

Unitarian Universalist Community of the Mountains

December 6, 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. 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!



Upcoming Services

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 Duncel

Carry the Flame... December 15th

In this intergenerational worship service we will have the opportunity both to celebrate

President's Perspective

by Janet Dunstan



Our first Town Talk was a real success. The Channing Room was packed - standing room only! Our next Town Talk will be Dec 8 and we will be able to have it in the sanctuary with lots more room and chairs for everyone.

Since the announcement of the hiring of a Contract Minister had just been made that morning, many of the initial questions had to do with who Rev. Denis Paul is and what his availability and duties will be. There were also questions on why we still need an interim minister, why will we have one for two years, and what the search process will be for a Called Settled Minister. Answers to these questions are addressed in another Mountain Chalice article.

At the end of our Town Talk, people felt very positive about having this type of communication channel. Rev. Meghan's 'coffee chats' have been another successful way to connect with each other and it was suggested that they continue even after Rev. Meghan's departure. Circle Suppers were mentioned and there are plans underway to start those again in January.

What I enjoyed the most about Town Talk was the conversation

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 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

between participants. Not all questions are best answered by the President! Many of you joined in with your thoughts, experiences, and ideas.

Please join us on December 8 after Sunday Service for another Town Talk sponsored by your Board of Trustees. There is no presentation, no agenda, and no list of topics. Discussion is open to any UUCM issue, activity, event, policy, etc. So bring your coffee or tea and join us in the sanctuary at 12:30 for about 45-60 minutes.

Contract Minister **Interim Minister** **Called Settled Minister**

By Janet Dunstan



As most of you already know, Rev. Denis Paul will be joining us as our half-time contract minister January 1. He will be here on December 22 for our worship service, so please mark your calendars. (His first name is French for Dennis but has a different pronunciation: Just remember, "it is not

da' elbow....it is da'knee")

There were a number of questions asked in our Nov. 24 Town Talk that may also be of interest to others in our Community. Here are a few:

Why are we hiring a part-time Contract Minister and not an Interim Minister?

Availability of Interim Ministers at this time of year is minimal. Normally this takes place during the late spring. Because we were out of cycle, we were not able to find an interim that was a good match for our Community and our needs. Our next choice was to hire a Contract Minister.

Rev. Denis was recommended by Rev. Meghan and is a wonderful fit for us. He is kind, loving, rich in life experience, has a great sense of humor and has a way about him that draws people out. Rev. Denis will be with us twice a month for 4 days each of those weekends and on-call at all times. He is currently employed ¼ time in Modesto and only available to us ½ time through June, at which time he and his partner plan to move back East. A part time position will give us an opportunity to save money for the relocation costs we expect to incur later.

What do we do in June when Rev. Denis Paul leaves?

We have another candidate who has agreed to be our Interim Minister for two years beginning in June 2014. Again, he was recommended by Rev. Meghan and will be an excellent match for our Community and the goals we have set for ourselves. Since the contract cannot be finalized until April-May, we must hold his name confidential until that time.

Why will we have an Interim for 2 years?

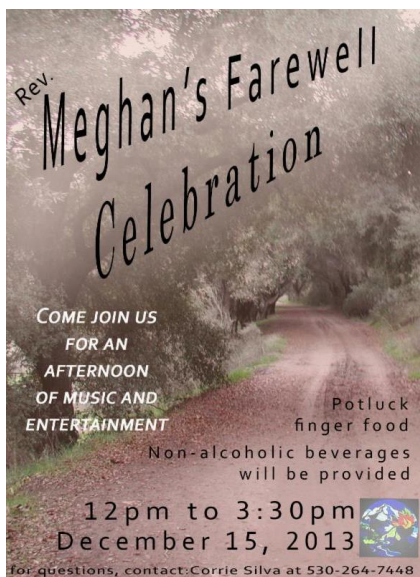
By hiring our Interim Minister in July 2014, we will be able to focus on restarting our Mission-Covenant Statement work, assessing and realigning our organizational structure to fit that mission, and preparing to welcome our new settle minister. Only after we have clearly



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 someone's holiday brighter.



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

defined our purpose (mission) will we be ready to articulate the type of called settled minister we need....a minister who is qualified and willing to partner with us in carrying out our defined mission. If we were to call a settled minister in 2015, we would be conducting the search at the same time we are trying to accomplish the above goals. Our resources would be stretched beyond capacity.

