST WEDNESDAYS FROM  
10:30 A.M. TO 12 P.M.  
IN THE CHANNING ROOM

By George Dunstan

The UUCM Humanist Discussion Group will meet on Wednesday, August 1 at 10:30 in the Channing Room.

The topic for our August meeting is "The Price of Inequality" with the discussion to be led by Berky Berkheimer. We will also work on finalizing the plans for the Humanist service we will be presenting on August 19th, with the theme "Human Life in Human Hands." I look forward to seeing you August 1.

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](mailto:gvgeode@gmail.com)).

### 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](mailto:shelley10493@gmail.com).



### Join us for a Vegan Potluck

THURSDAY, AUGUST 30 FROM 5-7P.M .

All are welcome with your vegan dishes. (No animal products used including dairy and eggs.) We had a good gathering last time. Hope to see you there! For more information please contact Carol Hyndman (530-477-0693)

### Singing Meditation

FIRST THURSDAYS, 7:00-8:30 P.M.

Singing Meditation is an interfaith spiritual practice in which singing and shared silence alternate in a deepening rhythm. The songs and chants are drawn from a variety of religious traditions, and participants are invited to bring song ideas. The music is taught as we go.

The Singing Meditation Circle is open to all. We will be glad for your presence, your voice, your heart, your spirit.

### Men's Groups

On Wednesday mornings, 8:30 – 10:00 in the Channing Room, and on Thursday mornings, 8:30 to 10:00 at Summer Thymes, (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.

### 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.

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



# Community Connections

## Recovering Spirit

2ND AND 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)

## Library Team

### Welcoming a New Member & our New "Featured Book of the Month"

By Carmen Riley, Library Team Member

We would like to welcome Barbara Chesnut to our library team! Should you have a UUCM library book at home collecting dust, you will most likely receive a friendly call from Barbara, urging you to return it to our library at your earliest convenience so that others might have an opportunity to check it out. Welcome, Barbara!

Something new we thought we might try – *Feature Book of the Month*. Each month we'll be highlighting one book from our library shelves. If you have a particular book that you've read and think it might be of interest to other readers, please contact any member of our team with your suggestion.

#### THE AUGUST BOOK FEATURE OF THE MONTH IS: "GLBTQ - THE SURVIVAL GUIDE FOR GAY, LESBIAN, BISEXUAL, TRANSGENDER, AND QUESTIONING TEENS"

This book is new to the library, and for the month of August, can be found on the Dictionary Stand next to the window seat. The check-out sheet for all library books is located on the short bookcase to your left as you enter the door. Please return the book to the Book Return box located at the far right corner when you've finished, and a library team member will put it back in its proper location.

Our UUCM Library continues to evolve. Heartfelt thanks go out to so many of our UUCM members and friends who have so graciously donated books.

Remember, this is your library! The Library Team is only here to assist you. Should you have comments, suggestions, or questions, please feel free to contact any one of us for answers.

Library Team Members: Carmen Riley, Anita Wald-Tuttle, Helen Williamson, and Barbara Chesnut

## Full Community Education

### Religious Exploration

By Lindsay Dunckel, Co-Chair,  
Religious Education Visioning Team

Religious Exploration will look a little different over the summer, though our youngest children will still be in the child care room hanging out with the awesome Alexas Kaldenbach. Experienced teacher Susan Merrill is going to be the lead adult with our school-age children. Our program will combine arts with a look at evolution as well as creation mythology. The end product will be a string of beads that represents evolutionary time from the Big Bang to the present!

Our teen group will be gathering for hikes, brunch outings, and the like. Keep your eyes on the e-Chalice weekly newsletter for announcements about what the teens are up to.

Interested in what happens in our Religious Exploration classes? Consider joining the RE Visioning Team for our annual retreat this summer when we plan for the coming year - no commitments necessary. We'd just love to have you help us brainstorm! Contact Lindsay Dunckel ([lindsaydunckel@gmail.com](mailto:lindsaydunckel@gmail.com)) if you'd like more information.

