

Unitarian Universalist Community of the Mountains

December 20, 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

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

January 5th

January 12th

President's Perspective

by Janet Dunstan



The question of growth continues to surface in various discussions and decision making. Why should we grow? Why can't we just stay the size we are? What happens to my close relationships? Where will we find a new building and how can we afford it?

These are the challenges and questions we will be facing over the next 2-3 years. Why should we grow?....we can't help it. We have a Community of love, acceptance, and respect; who wouldn't want to be a part of this and experience the same thing?

January 19th



Caring Committee would like to thank the congregation for all their love and gifts for the Giving Tree Christmas Project. All of the tags were adopted and gifts were given to three families.

Thank you all for sharing your love with the greater community and for making Christmas wishes come true for 13 individuals. We really do make a difference. Also, BIG thanks to Robin Hart, who coordinated the project, and her helper elves: Corrie Silva and Barbara Chestnut.

Wishing you Happy Holidays and a Joyful Start to the New Year.
Gwen Eymann - Caring Committee UUCM



It is a proven fact that with a clear statement of mission and a focused effort to carry out that mission a church grows. Our mission will not be a statement of growth, nor will our intent be growth. But we will attract people because they know why we exist, they can see our love, and they want to be a part of our movement. We do not have a focused program to grow, we don't advertise, we don't recruit, but people come anyway.

The intent of our UUCM founding mothers and fathers was to grow a loving caring UU community that lives the 7 principles. Why else would they buy a building they could not fill or call a minister they could barely afford? We can't let their dream stop at 124 members just as we cannot stop spreading love and peace, or stop being inclusiveness, or stop believing in the inherent dignity and worth of every human being. Growth is inevitable if you have a powerful message as we do. The challenge we have is to understand how to manage the growth so we don't lose our connection with one another.

Our next 2-3 years will be one of defining ourselves and preparing for the inevitable growth that will come. We will prepare to transform people's lives, just as we have been transformed by Rev. Meghan's love. The best way to thank and honor our founders and our beloved minister is to take their vision to the next level. Our obligation to our neighbors, our world, and ourselves is to spread the love and peace we feel and live.

Are you ready to prepare for the future as we build on our past?

Green Sanctuary

Have a "green" Christmas. Do not burn colored wrapping paper or plastics. The dyes and plastics make poison gases. Don't forget: UUCM recycles and composts. You can, too. We also try to minimize our use of plastic containers and purchases of items with unnecessary packaging. And remember to bring a canvas bag when shopping. Come to the UUCM kitchen for extra bags.

There will be no Fourth Friday

Rev. Meghan's Farewell Sermon Link



by Rev. Meghan Cefalu

Here is a link to Rev. Meghan's Farewell Sermon given on Dec 22, 2013.

[Rev. Meghan's Farewell Sermon](#)

Film this month. Watch for lots of January events.