When will we start the Call Process for a Settled Minister?

The process is complex and involves a great deal of congregational work in the beginning. A Search Committee needs to be elected one year in advance of Candidate Week (spring). This means, to participate in Candidate Week for 2016 we must elect our Search Committee in May 2015 (a busy 18 months from now).

Greetings Friends



By Rev. Meghan Cefalu

The winter holidays are such a bittersweet time for many, especially those who are grieving the loss of a loved one. This year I count myself among those experiencing the bitter taste of grief as I prepare to leave this congregation at the end of this month.

Though I announced my resignation in June, I am now facing the reality that I will be walking away from this amazing, courageous, dedicated, fun-loving and generous group of people who I love and cherish.

As I look out at your faces each Sunday morning what I see are the relationships I've been so blessed to have with you. I see those who have come to me when their hearts were breaking and trusted me with stories they had never before told a living soul. I see the faces of those whose husbands, mothers, fathers, wives and children I've buried. And also those whose babies I have blessed. I see the people who have dedicated their time in leadership alongside me to help guide and shape this congregation through thick and thin. And I see all of you who have offered me kind words of encouragement along the way.

The thing is, leaving you all is excruciatingly painful. My heart is breaking. And I know that is as it should be. To love is to make yourself vulnerable to the pain of loss. I would never trade it for the "safety" of a loveless life. But still, it hurts to say goodbye.

One of the most painful aspects of my leaving is that we will need to not be in touch with one another for a long stretch of time. It is important for both the congregation and your incoming ministers to have a chance to connect and bond with one another, a process which can be greatly hampered by keeping alive the "ghost" of a former minister. The UUA recommends a minister and former congregation stay out of touch for a couple of years, though because you will likely not call your next settled minister until 2016, this period of no contact will need to be a bit longer - at least three years.

This aspect makes our goodbye even harder for me as I imagine it might for many of you. I'm hoping to have a chance at a meaningful goodbye with as many of you as possible in these next few weeks.

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

Consider dropping by for a visit with me at Sierra Mountain Coffee Roasters from 2-4pm the next two Tuesdays (10th and 17th). Or come talk with me after the service on Sunday mornings. I'll be leading worship on the 8th, 15th, 22nd and the 5pm Christmas Eve service. The Sunday service on the 15th will hold the formal ritual of saying goodbye followed by a celebration in the afternoon.

I will miss each of you individually and the congregation as a whole. But through the tears and the heartbreak I know I will always carry the flame of love for UUCM in my heart...until we meet again.

Love and blessings,
Rev. Meghan

OPERATION TURKEY

NOT JUST FOR THANKSGIVING!!!



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 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

Endowment Committee Simple Giving

Submitted by Ruth Ghio

The Endowment committee is developing two programs, the UUCM Endowment Legacy Program and the Simple Gifts Program.

December first is the designated date to initiate the Simple Gifts Program. We decided to begin the Simple Gifts Program to honor Reverend Meghan and her legacy. The money gifted will be the seed money to begin this program of giving in both small ways and large ways. It is our way of expressing our deep gratitude to her and the many gifts she has given us. This seems especially important to me since Rev Meghan so often expressed how gratitude and generosity were such important spiritual practices.

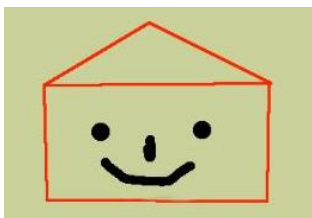
When I reflect on this program, it seems totally perfect to dedicate this program to Reverend Meghan and her legacy. She offered a more expansive and inclusive definition of spirituality, encouraging both personnel and spiritual growth. I will always be grateful to her and this community for the many ways I have been changed. Out of my gratitude has grown a way to be generously more open and to find more deeply my own capacity for love and compassion. I am sure many of you feel gratitude as I do and from the gratitude find generosity a little easier and have expanded your ways of being loving and compassionate. A generous gift to the Simple Gifts Program is a way to express your gratitude for Reverend Meghan, add to the resources of UUCM and contribute to continued opportunities to grow and change both personally and spiritually. Brochures with more information about the Simple Gifts Program and the Endowment Fund, along with envelopes for giving are available.

