

# Unitarian Universalist Community of the Mountains

June 28 - July 25, 2014

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## Interfaith Food Ministry

1st Sunday each  
month

Please remember to bring  
nonperishable food for  
Interfaith Food Ministry (of  
which we are a Member  
Church), and our furry  
friends via Carol  
Hyndman.



THE  
*Mountain*  
CHALICE

## Greetings,

Welcome to this month's edition of the 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).

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

- Enjoy!

## Reverend David Usher

Our new minister Rev. David Usher will be here July 13, 2014 when he will be introduced to our community during Sunday Services. Come and meet him!

## CALENDAR of Upcoming Events

### Tuesday, July 1

9:00am - Morning  
Meditation

### Wednesday, July 2

8:30am - Men's Get-  
together  
10:30am - Humanism  
Discussion Group  
7:00pm - Drumming Circle

## President's Perspective

by Janet Dunstan

The opening reading I chose for the last Board meeting this year was from one of the Wisdom books of the Old Testament: Ecclesiastes 3:1-8, "There is a time for

**Thursday, July 3**

8:30am - What's Up Coffee  
Men's Group

**Saturday, July 5**

10:00am - Spiritual Book  
Group

**Sunday, July 6**

11:00am - Sunday Service

**Monday, July 7**

4:00pm - Stewardship  
Committee  
5:30pm - Choir Practice

**Tuesday, July 8**

9:00am - Morning  
Meditation  
4:00pm - Caring Committee  
6:00pm - Women's Group

**Wednesday, July 9**

8:30am - Men's Get-  
together  
11:00am - Habitat for  
Humanity Lunch Prep

**Thursday, July 10**

8:30am - What's Up Coffee  
- Men's Group  
10:30am - Writers Group  
5:30pm - Board of Trustees

**Sunday, July 13**

11:00am - Sunday Service -  
Meet Rev. David Usher

**Monday, July 14**

5:30pm - Choir Practice

**Tuesday, July 15**

9:00am - Morning  
Meditation  
1:00pm - Grandmothers for  
Peace  
4:00pm-Endowment  
Committee  
6:30pm - Climate Change  
Coalition

**Wednesday, July 16**

8:30am - Men's Get-  
together  
7:00pm - Drumming Circle



everything, and a season for every activity under heaven." For UUCM, it was a time to say goodbye to Rev Denis. He is well loved, energetic, and fun. He gave us a variety of perspectives and much to think about.

It is time for the lazy daze of summer; a time to rest and enjoy the long days. It will be time on July 13 to meet our new Interim Minister, Rev David Usher. In September it will be time to welcome him into our Community....it will be time to begin our self reflection and prepare ourselves for a settled minister.

For your Board, summer will be a time for each of us to adjust to our new roles, a time to get to know one another and begin to form a team.

This past year has given me the honor to serve as your President. It was a time of great learning for me and many logistical changes for UUCM. It was a good time for the best use of my skills. This next year will be a time of shifting paradigms and introspection for our congregation. Rob's skill set and experience is well suited for the challenges we will face.

I am grateful for all your support, advice, and willingness to serve this past year. I look forward to serving you as Treasurer this next year.

## Stewardship

by Wally Holtan



UUCM's stewardship committee would like to extend our appreciation to our membership for the support everyone provided for our yearly pledge drive. Your thoughtful and meaningful contributions allowed us to be within 2.5% of the projected 2014-15 goal.

This year has also seen great support for our fundraisers. The 2 wine tasting events topped all preceding years. Our silent auction was at an all time high. And, we topped off the year with a great yard sale, made possible by the wonderful yard sale items you have provided to us over the last year. Thank you again.

**Thursday, July 17**

8:30am - What's Up Coffee  
- Men's Group

**Friday, July 18**

4:00pm - Dinner Prep at  
Utah's Place  
MOUNTAIN CHALICE  
ARTICLES DUE

**Saturday, July 19**

9:00am - Building &  
Grounds Work Party  
12:30pm - B & G Committee

**Sunday, July 20**

11:00am - Sunday Service  
12:30pm - Town Talk

**Monday, July 21**

5:30pm - Choir Practice

**Tuesday, July 22**

9:00am - Morning  
Meditation  
6:00pm - PFLAG meeting  
6:30pm - Worship  
Committee

**Wednesday, July 23**

8:30am - Men's Get-  
together  
4:30pm - Finance  
Committee

**Thursday, July 24**

8:30am - What's Up Coffee  
- Men's Group  
10:30am - Writers Group

**Friday, July 25**

7:00pm - Fourth Friday Film  
MOUNTAIN CHALICE  
PUBLISHED

**Sunday, July 27**

9:30am - Social Justice  
Coordinating Council  
11:00 - Sunday Service  
12:30 - Lifespan Religious  
Education Meeting

**Tuesday, July 29**

9:00am - Morning  
Meditation

**Wednesday, July 30**

On another note, the 2013-14 pledge year is ending at the end of June. If you still have an outstanding balance please try to bring that up to date before July 1st. It is important for UUCM's financial balance to have all income recorded before the end of the fiscal year. However, if paying your remaining balance is not feasible at this time, we certainly understand. If you would let us know it would be greatly appreciated.