## UUCM BRUNCH BUNCH

Open to 6th -12th Graders on the second  
Sunday of each month  
Meet in the UUCM Entry at 10:25 a.m.



Please "like" and join our RE at UUCM Facebook group in order to encourage more of the youth and families to be in the know of what is happening at UUCM.

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

# Adult Religious Education



Cynthia Schuetz,  
Adult RE Coordinator

## Adult Religious Exploration Update

At the beginning of May, you received an email from me asking that you complete a "Survey Monkey" questionnaire. A small group had come together in March to help me with the daunting task of designing meaningful and engaging Adult RE offerings that would begin in September and go through June 2019.

The team discussed what topics might fit the "meaningful and engaging" bill. We also looked at what it takes to be an effective facilitator based on our hundreds of years (yes, really...some of us are old folks on the team!) as students and educators. We knew two things: we wanted to assess the needs and wants of the UUCM community and we committed to using UUCM's Mission as the guiding light/touchstone for our work, i.e., to "... cultivate our spiritual, emotional and intellectual strength..."

The questionnaire was our first "product." After a false start (mea culpa), the responses started to come in. Thrillingly, 95 people completed the questionnaire! A lot of you clearly want Adult RE to be exactly what it needs to be: meaningful and engaging (yes, there are those words again). And fun!! The responses have provided valuable input that has informed our planning, including possible topics and facilitators, days of the week and times, and preferred length for the offerings. From the survey, we were able to identify the following:

### TOP SIX TOPICS/FOCI

1. Communication
2. Aging
3. Social Justice
4. Fun! (e.g., improvisation, non-competitive adult play)
5. Spirituality/Theology
6. Soul Matters small groups (new theme every month)

Now we're beginning to nail down specifics: more detailed content; facilitators; dates and times. We hope that we will have offerings beginning in late September/early October and going through June. I'm excited because it appears to me that we will have a year rich with Adult RE opportunities! Thank you for all you've contributed/will be contributing to make this coming year for Adult RE (yes, I'm using those words again!) meaningful, engaging and fun!

*Team Members: Janet Bullock, Lesley and Chuck Champlin, Elizabeth Fries, Phil Hart, Leisa Huyck, Maya Knowles, Karyn Packard, Kevin Tarsa, Jo Waters*

## Soul Matters Circles

Looking to connect to others?  
To dig deeper? To better know yourself?

Consider being part of a Soul Matters Circle.

Soul Matters Circles are small, facilitated circles of 4-8 people that meet monthly to explore our congregation-wide themes, to connect, to share, to get to know one another deeply, and to undertake service projects together at UUCM.

Soul Matters Circles will start up again in September and will run through next June. Most new Circle participants will be invited to join one of the existing circles. New this year, a Men's Soul Matters Circle will be formed and facilitated by Phil Hart.

If you would like to participate in a Soul Matters Circle this fall, help facilitate a circle, and/or you have questions, please contact Phil Hart at [philhart115@gmail.com](mailto:philhart115@gmail.com) or (530) 263-9679, or contact Rev. Kevin.



## Soul Matters Themes for 2018-19

September :	Vision
October:	Sanctuary
November:	Memory
December:	Mystery
January:	Possibility
February:	Trust
March:	Journey
April:	Wholeness
May:	Curiosity
June:	Beauty