Upcoming Events

Sunday, Dec 29

11:00am - Sunday Service

Tuesday, Dec 31

9:00am - Morning Meditation

Wednesday, Jan 1

8:30am - Men's Get Together

7:00pm - Drumming Circle

Thursday, Jan 2

8:30am - What's Up Coffee

Saturday, Jan 4

10:00am - Spiritual Book Group

Sunday, Jan 5

11:00am - Sunday Service

12:30pm - OWL - Our Whole Lives

Monday, Jan 6

4:30 Stewardship Committee

6:00pm - Choir Practice

Tuesday, Jan 7

9:00am - Morning Meditation

5:30pm - 'Climate Reality' Powerpoint

Wednesday, Jan 8

8:30am - Men's Get Together

10:30 - Humanist Discussion Group

6:30pm - Social Action Coordinating Council

Thursday, Jan 9

8:30am - What's Up Coffee

10:00am - Writer's Group

6:30pm - Board of Trustees

Saturday, Jan 11

10:00am - Community Workshop - Mission Stmt

Sunday, Jan 12

11:00am - Sunday Service

12:30pm - Town Talk

Monday, Jan 13

6:00pm - Choir Practice

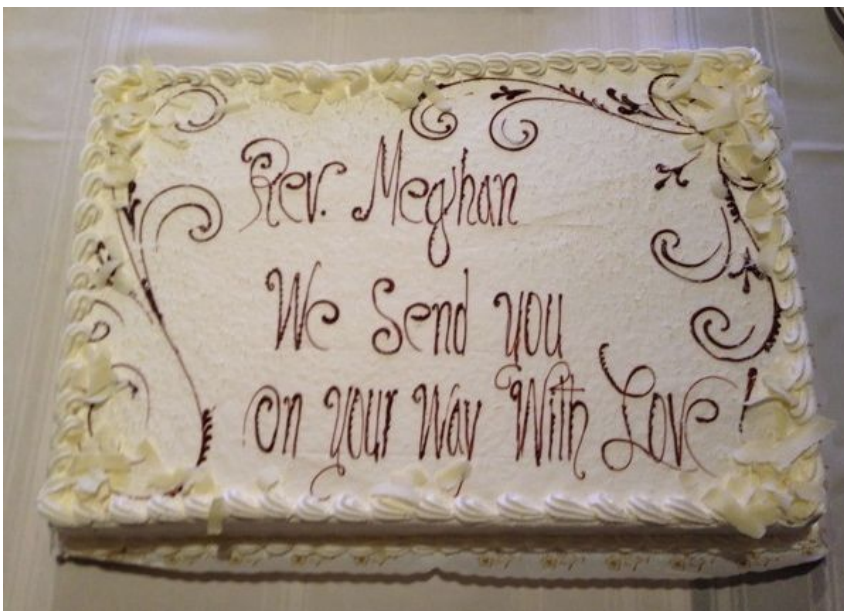
Tuesday, Jan 14

9:00am Morning Meditation

4:00pm - Caring Committee

5:30 - Climate Change Coalition

Wednesday, Jan 15



bREaking News

by Paige Anderson-Torgimson, DLRE



An exciting new addition to our Lifespan Religious Education program begins this winter. For the first time, we will be offering the OWL - Our Whole Lives - program for teens 10th - 12th grade.

[OWL - Our Whole Lives](#) is a comprehensive program on human sexuality for 10th-12th Graders. The curriculum is based on the Unitarian Universalist Principle of respect for "the inherent worth and dignity of every person," and all of the lessons flow from this premise.

8:30am - Men's Get Together
 7:00pm - Drumming Circle
Thursday, Jan 16
 8:30am - What's Up Coffee
Friday, Jan 17
 4:00pm - Hospitality House Dinner
Saturday, Jan 18
 9:00am - Building & Grounds Work Party
 12:30pm - Build & Grounds Committee

Click here for details and more events

UUCM **Contact Information**

Mountain Chalice Editor
editor@uugrassvalley.org

UUCM Board of Trustees
 President - Janet Dunstan
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 Vice President - Rob Ferrogiano
 Treasurer - Joel Houtman
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 At Large - Brett Torgimson,
 Sophia McKean, Scottie Hart,
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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

The "OWL - Our Whole Lives: Sr. High Sexuality Education Curricula" helps participants make informed and responsible decisions about their sexual health and behavior. It equips participants with accurate, age-appropriate information in six subject areas:

1. human development
2. relationships
3. personal skills
4. sexual behavior
5. sexual health
6. society and culture

Grounded in a holistic view of sexuality, Our Whole Lives not only provides facts about anatomy and human development, but also helps participants clarify their values, build interpersonal skills, and understand the spiritual, emotional, and social aspects of sexuality.

Many graduates of the OWL Program claim that it was the most important part of their UU Religious Education. This program is open to all youth (grades 10th - 12th) in our community.



Our teachers will be Paul Elias and Emily Gallup - who completed a 15 hour training earlier this year to become certified as an OWL teacher by credentialed trainers

Because OWL classes require parent permission, pre-registration, and are open to all youth in the greater Nevada County community; these classes do not meet during the regular Sunday morning RE time.