## Hospitality House

### Dinner Prep and Serve at Utah's Place

by Leal Portis



Third and Fifth Fridays of each month!  
Next date is July 18, 2014

We have decided on a consistent menu of Enchilada Pie, Coleslaw, Cookies, Ice Cream, Lemonade. Breakfast items are variable.

We also have six spaces each time that need to be filled for servers/cooks/helpers.

We meet at Utah's Place between 4 and 4:30 to cook and serve.

Please contact Leal Portis at 265-3887.

## Social Justice

by Anita Wald-Tuttle



Please note that Social Action is now called Social Justice Coordinating Committee to better define our role in the church. As such the many causes we

support with our time and talent are discussed and reported on at our monthly meeting before church at 9:30 a.m. on the 4th Sunday of the month. Visitors are welcome to attend. If you want to be involved that's fine, too.

### Pass the Plate Generosity -

On June 8th Evan Junker of UU Justice Ministries spoke to us, and we passed the plate in support of this

8:30am - Men's Get-together

**Thursday, July 31**  
 8:30am - What's Up Coffee  
 - Men's Group  
 6:30pm - Vegan Supper  
 Club Potluck

## **UUCM**

### **Contact Information**

**Minister**  
**Rev. David Usher**

**UUCM office**  
**530.274.1675**  
**Mountain Chalice Editor**  
 editor@uugrassvalley.org

**UUCM Board of Trustees**  
 President - Rob Ferroggiaro  
**president@uugrassvalley.org**  
 Vice President - Amy Renee'  
 Treasurer - Janet Dunstan  
 Secretary - Scottie Hart  
 At Large - Dawn Bateman,  
 Bonnie Bennett, Dave MacLeod,  
 Carol Wong

**LRE Director**  
 Brittany Snow Hernandez  
**dre@uugrassvalley.org**  
 DLRE Office Hours:  
 TBA

**Director of Music Ministry**  
 Annie Haymaker

**Committee Chairs**  
 Religious Education - Jo Waters  
 Membership - Kathryn E. Young  
 Social Justice - Anita Wald-Tuttle (temporary chair)  
 Worship - Lindsay Dunckel  
 Building and Grounds - Wally Holtan  
 Finance - Joel Houtman  
 Caring - Gwen Eymann  
 Stewardship - Wally Holtan  
 Green Sanctuary - Anita Wald-Tuttle  
 Committee on Ministry -  
 Suzanne Ferroggiaro

organization. Joel reports that \$373 was contributed for the cause.

**Climate Change Coalition** meets on the 3rd Tuesday at 6:30 p.m. - next meeting July 15. Carol will give a summary of what's happening in the various local subgroups focusing on the changing climate.

**The Fourth Friday Film Forum** - Friday, July 25, 7:00pm. The 2013 documentary film, "American Addict" unveils how America has gone from the land of the free to the land of the addicted. America represents 5% of the world's population but consumes 50% of the world's prescription pills and over 80% of the world's prescription narcotics; this is NOT a coincidence. This film reveals the relationships between the FDA, Big Pharma, physicians and the media that are in place to ensure that medical problems are treated primarily with pills. The horrific consequences result in overuse, abuse and unnecessary deaths. American Addict is the most important film you'll see because it could literally save a loved one's life - or yours.

By donation. For more info visit Peace & Justice Center's website [ncpeace.org](http://ncpeace.org), or write to [ncpeace@sbcglobal.net](mailto:ncpeace@sbcglobal.net).

**The UU Garden Project** is off and running! To celebrate Solstice, three hardy volunteers under the expert direction of Suzanne Ferroggiaro staked out the perimeter and started the weeding and general clean up of the space. If this action appeals to you, talk to Suzanne (477-5344) for time and date of the next work party.

**Interfaith Food Ministry** is in their new site and anticipating enlarging their program to serve their clients every week (rather than every other week). This entails more volunteers; drivers to pick up at the various markets and distributors. Also needed are paper grocery bags - bring as many as you can spare to the church on the first Sunday of the month when we encourage all to bring an item for IFM and/or Sammie's Friends. If you could find some time for this activity in your busy schedule call Pat Paddock, volunteer Coordinator for IFM, 268.6576.