The Simple Gifts Program will allow everyone the opportunity to make a financial gift to UUCM. You may celebrate and acknowledge special events, such as weddings, births, and graduations through a gift to the church. Another way to honor someone is when a special person in your life is has passed away. You may designate UUCM as a recipient of memorial gifts. You may also acknowledge and honor a special person who has reached out in kindness, inspired you or been there for you when you needed help or guidance.

As we begin the Simple Gifts Program, may we remember the focus of this program is to continue the many good things that have happened in our beloved congregation during the past seven and a half years. As we say god-bye to our first called minister, Reverend Meghan let us send her off with love, gratitude and generosity.

times every week!

Congratulations to all!



**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.

Upcoming Events

Saturday, Dec 7

8:30am - Citizen's Climate Lobby

10:00am - Spiritual Book Group

7:00pm - Woolman Student Peace Documentaries

Sunday, Dec 8

11:00am - Sunday Service

12:30pm - UUCM Town Talk

Monday, Dec 9

4:00pm - Worship

Committee Subcommittee

5:30 - Choir - Small Group

6:00 - Choir Practice

Tuesday, Dec 10

9:00am - Morning Meditation

9:00am - Henry D Chalice Circle

Great Gifting



by Anita Wald-Tuttle

When making your holiday shopping list, consider all the ways you can minimize pollution and waste. Give people experiences instead of things (but go easy on travel, with its associated fuel costs), choose edible gifts in recyclable containers, or opt for donations to an environmental nonprofit like the Sierra Club (www.sierraclub.com), Conservation International (www.conservation.org), the Natural Resources Defense Council (www.nrdc.org), the Conservation Fund (www.conservationfund.org), and the Trust for Public Land (www.tpl.org) For close friends and family, consider making a pact to skip gifts and spend time together instead.

For necessities, luxuries, and gifts alike, why buy what you can make? You control the ingredients and the means of production, and get satisfaction to boot!

I particularly like this quote from Martin Luther King Jr.
"Faith is taking the first step even when you don't see the whole staircase"

Excerpts from the 2009 Page-A-Day calendar

Hospitality House - December 20th



By Leal Portis

December 20th is the next time UUCM is scheduled to provide dinner and breakfast foods for Hospitality House.

As they will be in Utah's Place then the Health Dept is mandating that all food either be cooked on site or be from a commercial kitchen, this is going to cause some trial and error in what we ask folks to do. We may ask for some frozen items, some bagged salads, bakery cookies or ingredients and your availability to come early to Utah's Place and cook.

Please continue to be your wonderful giving selves when Suzanne or I contact you with requests. Thanks. Leal

Resilience Toolkit & The Grief Recovery Support Group



by Susan Sanford

(The following article was written by Susan Sanford in response to a request from Committee on Ministry about addressing the many losses our congregation has individually and collectively been facing.)

5:30pm - Caring Committee
Wednesday, Dec 11
 8:30am - Men's Get Together
 6:30pm - Social Action
 Coordinating Council
Thursday, Dec 12
 8:30am - What's Up Coffee
 6:30pm - Board of Trustees
Sunday, Dec 15
 11:00am - Sunday Service
 12:00pm - Rev Meghan's
 Farewell Celebration
Monday, Dec 16
 5:30pm - Choir - Small
 Group
 6:00pm - Choir Practice
Tuesday, Dec 17
Mountain Chalice Deadline
 9:00am - Morning Meditation
 10:00am - Susan B Chalice
 Circle
 5:30pm - Caring Committee
Wednesday, Dec 18
 8:30am - Men's Get Together
 7:00pm - Drumming Circle
Thursday, Dec 19
 8:30am - What's Up Coffee
Saturday, Dec 21
 9:00am - Building & Grounds
 Work Party
 12:30pm - Building &
 Grounds Committee

**Click here for
 details and
 more events**

UUCM

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 At Large - Brett Torgimson,
 Sophia McKean, Scottie Hart,
 TBD

In the ever-changing landscape of life, it's a wonderful thing to have a personal "Resilience Toolkit." Among other things, mine contains time with loved ones (human and furry), time in Nature, music, meditation, walking, yoga, swimming...and UUCM. Everyone's toolkit is unique. It contains those things that allow us to come home to ourselves - to feel a sense of centeredness, confidence, worthiness, safety, and sanctuary.

