

# Unitarian Universalist Community of the Mountains

November 22, 2013

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THE  
*Mountain*  
CHALICE

## Greetings,

Welcome to your new semi-monthly Mountain Chalice Newsletter from the Unitarian Universalist Community of the Mountains (UUCM). We hope you enjoy the contents and find it informative. Feel free to share the newsletter with friends or family by clicking on the link at the bottom of the page.

Please share any feedback with [editor@uugrassvalley.org](mailto:editor@uugrassvalley.org). The colors are seasonally chosen and the fonts are easy to read.

Your articles, stories and photos make this newsletter great. Please send your content by the deadline listed at the bottom of the page.

- Enjoy!



## President's Perspective

by Janet Dunstan



In my last newsletter article, I wrote of the changes and challenges that I have been blessed (?) to be given. During the last couple of weeks I have been hearing from others in our Community who are also struggling with adjusting to our ever changing church.....young, old, and in-between. Who are all these new faces we see but don't

know? Where are the name badges this morning? Who set off the building alarm this week? Who will be our minister...or what happens if we don't get one? What changes will the new minister bring? What if I don't like him/her? S/he won't know me like Rev Meghan does...will I become invisible...only a face among the ever growing number of faces? If Rev Meghan leaves, will my RE teacher leave too? Will the minister take away our new RE classroom we love? Will the new minister hug us as Rev Meghan does? The questions go on.

As President I would love to give you answers to all your questions to allay your fears and concerns. I know Rev. Meghan is also sensitive to the reactions of the Community even as she struggles with her own sense of loss of the people she has grown to love and her apprehension over the unknown future with its new faces, its new surroundings and its unknown challenges.

## Upcoming Services

### We Give Our Thanks November 24th

There are many people who through their selfless dedication make the world a better place. Today we will have a chance to honor and thank some of our own members and explore the life affirming qualities of gratitude.

**Rev. Meghan Cefalu**  
**Worship Associate: Lindsay Dunckel**

## Finding Stillness

## ***December 1st***

The holiday season has begun. The busyness is invading our lives. In this annual mediation service we will slow our pace with provocative words, the ethereal music of Olivia Ross' harp and the wisdom of your own inner voice during gentle times of shared silence.

**Worship Associate: Gail Johnson Vaughan**

## ***Santa Calls December 8th***

Today we will tell, and enact, a rich and powerful holiday story. Join us for this meaningful worship service for the whole family. There will be no religious education classes today though nursery care for the little ones is available.

**Rev. Meghan Cefalu**  
**Worship Associate: Lindsay Dunckel**

## ***Carry the Flame... December 15th***

In this intergenerational worship service we will have the opportunity both to celebrate Rev. Meghan's ministry with us as well as to say goodbye to her. She will preach her parting words to the community and together in ritual we will mark the end of our time together. Following the worship service today is a Farewell Party for Rev. Meghan!

**Rev. Meghan Cefalu**  
**Worship Associate: Sophia McKean**

## ***Christmas/Solstice December 22nd***

In today's service we'll both celebrate and explore some familiar Christmas traditions, looking more deeply at their

One thing I can assure you of...we have found 2 wonderful caring ministers who want to come here as much as we want them. We may very well have announced who they are before this newsletter is distributed.

Although this decision process may be complete, the changes and questions will continue. The Board knows what effect changes have on a group when saying good-bye to a member and integrating someone new. Things shift. We start again with Forming, Storming, Norming, and Performing.

How will the Community deal with uncertainty and shifting as we again work toward the stage of "performing"? The answer is connection. At our November Board meeting, we acknowledged that we were feeling isolated and out of touch with the people we serve. We knew that being connected will help us as we move forward in facing the decisions and challenges ahead. Knowing and understanding each other binds us together.

This Sunday (the 24th) we will have the opportunity for connection at our (first?) Town Talk. After service, coffee/tea in hand, the Board and the Committee on Ministry will be in the Channing Room to listen you. How are you feeling? What are you most concerned about? What do you think is working well that we want to build on? What do you see that does not work and needs attention?