They meet from 12:30pm - 2:30pm in the LRE classrooms on the following dates:

January 5th - **parent meeting**
 January 12th and 26th
 February 2nd and 9th
 March 2nd, 9th, 23rd, and 30th
 April 6th, 13th, and 27th
 May 4th

Classes do not meet on January 19th, February 16th and 23rd, March 16th and April 20th due to holidays and conflicting events.

OWL Program Fees - The cost for this 12-week program is \$75 for members and \$100 for non-members. The fees cover material costs. Scholarships are available.



For more information about the OWL - Our Whole Lives curriculum,

Building and Grounds - Wally Holtan
Finance - Joel Houtman
Communications - Brett Torgimson
Caring - Gwen Eymann
Stewardship - Wally Holtan
Green Sanctuary - Carol Kuczora
Ministry - Suzanne Ferroggiaro
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Rev. Meghan Cefalu
minister@uugrassvalley.org
Hours: Tues-Wed-Thurs,
11 am - 6 pm
please call ahead for an
office appointment
530-274-1661

visit the Unitarian Universalist Association Our Whole Lives Sexuality Education page at: <http://www.uua.org/re/owl/>

To register for OWL classes at Unitarian Universalist Community of the Mountains, please contact Paige at dre@uugrassvalley.org by January 4th.

Coming Next Fall - Look for the Jr. High Our Whole Lives 27-week program for grades 7th - 9th.

The World We Want

by Dave MacLeod



Want a chance to participate in the improvement of your world? The UN's Millennium Development Goals (MDGs) have made a huge impact on the lives of billions of people. For example the number of people who live in extreme poverty has been halved. However, there is still much to be done.

The MDGs will expire in 2015 so it is now time to determine the focus of efforts in the post 2015 timeframe. The global development agenda for the period after 2015 will build on the progress made on the MDGs while confronting persistent inequalities and new challenges facing people and the planet.

You can vote directly to the UN on how you think the UN should focus its efforts. Join us for an event cosponsored by UUCM and the United Nations Association on Sunday January 5th right after our service. The United Nations has put in place an innovative global survey, known as MY World, so people can participate in the post-2015 process by telling the UN which changes would make the most difference to the world.

The event will start at 12:30 in the sanctuary. There will be a short presentation on the MDG's successes and shortfalls followed by an introduction to the 16 areas of concern identified by the UN for post 2015 efforts. We will then break out into smaller groups to discuss the areas. Each person will chose the 6 areas most important in their opinion and then vote on line. Their vote will go directly to the UN who will use that information to help determine its priorities.

Join us and make a difference.

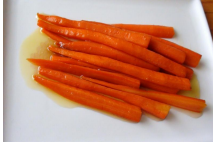
Humanist Discussion Group

by George Dunstan

The Humanist discussion group will meet on Wednesday, January 8, 2014 at 10:30 AM in the Channing room at UUCM. The topics for this meeting will be "Sources of Morality" and "Morality vs. Ethics: How are they different?" Links for articles to be discussed will be provided before the meeting date. Anyone with an interest in Humanism or in finding out about Humanist

thought is invited to join us for what is always a lively discussion. Please contact George Dunstan (gvgeode@yahoo.com) for further information.

UU Animal News & Recipe Maple glazed carrots



by Carol Hyndman

2Tbsp olive oil
2 lb baby carrots, halved if thick
1/3 c pure maple syrup
2 tsp Dijon mustard

1 Tbs chopped fresh tarragon

Heat oil in saucepan over med heat. Add carrots and sauté 5-7 min until beginning to brown. Add syrup, mustard and 1 c water. Cover reduce heat and simmer 10 min or until carrots are tender. Uncover increase heat and simmer 5 min or until liquid is syrupy and carrots are glazed. Stir in tarragon just before serving

The first annual Animal Film Festival will be held in Grass Valley on Mar 1 2014

It is presented by CAPE, Center for Animal Protection and Education

It will run from 11am until around 9pm

A childrens session will run from 11am until 1pm

Films for general audiences will run from 2pm until closing.

