

the Mountain Chalice



Unitarian Universalist Community of the Mountains

November 2018

UPCOMING SERVICES

Two Service Times on Sundays: 9:30 AM or 11:30 AM

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 AM service, and classes for youth (6th-12th grades) are offered at 10:30 AM. Nursery care is available for both services.

NOVEMBER THEME: MEMORY

In autumn we begin to turn inward and memory looms. It is a season of holidays, which are all about remembering. What do we choose to remember? What to forget? How does that shape our lives? This month we will consider memory - what it is and how to use it consciously and wisely.

FALL BACK! Set your clocks back one hour before you go to bed Saturday night, then sleep in and come enjoy this service:

Nov. 4 Circles of Remembering
with Lindsay Dunkel, Rev. Kevin Tarsa and all

To facilitate sharing, we would like to balance attendance at the two services this day. We encourage some of our usual 9:30 attendees to attend the 11:30 service if possible.

We enter our November theme of "memory" by sharing and witnessing memories of childhood, whether long ago, more recent, or current. As you are willing, be prepared to share - in one minute or less - a significant memory that helps illustrate what childhood was like when you were young, an early childhood memory that stays with you, that perhaps shaped you, and that is safe enough to surface and to share in the circle of our gathered community.

We also invite you to bring a small object from your childhood - or an object that represents your memories of childhood - to place on our shared altar during the service.

Nov. 11 Lest We Forget
Rev. Kevin Tarsa

What we remember and choose to call our history tells us less about what happened than about how we see and understand ourselves now, observed William Irwin Thompson. On this 100th anniversary of the end of World War I, let us commit to examine our memories - personal, communal and national - with humility, honesty, and our highest aspirations in mind and heart.

Nov. 18 Remembering Heroes
Members of UUCM with Jeff Stone

Congregants will share memories of heroes. Not a person with super powers, but an ordinary person who inspired you by doing something extraordinary, like pulling a frightened child out of a burning building, writing a book, giving a speech, creating a movement, making a discovery, etc. It can be a personal acquaintance, someone famous, or in between. We hold heroes in our memory as beacons to guide our lives by example. **Willing to tell us about a hero who has been a guidepost for you in your life?** Contact Jeff at 831-566-8377 or jeffstone@mac.com.

Nov. 25 Memories of Thanksgiving:
What were we grateful for?
Rev. Kevin Tarsa, et al

The celebration of Thanksgiving in the United States comes attached to a particular and, for many, problematic story and national memory. However, the explicit connection to that history is tenuous at many Thanksgiving dinner tables. We invite you to ask yourself what Thanksgiving really means to you. What were you and are you grateful for on Thanksgiving?

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Rev. Kevin Tarsa
UUCM Minister

From the Minister

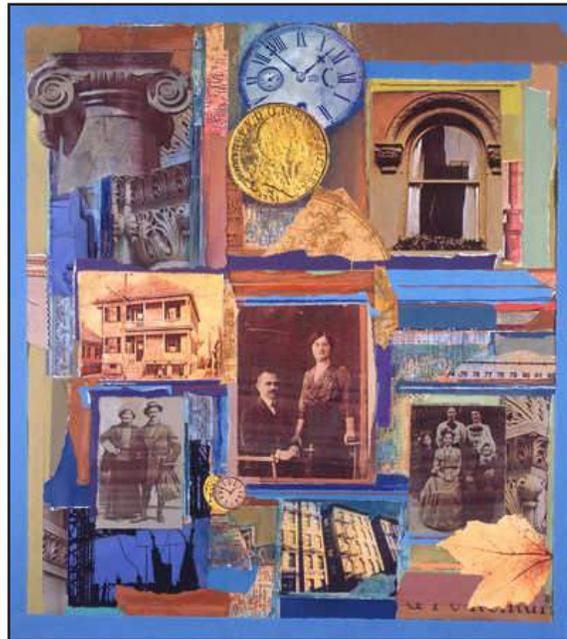
What does it mean to be a people of memory?

My first response was to ask, are we naught else? Are we not the sum total of all that we have retained from our past - physically, emotionally, spiritually, religiously, culturally? However, in the context of this month's theme, the question is more about exploring whether and how we realize that particular truth, and about exploring what an open-eyed humility toward our memory might offer us.

This month contains the 100th anniversary of the end of World War I, the tradition of Thanksgiving, and the annual Transgender Day of Remembrance. Foods, fragrances and autumn colors and skies will tap into many kinds of memories and remembering. Knowing that memories are not static, but rather shaped and re-shaped in the processes of calling them forth and bringing them to our active awareness, let us listen for what our remembering tells us about us now. Let us notice how those memories guide our movement forward and let us consider doing some conscious reshaping.

In October I had a chance to attend a unique production of the musical, "Oklahoma!" by Rogers and Hammerstein. I remember reclining on a carpet in front of an old black and white TV set in my Grandmother's living room to watch Oklahoma! when I was young. My parents owned the record album and we sang along with it again and again.