If you have questions, we will offer what we know. Other answers may be more complex and take some time and thought. And still others may only be answerable as time goes by.

Will there be another Town Talk for those who cannot make it to this one? Should we do this on a regular basis? Monthly? Quarterly? The Community will decide this at the end our time together on the 24th. Connection will get us through these times of change and growth. Being there for each other with ears and hearts open will make us stronger as individuals and as a Community.

## ***Welcome New Members***

UUCM welcomed eight new members on Sunday, November 3rd. The ceremony was presided over by Shannon Dooley-Miller and Theresa Houtman, members of the Membership Committee. If you haven't already, stop and say hello to this wonderful group of energetic free thinkers.

historical roots. Special music will be provided by the choir and others. We'll also be introducing the new minister who will begin working with the congregation in January.

**Rev. Meghan Cefalu**

**Worship Associate: Bev Lyon**

## **Christmas Eve** **December 24th** **5:00 PM**

Join your church community this Christmas Eve and enjoy a service filled with music and stories, carols and candlelight. Rev. Meghan's last time leading worship with the congregation.

**Rev. Meghan Cefalu**

**Worship Associate: Lindsay Dunckel**

## **Cider Sunday** **December 29th**

An annual congregational tradition of looking back and looking forward into the new year. Come and sip hot cider and share and listen from your heart with one another.

**Anita Wald-Tuttle**



The holidays are here and once again Caring Committee is doing the Giving Tree Project.

This year we have again adopted families from Women of Worth's Ho Ho Ho Christmas project. Sunday, November 24th, the tree will be decorated with gift tags for needy families with their Christmas wishes.

**Please sign up and adopt a tag to purchase a gift and make**



From left: David Briggs, Paul Barbieri, Barbara Lowell, David Macleod, Kathy Macleod, Rev. Meghan, Roberta Bloom, Jean McFadden, and Beryl Beckwith.

### **David Briggs**

David had thought that he could never be part of a religious community because he didn't believe in a god. But after attending a film series held at UUCM, he learned about UU's humanist tradition and history of social action, and realized that this indeed was a community in which he would be welcome.

### **Paul Barbieri**

A 4th generation Northern California native, Paul has lived in Grass Valley for eight years. Paul holds a communication degree from the University of the Pacific, but his deep family roots in the building industry led him to become a general contractor specializing in residential remodeling, construction and restoration. A life-long music fan, Paul is a volunteer broadcaster at KVMR and a crew member at the Strawberry Music Festival. When not spending time with his family or working on his never-ending home remodel, Paul dreams about hiking, mountain biking and fly fishing.

### **Barbara Lowell**

A 5th generation native of rural Minnesota and graduate of the University of Minnesota, Barbara moved to Grass Valley eight years ago. As a long-time music lover and volunteer broadcaster at our community radio station, KVMR, she hosts an early morning radio show alternate Fridays from 4-7am... a nice time for early risers, insomniacs and east coasters.

### **David Macleod**

David was born in New York State, raised in Oregon. He spent 26 years in the Air Force and 15 in industry. David has had 15 homes in 9 states and two countries. Kathy and he have been married for 51 years, with two children and four grandchildren. He wonders: can a professional military officer find solace in Unitarian Universalism?



someone's holiday brighter.



### Kathy Maccloud

Kathy came from a Congregational Church background in Illinois. While going to college in Colorado, she met Dave on a blind date. They have 2 daughters and had many homes around the country while Dave was in the Air Force. While horses have been among Kathy's best spiritual teachers, she loves the spirituality, community and acceptance of UUCM which is beginning to feel like a big wonderful family.

### Roberta Bloom

Roberta was born in the Heart of Manhattan into a loving liberal Jewish family. Artist, Poet, truth-seeker, she learned you could feed more people per acre raising vegetables instead of cattle. She has become a skilled vegetarian cook, studied Eastern Philosophy, alternative medicine, hitch-hiked across Canada to California, homeschooled 2 sons, developed a "Healing Massage" practice and teaches workshops. UUCM resonates with her Spiritual Journey and love of Community.