If the work that Carol Ann Jones and her team do at the Yuba County facility regarding **Immigration Visitation** appeals to you (or intrigues you) please talk to her. The need is great and the rewards are noteworthy.

Check the Chalice Calendar or our website for upcoming

Endowment Fund - Christy  
Barden

Office Administrator -  
Marion Peterson  
**admin@uugrassvalley.org**  
Office phone: 530.274.1675

**Office Hours:**

Sunday 9:30-12:30

Tuesday 2-5

Friday 10:30-4:30

dates for Habitat for Humanity, Hospitality House dinners,  
and the Vegan Supper Club.

**Last Minute Announcement -**

Charity Bryson of **Meals On Wheels** has put out an emergency call for volunteers. They need drivers for Tuesday, Wednesday, Thursday, and Friday during the noon hour to deliver meals. A small stipend of 32 cents per mile is available. If this works for you, call Charity at 273-4961, M - F 8:30 - 2:30.

Happy Volunteering!

**Green Power Points**

Freecycle

After spring cleaning, keep items out of the landfill with a stoop or garage sale, a craigslist posting, or by "freecycling", with the help of a network of over four million people worldwide who are dedicated to connecting stuff with people who can use it.

AND

Cold Storage

Taking good care of your winter clothes as you put them away for the season - and doing the same for your summer clothes in the fall - saves waste and money by ensuring you can wear them season after season. Hand-wash all woolens with gentle, eco-friendly soap, then pack them away in breathable containers with mothball alternatives such as lavender sachets or cedar blocks. Treat winter boots with a natural conditioner such as beeswax, mink oil, or neat's-foot oil before you store them.

Notes from my 2009 Page-A-Day Calendar

**UU Animal Ministry**

by Carol Hyndman

**Recipe**

Crispy Tofu Fingers

They can be refrigerated or frozen for future use, reheated in an oven or toaster oven. They can be finger foods for dipping or put on a bun with sandwich fixings or put on a salad bed.

2 16 oz block of firm or extra firm tofu, drained

1/2 c cornstarch

1/2 c flaxseed meal, optional

1 c unsweetened soy or rice milk

2 c panko breadcrumbs

1/4 c flour

1/2 tsp paprika  
1/2 tsp dried sage  
1/4tsp garlic powder or granulated garlic  
1/4 tsp dried ginger  
1/4 tsp onion powder  
1/4 tsp ground black pepper

If using firm tofu, wrap in clean dish towel and press between 2 cutting boards 30 min to squeeze out moisture, unnecessary if using extre firm tofu. Cut each block into 16 fingers

Preheat oven to 350 Coat 2 baking sheets with cooking spray.

Put cornstarch and flaxseed meal if using in shallow bowl, gradually stir in soymilk. Set aside

Combine breadcrumbs and all remaining ingredients in another shallow bowl

Dip tofu fingers in soymilk mixture then in breadcrumb mixture. Place on prepared baking sheet.

Bake for 20-25 min until light golden brown, turning once. If eating right away bake 5-10 min more until deep golden brown.

To store:

Allow fingers to cool and transfer to containers place in containers with axpaper or parchment between layers

Refrigerate 2 days or freeze up to 3 months. To reheat bake 5-7 min at 350

### Folsom Zoo

I would like to plan a tour of the zoo for late summer or early fall if there is interest. We would need at least 10 people. This zoo takes in rescued animals from the wild and illegal pet situations. They even have a feral cat enclosure.

If you are interested please call Carol Hyndman at 477-0693 or email at [countrycattery@gmail.com](mailto:countrycattery@gmail.com)

"There is no psychiatrist in the world like a puppy licking your face." Ben Williams

## Building and Grounds



by Wally Holtan

This has been a very successful year for UUCM. Thanks to your support of the Happy Building Fund we have a new floor in the library, new carpet in the church, fans

installed in the sanctuary, by the end of July we will have replaced all the old windows in the building except the Potter room and upstairs RE, and by the end of the summer there will be railing along a major length of Walsh Street for your winter walking safety.

From the B&G side we have had a great crew working for us. With their support and dedication the building and grounds have been kept in great condition. Some of the highlights are: the railing to the sanctuary, new doors installed into the upstairs RE room, the kitchen was organized and cleaned, the chairs in the sanctuary are being cleaned on a regular basis, and the outside gardens and lawn look the best they have for years. I feel we all owe a great thank you to these behind the scenes workers.