This recent production in Ashland, at the Oregon Shakespeare Festival, gave the show a new twist, featuring same-sex lead couples, a transgender matriarch, a multi-racial cast, and "LGBTQ2+ casting that affirms the identity spectrum." It was a powerful recasting of that World War II American classic. Familiar songs took on powerful new meanings. The sexism, misogyny, white supremacy, racism and colonialism of familiar scenes and phrases leapt suddenly off the stage. Commentary about openness and acceptance rang out, often most strongly in the understated offering of familiar lines from new kinds of mouths.



It was an artful, funny, moving, and sometimes disturbing oasis in the political/emotional storms that swirl around us, especially in the midst of chilling political efforts to remove support and protection for transgender persons. ("First they came for the ...") The very nature of this production of Oklahoma! lifted up UU values and commitments, placing them in strong contrast to the values being modeled and promoted by U.S. leadership. Just as the original Broadway production spoke to the people and times of 1943, offering both escape and a reinforcing of American ways, this new re-telling spoke to our current

moment. I left...motivated.

And then we have the midterm elections. Yes, I buried the lead.

The stakes seem incredibly high and the possibilities unpredictable. Which sets of values will be affirmed? Here, too, let us look to memory and history, whether to be reminded of continuing, grounding truths, or to be inspired to present familiar stories in new and truth-surfacing ways.

No matter how the elections results land, we will continue to be called to our wisest and most courageous insight and action. Let us be prepared to be present to one another on election night and the day and days after, no matter the various outcomes. As our UUA President Susan Frederick-Gray reminds us, "this is no time for a casual faith." No matter what happens.

- Rev. Kevin

REV. KEVIN'S OFFICE HOURS

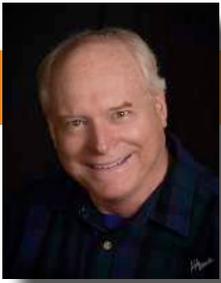
Tuesday	11:30 AM - 12:30 PM
Wednesday	4:00 PM - 5:30 PM
Thursday	11:30 AM - 1:00 PM

Other times by arrangement.

Please call or email Rev. Kevin to make an appointment.

minister@uugrassvalley.org or (231) 883-1058

Board of Trustees



Taylor Carey,
President,
UUCM Board of Trustees

Somewhere between "Then" and "Now" we stumbled "Through the Looking Glass" into a world of nonsense. Things we once valued as a nation we now dismiss out of hand. Principles we clung to like barnacles to boat hulls now barely generate a glance.

It seems that just yesterday regard for the truth and the rights of free speech and of the press were genetically etched in our collective psyche. It used to be that consequences were attached when a politician was caught in a lie, though, to be fair, one expects some liberties to be taken when elected officials open their mouths. This form of puffery is a time-honored tradition in our culture. But there was an outer limit, a vague, wavering line, that even the most storied prevaricators dared not cross.

President George W. Bush obliterated that line in the run-up to his war on Iraq. But we still cared. A number of public servants from that period, General Powell notable among them, their integrity and credibility hollowed out like an empty gourd, now share the same stature as late night Flowbee skills. President Obama, despite the apoplectic, phlegm-flecked hectoring of his detractors, actually drew back from the brink of absurdity to within recognizable borders of political verisimilitude. But President Trump – and seemingly every pundit in the media – has exorcized the last sliver of truth from public discourse, ushering in an era of fabulosity with maniacal enthusiasm. Nothing is as it was. Lies are everywhere. Lies are the medium of the unjust. They dazzle. They entertain. They cloud the eyes and poison the soul.

All of this leads me to the issue of social justice.

I have heard people scoff at the pursuit of social justice as mere idler's folly. For them life's inherent inequities are marks of fate, the struggle against which seems quixotic and vain. Hear them, but do not follow. Social justice is the concern of those who understand that the phrase "life is not fair" is like a human's vestigial tail, irrelevant, and refuse to "get over it." The

truth matters to them. Injustice is not only the cry of those in despair; it is also the summons to relief. UUs recognize that unfairness is not the end of the equation but the beginning. When our windshields become dirty, we wash them. We don't let a few bug guts and dirt prevent us from seeing. When we encounter someone in need, we lend a hand. That's social justice.

Having started life in a hole, some may, of course, just stay there. Social justice is not for them. Some start life on third base. Often social justice is not for them either. But between these extremes, between the overwhelmed and the complacent, life happens. That's where civilizations come from. That's where social compacts are formed and cultures take root. That's where every social advancement in history came from. *The Declaration of Independence*, one of this nation's most sacred texts, was a demand for justice. The human psyche is impelled by its very nature not to accept things as they are but to fiddle with them to make them better. Sometimes we make whopping mistakes. Correcting them is why they invented Unitarian Universalists.