### Jean McFadden

Jean came here to retire closer to my Reno and Grass Valley families. As a fifty year UU, born again in the Berkeley and Palo Alto churches, she has been blessed with friendships, challenges, spiritual growth, and lots of fun with many wonderful people to oppose war and challenge oppression.

### Beryl Maclean Beckwith

Beryl (who pronounces her name like "girl") moved to Nevada County in March of this year to start a new life. Her daughter, Robyn, is 28 and finishing her doctorate at UC Berkeley in the spring. Although she lived aboard a sailboat for 18 years, she is a 3rd generation native Northern Californian and a mountain girl at heart. She fell in love with the natural beauty of this area. Beryl just finished a full remodel on her home in Alta Sierra acting as her own General Contractor and will be starting a new job in Grass Valley this month. She has discovered she has always been a UU at heart and has found UUCM to be a spiritual community that is open, accepting, giving and progressive.

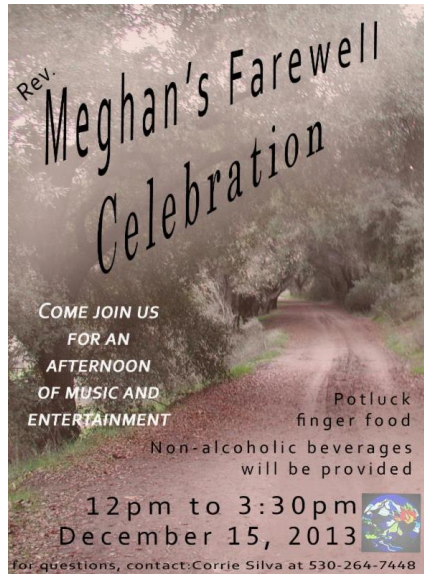
## Pass the Plate

By Carol Hyndman

### Congratulations to all!

Thank you to those who replied with suggestions for Pass the Plate recipients.

Social Action will still take your suggestions through the end of Nov. You can email Carol Hyndman at [countrycattery@gmail.com](mailto:countrycattery@gmail.com) or call 477-0693 with your ideas. Recipients must be non-profit, have values



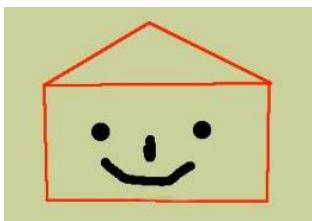
As you probably have heard by now, there is a **Farewell Celebration for Rev. Meghan** immediately following Sunday Service on December 15th.

There will be a potluck lunch and entertainment to follow.

Please bring a finger friendly dish to share (we will be eating without tables or utensils). A Celebration Cake will be provided, so dessert items will not be necessary. If you have any questions please call me after November 25th.

Looking forward to sharing this Special Farewell Event with you all.

Gwen Eymann  
274-7965



**It's official -  
the building is very happy.**

You demonstrated your support and commitment to the community by responding to the need to do much needed work on the building.

**We have raised \$9,900 - almost reaching our goal of \$10,000.**

Work has already begun on the flooring. If you are still planning to give it's not too late - then we will really meet the goal.

Bob Miller  
For the Happy Building Appeal.

## **OPERATION TURKEY!!!**



Your \$20 donation to INTERFAITH FOOD MINISTRY will provide a turkey or large chicken (depending on family size) plus all fixin's for a holiday dinner, to needy families in Western Nevada County registered for assistance this



Friends \$283.00, Nov was a special donation for the building fund and wasn't a Pass the Plate.

consistent with UU values, and demonstrate a need.