# August 2018 Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
<b>AUGUST 2018</b>			
1	Wednesday	8:30 4:30 5:00	Men's Group Youth Music (Beginner) Youth Music (Advanced)
2	Thursday	7:30 8:30 7:00	Walking Group - meet at UUCM Men's Group - Summer Thymes Singing Meditation Circle
4	Saturday	10:00	A Day in the Mountains (Off Site; Meet at trailhead)
5	Sunday	<b>First Sunday - Bring Food for People &amp; Pets</b>	
		9:30 10:40 10:50 11:30	Sunday Service Social Time Drop-in Support Circle Sunday Service
7	Tuesday	7:30 9:00 9:30 4:00 6:00	Walking Group - meet at UUCM Morning Meditation Membership Committee Meeting Caring Committee Meeting Mindfulness Recovery
8	Wednesday	8:30 10:00 11:00 4:30 5:00 6:30	Men's Group Recovering Spirit Habitat for Humanity Lunch Prep Youth Music (Beginners) Youth Music (Advanced) Choir
9	Thursday	7:30 8:30 10:30 5:30 6:30	Walking Group (Meet at UUCM) Men's Group at Summer Thyme's Bkry Writers' Group Social Justice Night Worship Committee Meeting
12	Sunday	9:30 10:25 10:40 10:50 11:30	Sunday Service Brunch Bunch for Youth (Off Site) Social Time Drop-in Support Circle Sunday Service
13	Monday	6:00	Women's Circle Potluck at UUCM
14	Tuesday	7:30 9:00 1:00 6:00	Walking Group (Meet at UUCM) Morning Meditation Developing White Racial Literacy Mindfulness Recovery
15	Wednesday	8:30 4:30 5:00 6:30	Men's Group Youth Music (Beginners) Youth Music (Advanced) Choir

DATE	DAY	TIME	EVENT DESCRIPTION
16	Thursday	7:30 8:30 5:15 5:30 7:00	Walking Group (Meet at UUCM) Men's Group at Summer Thyme's Bkry Board of Trustees Meeting Social Justice Committee Meeting Climate Change Coalition
17	Friday	4:00	Dinner Prep at Utah's Place
18	Saturday	8:00	Building and Grounds Work Party
19	Sunday	9:30 10:40 10:50 11:30 12:45	Sunday Service Social Time Drop-in Support Circle Sunday Service RE Visioning Team Meeting
20	Monday	9:00	<b>MOUNTAIN CHALICE ARTICLES DUE</b>
21	Tuesday	7:30 9:00 5:30 6:00	Walking Group (Meet at UUCM) Morning Meditation Global Affairs Discussion Group Mindfulness Recovery
22	Wednesday	8:30 10:00 4:30 5:00 6:30	Men's Group Recovering Spirit Youth Music (Beginners) Youth Music (Advanced) Choir
23	Thursday	7:30 8:30 10:30	Walking Group (Meet at UUCM) Men's Group at Summer Thyme's Bkry Writers' Group
26	Sunday,	9:30 10:40 10:50 11:30	Sunday Service Social Time Drop-in Support Circle Sunday Service
28	Tuesday,	7:30 9:00 1:00	Walking Group (Meet at UUCM) Morning Meditation Developing White Racial Literacy
29	Wednesday	8:30 4:30 5:00 7:00	Men's Group Youth Music (Beginners) Youth Music (Advanced) 12 step group - SAA
30	Thursday	7:30 8:30 5:00	Walking Group (Meet at UUCM) Men's Group at Summer Thyme's Bkry Vegan Potluck
31	Friday	4:00	Dinner Prep at Utah's Place



## *Unitarian Universalist Community of the Mountains*

246 South Church St., Grass Valley, CA 95945

**Telephone:** 530.274.1675

**Website:** [www.uugrassvalley.org](http://www.uugrassvalley.org)

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

**Office Hours:** Monday through Friday, 8:30 A.M. - 12:00 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*

Carol Fulkerson, *Office Administrator*

Jordan Thomas-Rose, *Music Director*

### **E-MAIL ADDRESSES**

[minister@uugrassvalley.org](mailto:minister@uugrassvalley.org)

[admin@uugrassvalley.org](mailto:admin@uugrassvalley.org)

[music@uugrassvalley.org](mailto:music@uugrassvalley.org)

### **TELEPHONE**

530.274.1661

530.274.1675

530.274.1675