It will be at the Center for the Arts at 314 W. Main st

More than 50 films from around the world have been submitted

Tickets for the childrens session will be \$5. General audience tickets will be \$20 for adults, \$15 for seniors and \$10 for students

For info go to www.animalfilmfestival.org

The vegan potluck will not be held in Dec as the date fall on Dec 26 and a lot of folks are out of town or still recovering from the holidays. We are planning to resume the dinners in Jan

"There are two means of refuge from the misery of life- music and cats"
Albert Schweitzer

Silent Auction

by Walter Holtan



The 2014 Silent Auction is scheduled to start on January 19th and will run four Sundays until February 10th 2014. This is a great time to contribute to our

Community's financial stability by volunteering to host an event or provide a service for the auction. Things that have been offered in the past have been specialty dinners, baked items, hikes, kayaking, star gazing, family cabins, educational class. Anything that you do that you think others may enjoy or a service you can provide would be a welcome contribution. If you have an idea or

an offer contact Wally Holtan at uucmgv@gmail.com or 274-7965

Environmental & Social Action Events



by Carol Kuczora

January 5, Sunday, 12:30, UUCM Sanctuary

- **The United Nations Association, Gold Country Chapter**, invites the congregation to join people all over the world to select UN priorities for the next few years. This is a project called "My World 2015." Lunch will be served. The environment is only one of the possible priorities.

January 7, Tuesday, 5:30, Nevada City -

I'll be presenting former Vice President Al Gore's PowerPoint called "Climate Reality" at the Nevada City Veterans Building downstairs hall. It includes amazing

videos and pictures of the recent record-breaking floods, droughts, and other evidence of climate change from all over the planet, as well as an introduction to climate science and trend data. You may remember "An Inconvenient Truth," which was released in movie form in 2006.

"Climate Reality" is new and different. Gore trained thousands of people to present it themselves all over the world. Some of you missed it when I presented it here. This showing is part of a monthly educational event called First Tuesday Democrats put on by the party's Nevada County Central Committee in Nevada City. The public is invited. Come for free pizza and beverages for sale.

January 8, Wednesday, 6:30, UUCM -

Social Action Coordinating Committee meets. You are welcome to come, or let me know if you would like to volunteer to participate in activities without going to meetings so you can be added to the list.

January 14, Tuesday, 6:30 p.m., UUCM Sanctuary -

The newly formed **Nevada County Climate Change Coalition** of local environmental groups and concerned citizens is meeting to address the various methods of counteracting climate change and accommodating the inevitabilities locally. You are invited to get involved. January 15, Wednesday, 6:30, UUCM

- The Green Sanctuary Committee will be meeting separately from the Social Action Coordinating Committee this month to plan events and recertification by the national UU Ministry for Earth. The committee is always open to new members.

Happy Building Report



by Walter Holtan

If you have been to UUCM in the last month I am sure you have noticed the first step in making our Building Happy. The Anthony Room/ Library wood floors have been finished. Phase two will start in January; so hopefully, we will soon have new carpeting to walk on in most of the building. These things are made possible through your generosity, so let us all thank each other for our help in this endeavor.

Opportunities To Serve



Committees not your thing? Try one of these:

Art Coordinator:

Eileen Hale has graciously volunteered to manage the art work we are blessed to see hanging in our foyer. Eileen is an artist herself, so those of you who would like to display your art will find a kindred spirit in Eileen and her appreciation

of the talents in our beloved Community. Please contact her if you have art to display.

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 Foddrrell to sign up for a Sunday

convenient for your schedule. (274-2309)

Happy Hands/Loving Hearts are needed:Utah's Place: Cooking and serving dinners in their new commercial kitchen. If you can bring food, cook, or serve food for our homeless people who are getting their lives back on track, please call Susan Ferroggiaro or Leal Portis. No cleanup work!

Habitat for Humanity

workers need lunches. If you are interested in preparing sandwiches while visiting with your fellow UUers, please call Carol Kuczora.

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.)

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.

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.

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, January 17th

Please submit content to
editor@uugrassvalley.org
by Tuesday, January 14th