Social Action thought you might like to see some of our past recipients and how much we have given them. These are the recipients from Jan 2013 through Oct 2013. We had 2 plates in Oct as we missed Aug. Jan Hospitality House \$740.00, Feb. Helping Hands \$397.00, Mar. UUSC \$243.00, Apr. Apple \$330.00, May DVSAC \$565.00, June Piell \$404.00, July IFM \$344.00, Aug \$0, Sept. NAMI \$431.00, Oct. Sammies

## **Thank You To Our Facilities Teams!**



By Rob Ferroggiaro  
Vice-President, Board of Trustees

With Anita's move last spring, we were faced with the daunting prospect of covering all the tasks she had been handling so capably over recent years. At that time we asked for volunteers to

form an Interim Facilities Team to help cover some of those tasks that required daily attention at the church. A sub-committee of the Board of Trustees contacted a list of people (most live near our building) to see if they could help out. Every single person agreed to be part of this team!

Every day since May, someone from this team has been assigned to go to the church building to do a security walk-through, pick up and distribute mail, and handle messages left on the church phone. With the new alarm and lock up procedure, the installation of the new mail slot, and now Marion's arrival as office administrator, the work of this team is finished.

On behalf of the Board of Trustees and our Community, a huge **THANK YOU** goes to all those on the team for being willing to step forward and help out at a critical time. The members are:

Bonnie Bennett  
David Briggs  
Janet Bullock  
Ron Drake  
David Ferrier  
Maryann Hart  
Wally Holtan  
Joel Houtman  
Jerry Jacoby  
Keith Johnson  
Carol Kuczora  
Sandy Lauher  
Robert Ludgate  
Clarita Nolan

year, **FOR BOTH  
THANKSGIVING AND  
CHRISTMAS.**

Please make your checks payable to "Operation Turkey" and mail to: Interfaith Food Ministry, P. O. Box 1174, Grass Valley, CA 95945, or place in the collection basket at UUCM any Sunday.

Personal note from Pat, your representative to the Board of Directors at IFM: On November 18, I supervised distribution of food at IFM, AND we provided supplemental groceries to 175 families! This happens three times every week!

Corrie Silva  
Matt Wilson-Daley

Also a **THANK YOU** to my teammates on the Building Access Team which had responsibility for working out all the building access issues including the purchase, installation, and training for the new alarm system. They are:

Bonnie Bennett  
John Burnside  
Ron Drake  
Janet Dunstan  
Wally Holtan  
Joel Houtman  
Amy Renee

## Upcoming Events

### **Saturday, November 23rd**

5:00pm - Fall Frolic Event

### **Sunday, November 24th**

11:00am - Sunday Service

12:30pm - UUCM Town Talk

### **Tuesday, November 26th**

9:00am - Morning Meditation

10:00am - Henry D Chalice Circle

6:00pm - PFLAG Meeting

7:00pm - Worship Committee Meeting

### **Wednesday, Nov 27th**

8:30am - Men's Get Together

4:30pm - Finance Committee

### **Thursday, Nov 28th**

Happy Thanksgiving!

### **Sunday, Dec 1st**

11:00am - Sunday Service

12:30pm - Christmas Decorating in the Sanctuary

### **Monday, Dec 2nd**

4:30pm - Stewardship Committee

5:30pm - Choir - Small Group

6:00pm - Choir Practice

### **Tuesday, Dec 3rd**

### **Mountain Chalice Deadline**

9:00am - Morning Meditation

10:00am - Susan B Chalice

## *Women's Circle Christmas Party*



It's Christmas time again  
A wonderful time of the year.

A wreath on the front door  
Lights hung for all to see  
Warm cider by the fire.

Sounds like the Women's Circle  
Christmas Party at May Lawrence's.

We will be having a potluck, sit-down meal. Let May know what yummy food you plan to bring. Space is limited so please RSVP promptly.

When May receives the names of those attending, she will then let each of us know the lucky person whose name was drawn for you. Then on that special night old Kris Kringle will have the perfect gift for you. Gifts may be something you already have that you know is right for the person whose name you get or it could be something handmade or edible.

**IMPORTANT: RSVP by December 1 to May at 478-9438**

Date: December 10

Time: 5:30pm

Place: the Lawrences 16986 Blue Sky Circle Nevada City

## *UU Animal Ministry Recipe*



By Carol Hyndman

This is a simple side dish and colorful for holiday meals

Green beans and radishes in orange juice. The cooked radishes have a mild rutabaga or turnip flavor that goes well with the sweetness of green beans and orange juice.