- 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 PM
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.*

Welcoming and Membership Team

Introducing our New Name

By Claire Miller, Chair, Welcoming & Membership Team

To be consistent with the new governance structure and terminology at UUCM, the former "Membership Committee" will now be known as the "Welcoming and Membership Team."

Many of the day to day tasks previously done by this group will remain the same. However, some adjustments will evolve over the near future, to help us better reflect our new UUCM Mission Statement. Would you like to be part of this Team? And part of this evolution? There are several areas that could use your time and talents. In all cases, training and support is provided – as you ease into your new role.

1) Sunday Morning Welcoming Team

These team members are charged with creating a warm, inviting and inclusive environment for all before and after Sunday early and/or late services.

Requirements - A friendly nature, and ability to be comfortable talking to someone you don't know. Lots of flexibility in scheduling. This is an ideal starting place for getting involved in the work of UUCM.

2) Social Events: planning, organizing, hosting

Requirements – enjoy working as a team with one or two others to create events. Truly enjoy having fun with others and willing to try new things.

3) Supporting People on the Path to Membership

Requirements – must be a member of UUCM and involved in the life of the community yourself. Moderate level of computer literacy – or willing and able to learn – and your own computer. Good communication, record keeping, and team work with other Welcoming Team members.

4) Supporting Existing Members

Requirements - Be involved in the life of the congregation yourself. Willingness to get to know a wide range of people. Good communication skills, record keeping, and team work with other team members. Minor computer skills.

PATH TO MEMBERSHIP

You may become a Member of UUCM at any time during the year. Here are the steps that will take you along that path. If you are interested, or would like more information, please talk to Rev. Kevin or Claire Miller.

Whether you are a member or not, please know that wherever you are in your spiritual journey, you are welcome at all services, and most social events and activities.

- Attend one of the "Meet the Minister" events between the two services on first Sundays of the month
- Let the Membership committee know that you are interested. (Talk with Claire Miller, chair of Membership, or any of the ushers.)

- Talk with Rev. Kevin about the privileges and responsibilities of membership
- Plan to attend one of the "Small Group Dinners" with Rev. Kevin, someone from Membership Team, and a few other interested new people. These will be casual events – part social, part informational - to help you feel more at home at UUCM. Talk to Claire Miller for details.
- Plan to attend the next "Intro to UU" class on Saturday, November 10th from 9:00 AM until 2:00 PM. This workshop is a time to learn more, to get questions answered, and to experience time with others who are in a similar point in their spiritual journey. It will be a fun day together!

Fun for All – UUCM Social Events!

By Brenda Morgan

Here are a number of activities for anyone and everyone who is interested in getting to know other UUCMers better, and getting out and having some fun. All ages are welcome.

SALAD OR SOUP SUNDAYS - SECOND SUNDAYS

After the second service, we'll have a casual Salad (or Soup as the weather cools) Potluck Lunch where we'll eat and have conversations with other UUs and friends.

VALLEY MUSIC FALL CONCERT - NOVEMBER 3 AT 4 PM,

Reverend Kevin, Jordon Thomas Rose (and friends!), and maybe a surprise or two, will again be presenting an evening of refreshments, entertainment, sing-alongs, and fun. Don't miss it! Tickets on sale now and at the door.

THANKSGIVING DAY DINNER - 2:00 PM - NOVEMBER 22

Share the bounty of a wonderful pot luck meal, with turkey and all the trimmings. All are welcome. There will be a sign up sheet closer to the date.

CHRISTMAS DINNER – 2:00 PM ON TUESDAY, DECEMBER 25

Another potluck feast. All are welcome.

Hospitality Team

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 AM

This month's schedule for contributing snacks:

- November 4 - last names beginning with A to E
- November 11 - last names beginning with F to J
- November 18 - last names beginning with J to R
- November 25 - last names beginning with S to Z

If you plan to bring a snack, please contact Marilyn Young (MarilynY04@gmail.com).

YOU ARE INVITED TO CELEBRATE
THANKSGIVING
AT UUCM



Thursday, November 22, 2018
at 2:00 P.M.

*No out-of-town plans this year? No family nearby?
Too much work to prepare ALL that food?*

**Come to UUCM's THIRD Annual
Thanksgiving Potluck with Rev. Kevin Tarsa
and your UUCM family!**

(You are welcome to bring non-member guests.)

***Please sign up at the
Membership Table in the Foyer!***

Stewardship Committee

Stewardship's Cottage Meetings

By Keith Johnson and Maryann Currington

Our first cottage meetings have been well received by participants and hosts alike. The Stewardship committee wants invitees to feel comfortable, to freely express their feelings and opinions, and to have a pleasant time. So far, mission accomplished!