Our beloved community has experienced many big changes in the past few years. And we are doing our best to flow gracefully with the organizational and personnel changes in our congregation, including, of course, saying good-bye to Rev. Meghan.

Many of the changes in our community have been huge losses - of loved ones or of situations that had felt stable, reliable, and comfortable. Many of us have experienced utterly broken hearts in response to one or more major losses.

As the seas of change continue to toss our personal and community boats (and they will), perhaps we can all look for opportunities to share with one another those things in our personal "Resilience Toolkits" that have been most helpful to us in times of transition (which will always come).

Here's one of my favorite tools: The Grief Recovery Method.

In 2001 I happened upon "The Grief Recovery Handbook" by John W. James and Russell Friedman. The process enabled me to finally integrate into my life the loss of beloved grandparents. It got me through a stage of melt-down that included sustaining a life-changing injury, losing my career, the end of a marriage, and a move. Knowing the Grief Recovery method has made me less fearful of inevitable future losses. In other words, it has given me the confidence that I can move through losses old and new and continue to embrace life.

Most recently I found that knowing it enabled me to be fully present - physically, emotionally, and spiritually - in the time surrounding my Father's death. This has been one of the greatest gifts of all.

The process can be applied to things we recognize as loss such as the death of a loved one - including pets, and also to things that we may not readily recognize or understand as having elements of loss - including life events that can be wonderful. Grief Recovery can help with adapting to changes such as divorce, moving, change in health or career situations, retirement, empty nest, positive or negative financial changes, marriage, holidays, the birth of a child, graduation, and more. It can also be used to address the loss of hopes, dreams, and expectations, and losses that happened long ago.

The process can be done in modified form with children. See the book "When Children Grieve: for adults to help children deal with death, divorce, pet loss, moving, and other losses" by John W. James, Russell Friedman, and Dr. Leslie Landon Matthews.

I took the Grief Recovery Institute training some years ago and was blessed to teach GR classes for a time. Although the process can be done with one other person as a partner, there is great richness and depth in doing it as part of a class. Once the method has been learned, working with a partner is a great way to continue moving through other losses.

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Annie Haymaker

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 Membership - Shannon and Andy
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 Carol Kuczora
 Worship - TBD

Building and Grounds - Wally
 Holtan

Finance - Joel Houtman

Communications - Brett
 Torgimson

Caring - Robin Hart

Stewardship - Wally Holtan

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Ministry - Suzanne Ferroggiaro

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minister@uugrassvalley.org

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 11 am - 6 pm

please call ahead for an
 office appointment
 530-274-1661

In January, skilled local facilitators will offer another session of The Grief Recovery Support Group. The dates have yet to be determined, but they will be posted on the Healing Through Loss and Grief website, www.lossandgrief.org. There will be another group offered in August. There is no charge for the program and no pre-registration is required.

The program is 14 weeks long with the first two weeks open to the public. At the end of the second meeting the program is closed so those wishing to continue can do so in an atmosphere of emotional safety and confidentiality.

The Grief Recovery Method employs several definitions of grief that have been very helpful to me. You can see them at:

<http://www.griefrecoverymethod.com/2013/06/grief-definition/>

I will let UUCM know when the January start date for the local Grief Recovery Support Group has been finalized, or you can check the website referenced above, www.lossandgrief.org. In the meantime, if this intrigues you, there's a copy of "The Grief Recovery Handbook" in the UUCM library. It's the old edition, but there is no change to the core program in the new edition.

Circle Suppers

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!"

We've collected a nice group of hosts/hostesses for our January suppers but still need two or three more. If you lack space, consider using the church with its kitchen, and serving at the table in the Channing Room. And to move the process along even further, it's not too early to think of a main dish or theme for your special dinner. Then we can start gathering the guests for your festive meal. Bon appetit!

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

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 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 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 Foddrell to sign up for a Sunday convenient for your schedule. (274-2309)

Our Unitarian Universalist Principle (4 of 7)

A free and responsible search for truth and meaning.

Lifespan Religious Education/Spirit Play teaches...
The Green Promise is to Grow by Exploring what is True and Right in Life.

Next Newsletter Friday, December 20th

Please submit content to
editor@uugrassvalley.org
by Tuesday, December 17th