Lastly, remember we can always use your help. This is a large job and with more volunteers we can get things done that always seem to be put off. If you cannot be there on a regular basis that is okay. This is a great way for you to contribute to UUCM and meet new people and have fun. If you have a specialty, we always need plumbing and electrical work done. We always have woodworking projects, painting to be done and many other needs. Please consider volunteering three hours of your time each month or when you can. Your help will make things easier for our current volunteers and allow us to better address maintenance issues as they arise. Thank You.

## Caring Notes

by Gwen Eymann



The Caring Committee serves the UUCM community by offering support, help, and connection to folks during times of special need. We can all be part of the UUCM

Caring Team by reaching out to each other to offer support, kind words, offers of help, and good works. Please give a little extra support and caring energy to the following people:

Sharon Moore  
Barbara Lowell on her wellness journey  
The Family of Jean McFadden  
Anne Lyon who is healing from foot surgery in  
Santa Rosa

The UUCM Caring Committee meets on the second Tuesday of the month at 4:00pm. We may be contacted via email at [caringcommittee@uugrassvalley.org](mailto:caringcommittee@uugrassvalley.org) or by calling Gwen Eymann at 530-274-7965 for more information.

## Humanist Discussion Group



by George Dunstan

The next meeting of the humanist discussion group will be on Wednesday, July 2nd at 10:30 AM at UUCM in the Channing room. We will continue our topic on how various groups approach death by discussing Mesoamerican, Confucianism, Raelian, and of course, the Humanism approach. All are welcome to join us for what is always an interesting discussion.

## New Covenant Groups Forming



by Bonnie Bennett

If you've been wanting a deeper personal connection with people who attend UUCM, joining a Covenant Group might be what you're seeking. We are in the process of forming new groups which will start up in late September.

The term "covenant" has been used by UU congregations because people make a commitment to each other about how they want to be together. This deeper connection is fostered in a safe environment, with a specific format led by a trained facilitator. The gatherings are once or twice a month for about two hours each session, and can be daytime, evenings, or even weekends.

The format includes check-ins, readings, and a personal sharing based on experience and philosophy using such topics such as: Conscious Consuming, Spiritual Journeys, Congregational Change, Dreams, The Present Moment, Ethics, Abundance, Living Simply, Learning from Failure, and Gratitude (only a sampling).

UU congregations all over the US embarked on the Covenant Group journey in about 2003, and UUCM followed a few years later with its first groups which we called Chalice Circles. Personally, I've been in three different groups at UUCM during that time. All were positive and rewarding experiences, and it's why I've volunteered to coordinate this effort.

If you're new to UUCM, this is a perfect way to get to know people better. If you've been here for 20 years like me, it's still a wonderful opportunity to be involved in the UU journey.

I'm gathering names of interested members, friends, and visitors now. If you are interested, please contact me at [freedomwriter47@gmail.com](mailto:freedomwriter47@gmail.com), 530-615-4252, or see me in person at Sunday services.

Looking forward to hearing from you,  
Bonnie Bennett, UUCM Covenant Group Coordinator

## **PFLAG and UU and Maya Angelou**

by Pat Paddock

PFLAG honors the life of Maya Angelou 1928 - 2014:

One of Dr. Angelou's most famous quotes was this: "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." She was a staunch ally for equality for people who are LGBT, alongside all that she said on behalf of all people who are disenfranchised, and her lifelong actions to bring attention to the need for compassion and understanding to close the gaps that injustice creates. At PFLAG's first-ever Straight for Equality Gala in 2009, we had the tremendous privilege of recognizing Dr. Angelou as our inaugural Straight for Equality honoree. Before she accepted the award, she sang:

"This little light of mine, I'm gonna let it shine...." to the audience. While the song served as the introduction to remarks about courage and equality, PFLAG will remember it as Dr. Angelou's signature. She was a powerful woman who brought her light--shining attention on how we ought to treat each other--wherever she went, and NOW, UUCM has the privilege of singing it to the children at every Sunday service.

## May Chalice Correction

by Pat Paddock

April 27 - May 25 Chalice correction: Pat Paddock apologizes for not completely editing the article entitled "Standing on Ceremony: The Gay Marriage Plays". The article was actually written by Pat Rose, PFLAG information contact, and the personal statements were hers, not mine.

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

*Respect for the interdependent web of all  
existence of which we are a part.*

Lifespan Religious Education/Spirit Play  
teaches...

*Value our home, Earth, that we share  
with all living beings.  
(Violet Promise).*

**Next Newsletter  
Friday, July 25th**

Please submit content to [editor@uugrassvalley.org](mailto:editor@uugrassvalley.org)  
and put "newsletter" in subject line.  
by Friday July 18