Participation in cottage meetings is an opportunity for all of us to examine generosity as a spiritual practice. According to Mark Ewert in *The Generosity Path*, generosity means freely giving more than is necessary or expected. There are many ways to give within our church, our local community, or country. Giving freely without guilt or coercion is an act of love. Generosity is not an unconscious reflex for most of us, but rather a deliberate practice that can be strengthened and deepened. It may develop out of appreciation, gratitude, or a realization of a need. Generosity is always very personal.

Why be generous? Mark Ewert identifies several life-changing benefits of generosity.

Generosity helps people:

- Connect with others and create community
- Support their identity as a mature or good person
- Find meaning and purpose in their lives
- Build solidarity and kinship across economic divisions
- Align values, beliefs, and loves with resources and actions
- Experience good feelings

Where are you on your generosity path? Let us hear from you at a cottage meeting. Listening to each other and sharing our ideas will be very rewarding. After all, stewardship means caring and attending to something bigger than ourselves. Together we can fulfill our mission by creating a world more compassionate, sustainable and just.

CARING TEAM

Anne Lyon, *chair*

Maryann Currington, Gwen Eymann, Penny Harlan, Maryann Hart, Robin Hart, Carol Hyndman, May Lawrence

Our meetings are at 4:00 PM 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

Wine Tasting: Saturday, November 10 Tickets on Sale Now!

By Cynthia Schuetz

One of UUCM's most favorite and fun benefits is coming up, so save the date: Saturday, November 10, beginning at 6:30 PM. Our very own Dave Luce, owner of the Alta Sierra Wine Store will curate several wines for us to taste. This year the wine tasting will be held at UUCM so there will be room for everyone who wants to come.

Dave selects several wines he knows will please even the most discerning wine drinker. Then he offers them and others at a reduced rate just in time for us to stock up for the holidays! There also will be a "small plate" appetizer pot luck and wine bags handmade by indigenous women in Africa.

This event will be fun, yummy and a wonderful way to support UUCM, which will benefit from the sale of tickets (\$20/person), wine and wine bags! There will even be a raffle!

Caring Team

Caring Team Update

By Anne Lyon, *Chair, Caring Committee*

As always, we continue to monitor the congregation for folks who might need a hand, a ride, a meal, or a listening ear. 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 know someone who could use a help and support, please let us know.

If you are drawn to support the well being of others through care and kind attention, please contact me. We meet the first Tuesday of every month at 4:00 PM at UUCM, and I'd be glad to speak with you about the possibilities. Contact: Anne Lyon, (619) 933-1618 or caring@uugrassvalley.org

Caring Team Offers Support to Pet Lovers Too

By Carol Hyndman, *Caring Committee Member*

The Caring Team would like to offer support to anyone wishing to do a memorial service for their companion animals. If you are interested in forming a support group for those whose animals have passed, or are seriously ill or aging, please contact Carol Hyndman at 477-0693 or email countrycattery@gmail.com

Social Justice News and Activities

Social Justice News

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

Please join us for our monthly Social Justice Nights on the fourth Thursday at 5:30 PM where we present a topic we are concerned about and share a meal of pizza. Watch for announcements in the eChalice for current information.

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



A few UUCM members who participated in the Interfaith Food Ministry (IFM) Hunger Run last month.

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. 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. All three of these organizations need

help feeding, cleaning, walking, and socializing with animals. Contact Carol Hyndman (530-477-0693).

HABITAT FOR HUMANITY

UUCM makes lunches for Habitat workers on the second Wednesday of each month at 11 AM 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

November Women's Circle & Potluck: MONDAY, NOVEMBER 12, 6:00 PM AT UUCM

ANNUAL PMS PARTY! (PIZZA, MOVIE & SUNDAES!)

UUCM Women's Circle is having their annual PMS Party this month – our little break before the hustle-bustle of the holidays. We'll be eating pizza, watching a DVD and having an ice cream sundae bar. We've chosen "Austenland" – a fun movie about a woman obsessed with Mr. Darcy – which was written, produced, and directed by women.

Please RSVP to the Women's group email list: womensgroup@uugrassvalley.org. There will be a collection to cover the cost of pizza and ice cream, and we ask that everyone bring a favorite ice cream topping to share. If you need non-dairy ice cream, please bring it as your contribution.

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 send an email to Carol Fulkerson at: admin@uugrassvalley.org and she will add you. Then you'll get monthly updates and reminders of our upcoming meetings.

Humanism Discussion Group

WEDNESDAY, NOVEMBER 7
FROM 10:30 AM TO 12 PM

By George Dunstan



The next meeting of the UUCM Humanist Discussion Group will be held on Wednesday, November 7th at 10:30 in the Channing Room at UUCM.

This will be the day after the midterm elections and we decided not to select a specific topic for discussion but to use the gathering as a time to share reflections of the election results, where we've been, and where we might be headed.

I hope to see you at the meeting.

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).

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.