Circle

5:30pm - Women's Group  
(off site)

**Wednesday, Dec 4th**

8:30am - Men's Get Together

10:30am - Humanist

Discussion Group

7:00pm - Drumming Circle

**Thursday, Dec 5th**

8:30am - What's Up Coffee

**Friday, Dec 6th**

5:00pm - Peace Center Party

**Click here  
for details and  
more events**

## **UUCM Contact Information**

**Mountain Chalice Editor**  
editor@uugrassvalley.org

**UUCM Board of Trustees**  
President - Janet Dunstan  
president@uugrassvalley.org  
Vice President - Rob Ferrogiaro  
Treasurer - Joel Houtman  
Secretary - Amy Renee  
At Large - Brett Torgimson,  
Sophia McKean, Scottie Hart,  
TBD

**LRE Director**  
Paige Anderson-Torgimson  
dre@uugrassvalley.org

**Director of Music Ministry**  
Annie Haymaker

**Committee Chairs**  
Religious Education - Jo Waters  
Membership - Shannon and Andy  
Dooley-Miller  
Social Action - Carol Hyndman,  
Carol Kuczora  
Worship - TBD  
Building and Grounds - Wally  
Holtan  
Finance - Joel Houtman  
Communications - Brett  
Torgimson

4 large shallots peeled  
2 Tbsp olive oil  
3 cups radishes halved  
1 lb green beans, trimmed and halved, about 4 cups  
1/4 c orange juice

Leave root ends of shallots intact and thinly slice lengthwise. Heat oil in skillet over med high heat. Add shallots and radishes, sauté 5 min or until shallots begin to brown. Add green beans and sauté 3 min more. Add orange juice, season with salt and pepper if desired. Cover, reduce heat to med and simmer until green beans are tender.

**Remember there will be no Vegan potluck in Nov as it falls on Thanksgiving day.**

*No one in the world needs a mink coat but a mink ~ Unknown*

## **What Happened...**



And we've been a bit busy welcoming eight new members to UUCM, rearranging the entryway, creating a new holder for our name tags, reorganizing our tracking system for visitors, and planning a fabulous Fall

Frolic for our whole congregational family BUT We DID hear you asking, **"What happened to Circle Suppers?"**

So we're now ready to restart those fabulous opportunities to get better acquainted with six to eight fellow UUs grouped around a dinner table, feasting on delicious food. All we need are six to eight hosts/hostesses to step up and say "Come to my place!"

For starters we have two volunteers, so we need four to six more. You can design as simple or elaborate a meal as you wish. Usually the host/hostess provides the main dish and the guests come forward with the rest of the dinner, but all variations are possible. We'd like to have our hosts/hostesses lined up in December so we can start recruiting the guests for the January Circle Suppers.

Got questions? We have the answers - just contact any of us for more details. Happy eating and conversation is just ahead!

### **Membership Committee**

Shannon and Andy Dooley-Miller  
Allan Duncan  
Theresa Houtman  
Claire Miller  
Anita Wald-Tuttle  
Kathryn Young

## **OPPORTUNITIES TO SERVE**

Caring - Robin Hart  
 Stewardship - Wally Holtan  
 Green Sanctuary - Carol Kuczora  
 Ministry - Suzanne Ferroggiaro  
 Endowment Fund - Christy Barden

Office Administrator - Marion Peterson  
[admin@uugrassvalley.org](mailto:admin@uugrassvalley.org)  
 Office phone: (530)274-1675

**Minister**  
**Rev. Meghan Cefalu**  
[minister@uugrassvalley.org](mailto:minister@uugrassvalley.org)  
 Hours: Tues-Wed-Thurs,  
 11 am - 6 pm  
 please call ahead for an  
 office appointment  
 530-274-1661



Committees not your thing? Try one of these:

**An Art Work Coordinator** is needed to manage our rotating art displays in the reception area. All you creative types, art lovers, and talented people have a chance to have fun and provide a wonderful service to us all. Please contact Janet Dunstan if you are interested. ([gvjanet@gmail.com](mailto:gvjanet@gmail.com) or 477-7635)

**Greeters** are needed on Sunday mornings. If you love smiling and saying good morning to our worship attendees, please consider being a Greeter once in a while. You get to say hello to everyone who comes, and it's an opportunity to get to know people that are new to you....and maybe you will be new to them. Please contact Shannon Dooley-Miller, Chair of the Membership Committee. ([sdooley-miller@gotsky.com](mailto:sdooley-miller@gotsky.com) or 346-6995)

**Bakers and Kitchen Magicians** are always needed. Here is a chance to practice your culinary arts (or a quick stop at the store). Sunday morning 'Coffee-Cookies-Conversation' or 'Tea and Treats' is a perfect place to bring a delectable delight once in a while. In the UU tradition, 'all are treats welcome' from vegetable delights to wickedly rich chocolates, vegan, or omnivore hors d'oeuvres. Please contact Donna Fodrell to sign up for a Sunday convenient for your schedule. (274-2309)

**Happy Hands/Loving Hearts** are needed for a few Holiday activities:



**Artists and Crafters** are needed to create holiday ornaments, stockings, tree skirts, jewelry, aprons, and quilted items.



**Kitchen Kreations** are needed to donate homemade candy, cookies, hot chocolate jars, soup jars, frozen cookie dough, coffee, hot chocolate, or chocolate bars. A soup and chili bar after Sunday Services will warm us all. We can use soup, chili and combread makers and servers.



**Cashiers** are needed for the Corner Market on Sundays from 12:15-1:00. The Market will be stocked with Christmas nibbles, free-trade coffee, UU gifts, and UUCM arts and crafts (see above). Please contact Paige Anderson-Torgimson ([dre@uugrassvalley.org](mailto:dre@uugrassvalley.org) or 264-7232)

## Other



**Scottie Hart** has been appointed to the position of Trustee-at-Large. Welcome to the Board! Scottie was exposed to Unitarianism early in life and "came home to roost" at UUCM in 2005 after more than



twenty years in a 12-step spiritual environment. She served several years on the NAMI Nevada County Board of Directors and is currently Chair of the Nevada County Mental Health Board. Scottie is actively involved in UUCM's Spiritual Book Group and the Tuesday morning meditation group. She is excited about the opportunities and challenges ahead for UUCM.

Our **Chalice Lighter Grant** was approved for the Winter PCD Grant! We hope to receive up to \$12,000 over the next two years to cover most of the funding of our Office Administrator. (If you haven't met Marion Peterson, yet she is now welcoming visitors before and after every Sunday service - please introduce yourselves.) All Chalice Lighters in the District will be mailed a call letter around the end of February, so please respond as you are able. We will only receive the amount collected during the call up to \$12,000. UU Hawaii won the Fall Grant which Anita announced via email this week. Chalice Lighters give quarterly, so please support Hawaii (the Fall winner) as you would support UUCM (the Winter winner).

The **Wine Tasting Fundraiser** has netted over \$2,600 for the UUCM budget! An outstanding job was done by many hands - from publicity to dishwashing! Thank you to all our willing volunteers and generous supporters who brought delicious treats, purchased raffle tickets and stocked up on holiday wine. A special thanks to the person who donated all the new wineglasses for UUCM (no more rentals!).

### **Our Unitarian Universalist Principle (3 of 7)**

Acceptance of one another and encouragement to spiritual growth in our congregations.

**Lifespan Religious Education/Spirit Play teaches**  
*Yellow Promise is to Yearn to accept and learn  
about ourselves, others, and the Mystery.*

### **Next Newsletter Friday, December 6th**

Please submit content to  
[editor@uugrassvalley.org](mailto:editor@uugrassvalley.org)  
by Tuesday, December 3rd