UUCM Walking Group News

By Theresa Houtman

Now that the weather has cooled down, the UUCM walking group will be meeting at the Houtmans' (418 Chapel St, GV) on Tuesdays and Thursdays at 8:30 AM. We usually walk the perimeter of Condon Park, a gentle two miles. Afterwards we meet at Houtmans' house for coffee and conversation. Well-behaved, leashed dogs are welcome on the walk and at Houtmans'. We hope you will join us.

Singing Meditation

FIRST THURSDAYS, 7:00-8:30 PM

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 to 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 AM
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.

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

UUCM Family Ministry

UUCM's Family Ministry

By Lindsay Dunckel, Co-Chair, Family Ministry

Members of the Family Ministry Team were excited to gather with regional colleagues in Sacramento in late September to talk about what the future of Religious Education can look like. The following day, the keynote speaker from that event, Kim Sweeney, spoke at our two services at UUCM, followed by a discussion over lunch in which dozens of members and friends joined us. The Family Ministry Team is planning ways to build on these conversations: we hope you will join us in imagining how we can best meet the needs of families in our community in the future!

Interested in exploring more on that topic? Kim's paper can be found here: https://www.uua.org/sites/live-new.uua.org/files/the_death_of_sunday_school_and_the_future_of_faith_formation_ksweeney_june2017.pdf

Resources for Exploring Our November Theme: Memory

Our friends at Soul Matters shared these resources that can support parents as you try to live out and engage our theme of Memory with your children. In this sense, our question for this section is: "What does it mean to be a parent of Memory" or "What does it mean to be a family of Memory?"

SANKOFA - STORIES WE NEED TO REMEMBER

Sankofa is a word in the Twi language of Ghana that translates to 'Go back and get it' (san - to return; ko - to go; fa - to fetch, to seek and take) and also refers to the Asante Adinkra symbol represented either with a stylized heart shape or by a bird with its head turned backwards while its feet face forward carrying a precious egg in its mouth. *Sankofa* is often associated with the proverb, "Se wo were fi na wosankofa a yenkyi," which translates as: "It is not wrong to go back for that which you have forgotten."

https://en.wikipedia.org/wiki/Sankofa#cite_note-1

Celebrate the Ghanaian culture from which we find the

Adinkra symbol of *Sankofa* meaning 'Go back and get it.' Let the music and drums move you into your own memories.

Sona Jobarteh - Jarabi

<https://www.youtube.com/watch?v=oToZfPGMMBY&list=RDO LARBLFLtVE&index=27>

The drummer is from Ghana and the guitarist is from Nigeria. Sona is from Gambia.



Top: Marilyn, René and Lindsay at the Religious Education gathering at UUSS in late September.

Below: Kim Sweeney leads a discussion the following day about the future of RE at UUCM



Mamady Keita - Kuku

<https://www.youtube.com/watch?v=Qsq5PHoik-s&index=32&list=RDOLARBLFLtVE>

STORIES AND BOOKS

BELONGING –

FANNIE BARRIER WILLIAMS

In Tapestry of Faith, Faithful Journeys, Session 4: Be Fair

<https://www.uua.org/re/tapestry/children/journeys/session4/132836.shtml>

"... Fannie went to Washington DC to study painting. She had to hide behind a screen so no one could see her. "If the other students know you're here," the teacher told Fannie, "they'll want you to leave." Over and over again, all through her life, Fannie was

told she wasn't wanted and couldn't belong, just because she had dark skin..." - from the story

MILO'S MUSEUM

by Zetta Elliott (Author), Purple Wong (Illustrator)

https://www.amazon.com/Milos-Museum-Zetta-Elliott/dp/1537580965/ref=sr_1_1?s=books&ie=UTF8&qid=1534085000&sr=1-1&keywords=milo%27s+museum

"Milo is excited about her class trip to the museum. The docent leads them on a tour and afterward Milo has time to look around on her own. But something doesn't feel right, and Milo gradually realizes that the people from her community are missing from the museum. When her aunt urges her to find a solution, Milo takes matters into her own hands and opens her own museum!" - Amazon

REMEMBERING THE SHOULDERS WE STAND ON

The Francis David (pronounced Dah-veed) Story - the beginning of liberal religion

UUCM Family Ministry

This year (2018) marks the 450th celebration of the Edict of Torda, the beginning of our liberal religion, and this month marks the anniversary of the death of David in prison on November 15, 1579.

From the UU Partnership Church Council
<https://www.uupcc.org/resources-partners/religious-education-resources>

Look under "RE Transylvania" for the story.

VIDEOS

2016 TRANSYLVANIA TOUR - TREE OF LIFE UNITARIAN UNIVERSALIST CONGREGATION ADULT CHOIR

<https://www.youtube.com/watch?v=99Vz-WWPYww>

Watch minute 9:00 - 17:47 for footage of Unitarian Churches in Transylvania.

MOVIES FOR FAMILIES ABOUT MEMORY

THE PEANUTS MOVIE

<https://www.common sense media.org/movie-reviews/the-peanuts-movie>

"Nobody says what time period the movie takes place in, but the characters use rotary phones (and don't have devices/screens everywhere). Did you notice the lack of technology in the kids' lives? How does that compare to what you're used to? Do you think one way is better than the other?" - Common Sense Media

KUBO AND THE TWO STRINGS (PG)

<https://www.common sense media.org/movie-reviews/kubo-and-the-two-strings>

"...has more darkness and edge than many average kids' movies and is best suited for tweens and older, rather than the preschool and early-elementary set. It has scary characters and epic battles that can be quite intense and that lead to character injuries, an entire village burning (though the villagers survive), and even deaths. ...Despite the peril, this epic adventure set in an alternative fantasy Japan has strong themes of courage and teamwork. And at heart, it's a mother-and-son love story, as well as the tale of a young artist learning how to be a hero." - Common Sense Media, as suggested by Lynn Lynn, Topeka, KS

INSIDE OUT - FAMILY MOVIE

<https://www.youtube.com/watch?v=pecha-7QOV0>

COCO - FAMILY MOVIE

https://www.rottentomatoes.com/m/coco_2017/

"Coco's rich visual pleasures are matched by a thoughtful narrative that takes a family-friendly -- and deeply affecting -- approach to questions of culture, family, memory, life, and death..." Engages Day of the Dead - Oct.31 - Nov. 2



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/>



6th to 12th Graders are invited to the Monthly UUCM YOUTH BRUNCH BUNCH



WHEN: SPECIAL DAY THIS MONTH!: Sunday, November 4th

WHERE: Meet in the UUCM Entry at 10:25 AM

WHAT: Walk to Summer Thymes 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 Mystery, Trust, Beauty & More



...and have FUN!

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

Adult Religious Exploration

...Cultivating our spiritual, emotional and intellectual strength to create a world more compassionate, sustainable and just.



Get Ready for November's Exciting Adult RE Opportunities

By Karyn Packard, Adult RE Team Member

October's RE programs have allowed us to reflect on many important topics: aging, mental health, preparing our durable power of attorney for healthcare, our democracy, with the beginning of our study of the book *American Immanence*, and the first session of Gail Johnson-Vaughan's "From Troubling to Terrific." We are a fortunate congregation to have so many broadening experiences available to us and to our community with such talented presenters. Thanks to Cynthia Schuetz and her RE Team for many jobs, well done. Now we present your November opportunities. Make sure to sign up early; space is limited. Read your descriptions carefully, as some require pre-work. You can make your reservation with the presenter directly or at adultRE@uugrassvalley.org.

BOOK STUDY GROUP WITH REV. KEVIN TARSA TUESDAYS, NOVEMBER 6 & 20, 3-4:30 PM EMERSON ROOM

Rev. Kevin will continue his seven-session book study (over three months) on *American Immanence, Democracy for an Uncertain World* (referenced by Kevin in his July 1 sermon). The group will meet with the author, Professor Michael S. Hogue, online at the beginning and end of the series.

Contact Rev. Kevin if you are interested:
minister@uugrassvalley.org or 530-274-1661

FROM TROUBLING TO TERRIFIC (SESSIONS 2 TO 4) WEDNESDAYS, NOVEMBER 7, 14 & 28, 3-4:30 PM EMERSON ROOM

Gail Johnson-Vaughan will facilitate the remaining three classes on "From Troubling to Terrific" – open only to those who also attended session one on October 31. Make your reservations right away. There are a few spots left for the full series if you register in time for the first session by contacting Gail at gail@GJV4kids.com. To help you get the most out of the tools she will share, Gail will provide you with pre-work for session one when you contact her to register. Gail says "This four-session series will provide you with tools you can use to eliminate common pitfalls and problems we encounter in crucial conversations. You'll learn your style under stress, how

to create safety, steer a crucial conversation out of the danger zone and navigate tricky topics successfully."

Please contact Gail with questions and/or to register for the four-session series. Don't miss this important opportunity.
gail@GJV4kids.com; H: 530-477-9501 or C: 530-277-6571.

AGING WORKSHOP: MEMORY

"FIVE SECRETS TO DISCOVER BEFORE YOU DIE"

SATURDAY, NOVEMBER 10, ALCOTT ROOM, 1-3:00 PM

Cynthia Schuetz, Anita Wald-Tuttle, Marilyn Young, and Elizabeth Fries will facilitate. This is the second of eight seminars, presented on the second Saturday of each month (except December), with topics tied to the Soul Matters theme for each month. This month's theme is "Memory." Join these insightful women in a meaningfully-led discussion. Let Anita (530-277-6195) or Marilyn (916-203-5962) know if you're coming...or just show up! You can also RSVP to the adult RE email address: adultRE@uugrassvalley.org.

SECOND SUNDAY SPIRITUAL PRACTICES SAMPLER SUNDAY, NOVEMBER 11, 1:30-2:30 PM HEART FLUENCY WITH BRUCE PARDOE

After soup or salad lunches on the second Sunday of each month we'll invite an hour of shared spiritual practice from 1:30-2:30. Over time we'll sample practices that focus our attention and intention, that call us to be present and undivided. Practices like meditation, drumming, altered-book poetry, dancing, Lectio Divina, body prayers, mandala making, heart fluency, listening to music, labyrinth walking, a prayer bead practice... If you have a spiritual practice that has served you well and that you are willing to share with others, please let Rev. Kevin know.

We'll begin on November 11 with Bruce Pardoe and **Heart Fluency**, the gentle process he developed for tapping into the wisdom and clarity of one's own heart. It is a guided, introspective practice of mindfulness. (I found it to be a profound and helpful experience when Bruce led me through the practice. - Rev. Kevin)

If you want to know more about Heart Fluency before the session, you may contact Bruce at [530-277-3470](tel:530-277-3470).

Adult RE is off to a roaring start! If you have questions, please send them by email to our new adult RE address:
AdultRE@uugrassvalley.org.

November Soul Matters Reflections

(FOOD FOR THOUGHT AND REFLECTION FROM THE SOUL MATTERS ORGANIZATION)

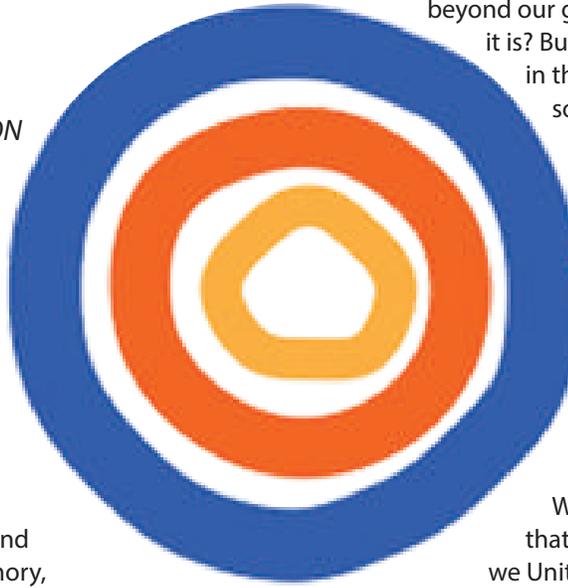
What does it mean to be a people of... MEMORY?

We start this month with the words of a Soul Matters participant who wants to remain anonymous:

"So I was out for a walk this afternoon and got to thinking a little more about memory, and about the various ways in which we are called back to some previous event or feeling, especially through scent (A certain combination of rotting orange peels and other vegetation takes me right back to the market in Dar es Salaam, and sun on pine needles takes me back to our summer hideouts in the woods.) or music, which is so much easier to remember than prose. I think especially of the song, "In the Still of the Night," which I can sing verbatim, because when I was in junior high, we used to take class field trips from White Plains to NYC and sing it all the way there.

It's all got me thinking about what is it that takes you back, and where it takes you – and, most importantly, how this remembering feels holy? "In the Still of the Night" wasn't holy, exactly, but it represented community, a whole busload of kids singing together, getting beyond the teenage cliques and the need to be popular or cool. There are other memories that take me directly to the holy – dark vaulted rafters, from a church in Philadelphia where I went for a youth conference. Sitting in the Sunday morning service, I had my first real experience of the presence of God in those rafters – as a total agnostic, if not atheist at that point in my life. Or standing on a mountain trail in the sunlight, totally alone, feeling the immensity and the holiness of the moment, the glory of the mountains and the vastness of the sky. All of them are memories that have enormous power in my life still."

Our friend asks, "What is it that takes you back, and where does it take you?" These may be our most important questions this month. "What takes you back?" invites us to see memory as having its own volition. Not a skill we manipulate, but a sacred energy that "wants" something from us, or "hopes" something for us. And "Where does it take you?" Well, that's a big question too. The space of memory is elusive. Mysterious. Seemingly



beyond our grasp. Who can really say "where" it is? But here's what we do know: it is in the space of memory that we are somehow held together, and also re-assembled. As we remember, we are re-membered. In that space, memories become these self-animated threads that weave the pieces and parts of us into this more complete thing we call "me" and "you."

It's so humbling, and remarkable!

Which makes it all the more sad that throughout much of our history, we Unitarian Universalists have not been overly nice to memory. We've given it the label,

"tradition," and treated it mostly as something that holds us back. Tradition, we say, cuts us off from a direct experience with the holy and tries to shape us rather than allowing us the freedom to shape ourselves. This attitude has left us, as a faith, wary of the past, depicting it simply as a place where one gets stuck.

But this is changing, and our Soul Matters friend captures this change perfectly. For her the past is not a place that traps us; it's more like soil that clings tightly to our roots in order to nourish and stabilize us. If memory had a voice, it wouldn't sing "remember me." It would call out, "don't forget who you are."

And so, friends, this month, may that be our charge: To allow memory to flow through us in order that it may patch us back together and keep us whole.

Happy re-membering, re-assembling and re-collecting!

Soul Matters Themes for 2018-19:

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

November 2018 Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
NOVEMBER 2018			
1	Thursday	8:30 AM 3:30 PM 7:00 PM	Men's Group at Summer Thyme's Worship Committee Retreat Singing Meditation Circle
3	Saturday	4:00 PM	Music in the Valley Concert at UUCM
4	Sunday	First Sunday - Bring Food for People & Pets 9:30 AM 10:25 AM 10:40 AM 10:45 AM 10:50 AM 11:30 AM	Full Community Sunday Service Brunch Bunch for Youth Social Time Meet the Minister Drop-in Support Circle Full Community Sunday Service
5	Monday	6:30 PM	Soul Matters Exploratorium
6	Tuesday	8:30 AM 9:00 AM 9:30 AM 2:00 PM 4:00 PM 4:00 PM 6:00 PM	Walking Group (Meet at Houtmans') Morning Meditation Membership Committee Meeting <i>American Immanence</i> Study Group Caring Committee Meeting Youth Music (Advanced) Mindfulness Recovery
7	Wednesday	8:30 AM 10:30 AM 3:00 PM 4:30 PM 5:30 PM 6:30 PM	Men's Group Humanism Discussion Group From Troubling to Terrific Youth Music (Beginners) Vegan Potluck Choir
8	Thursday	8:30 AM 8:30 AM 10:30 AM 5:30 PM	Men's Group at Summer Thyme's Bkry Walking Group (Meet at Houtmans') Writers' Group Social Justice Night
9	Friday	5:30 PM	Family Memory Potluck
10	Saturday	9:00 AM 1:00 PM 5:00 PM	Intro to UU Class Adult RE Workshop 'Five Secrets' Wine Tasting Event
11	Sunday	9:30 AM 9:30 AM 10:30 AM 10:40 AM 10:50 AM 11:30 AM 12:30 PM 1:30 PM	Sunday Service Classes for Children Youth Group Podcast - Radio UUCM Social Time Drop-in Support Circle Sunday Service Second Sunday Soup Lunch Spiritual Practices Sampler
12	Monday	6:00 PM	Women's Circle Potluck
13	Tuesday	8:30 AM 9:00 AM 4:00 PM 4:00 PM 4:00 PM 6:00 PM	Walking Group (Meet at Houtmans') Morning Meditation Youth Music (Advanced) Stewardship Committee Meeting Challenging White Privilege Mindfulness Recovery

DATE	DAY	TIME	EVENT DESCRIPTION
14	Wednesday	8:30 AM 11:00 AM 4:30 PM 4:30 PM 6:30 PM	Men's Group Habitat for Humanity Lunch Prep Youth Music (Beginners) Finance Committee Meeting Choir
15	Thursday	8:30 AM 8:30 AM 5:15 PM 7:00 PM	Men's Group at Summer Thyme's Bkry Walking Group (Meet at Houtmans') Board of Trustees Meeting Climate Change Coalition
16	Friday	4:00 PM	Dinner Prep at Utah's Place
17	Saturday	8:00 AM	Building and Grounds Work Party
18	Sunday	9:30 AM 9:30 AM 10:30 AM 10:40 AM 10:50 AM 11:30 AM	Sunday Service Classes for Children Classes for Youth Social Time Drop-in Support Circle Sunday Service
20	Tuesday	8:00 AM 8:30 AM 9:00 AM 2:00 PM 4:00 PM 6:00 PM	Mountain Chalice Articles Due Walking Group (Meet at Houtmans') Morning Meditation <i>American Immanence</i> Study Group Youth Music (Advanced) Mindfulness Recovery
21	Wednesday	8:30 AM 4:30 PM 5:30 PM 6:30 PM	Men's Group Youth Music (Beginners) Social Justice Committee Meeting Choir
22	Thursday	2:00 PM	Thanksgiving Potluck
25	Sunday	9:30 AM 9:30 AM 10:30 AM 10:40 AM 10:50 AM 11:30 AM	Sunday Service Classes for Children Classes for Youth Social Time Drop-in Support Circle Sunday Service
27	Tuesday	8:30 AM 9:00 AM 4:00 PM 4:00 PM 7:00 PM	Walking Group (Meet at Houtmans') Morning Meditation Youth Music (Advanced) Challenging White Privilege PFLAG Transgender Program followed by a vigil of remembrance
28	Wednesday	8:30 AM 3:00 PM 4:30 PM	Men's Group From Troubling to Terrific Youth Music (Beginners)
29	Thursday	8:30 AM 8:30 AM	Men's Group at Summer Thyme's Bkry Walking Group (Meet at Houtmans')
30	Friday	4:00 PM	Dinner Prep at Utah's Place

