



# The *Mountain* Chalice

JANUARY 2015

**TWO SUNDAY MORNING SERVICES beginning January 4, 2015**

Early Service: 9:45

Shared Social Time: 10:45 - 11:20

Late Service: 11:30

Religious Education at 11:30

Nursery Care is available during both services.

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## ***Upcoming Service Information***

### **Sunday Services 9:45 & 11:30**

- January 4 Service Leader: Rev. David Usher  
Worship Associate: Lindsay Dunckel  
Musician: Jim Lowe
- January 11 Service Leader: Rev. David Usher  
Worship Associate: Gail Johnson-Vaughan  
Musicians: Taylor Carey & Kathryn Young
- January 18 Service Leader: Rev. David Usher  
Worship Associate: Sam Lautzenhiser  
Musicians: The Choir  
This is Martin Luther King Jr Day, and in solidarity with the Black Lives Matter campaign, you are asked to wear black.
- January 25 Service Leader: Bob Meiss  
Worship Associate: Bev Lyon  
Musician: Jim Lowe  
Bob Meiss is the Settlement Consultant for Pacific Central District. He will lead both services, followed by a presentation on the Search Process. See page 5 for further details.
- February 1 Worship Leaders: Beth Karow & Jo Waters  
Musician: Jim Lowe  
Beth Karow and Jo Waters will lead a service in celebration of the Pagan Festival of Imbolc.

We would make this place a temple of the heart's desire, built from the hewn rocks of our individuality and from the sure mortar of our shared understandings.

An unwalled, unbounded temple wherein all people may praise, in tones of joy, the Highest Things that give life meaning and worth, and draw us ever onward beyond our known selves.

We would make of this place a centre of meeting for the lost and uncertain, that we may gain renewed hope to face life's joys and sorrows with enterprise and forbearance, that we may know also a deep gratitude for all the opportunities of growing.

We would make of this place a spiritual home in which dwell Love, Peace and Honor. Frank Clabburn

## ***Minister's Reflections***

Dear UUCM Members and Friends,

No doubt many of you have made some New Year Resolutions. Some perhaps have been carefully considered and you are serious in your intentions, and some have been more spontaneous and frivolous and are less likely to survive very long into January. Losing ten pounds, exercising more, keeping in touch with others more regularly, whichever they may be, I wish you well in them.

Making resolutions is not only about things like diet and exercise. Part of the spiritual life is about thinking deliberately about your life and making resolutions for the future. How do you want to be in the world? Generous hearted and open minded, or mean spirited and full of unexamined prejudices? What will you need to help you be as you would like to be?

That is part of the function of a religious community - to help us stay focused on their spiritual resolutions, to remind us of the higher values and ideals which being engaged in the rush of the world can so easily make us forget. When people tell me they are spiritual but not religious (a popular phrase these days) I usually doubt the depth of their claim to spirituality because it is almost impossible to be truly spiritual alone, without being part of a larger community. That is what

religion is - the larger community of tradition and other people within which one cultivates one's personal spirituality.

As a community, UUCM can also make resolutions for the year, and 2015 will certainly be a significant year to do so. We will make the transition to two services on Sundays for the first time in UUCM's history. The process to identify and invite your next settled minister will begin. A stewardship consultant will help us enlarge our vision and to match that enlarged vision with an enhanced spirit of generosity. And there is the potential to increase what we do, both for our own immediate benefit and for the benefit of the wider community.

What would your resolutions for UUCM in 2015 be? And how do you intend to make those resolutions become reality?

See you in church!

*David*



## President's Perspective



By Rob Ferroggiaro

The past six months have certainly been eventful at UUCM! As 2014 comes to a close, your Board of Trustees is looking ahead to the new year with excitement. We'll start our schedule of two worship services on January 4<sup>th</sup>, and we will start discussion about the ministerial search process at the services and meeting on January 25<sup>th</sup>. As we enter the new year, we will also continue to look for opportunities to apply Rev. David's experience and insight as Interim Minister to explore ways to make our programs even more meaningful.

At this time of seasonal celebration, I want to express my appreciation to all of our leaders and volunteers who bring incredible positive energy to our UU Community. Heartfelt appreciation goes to my fellow board members for their joyful spirit and their commitment to our work as a leadership team. It is a pleasure working with you all!

May you have a safe, love-filled holiday season.

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### Board of Trustees Meeting Highlights - December

The Board certified the membership list in accordance with our bylaws.

As of the June 30, 2014 census date we had 124 active members.

Appointed Bonnie Bennett and Keith Johnson as co-chairs of the Social Justice Coordinating Committee

The Board has identified a need to create guidelines clarifying how various elements of board meetings will be conducted, from creation of agenda to reporting of results. The Board decided to gather advice from other UU churches that have addressed this.

Financial projections show that we are on track to meet our budget this year, with the potential for a modest surplus. The Finance Committee has already begun planning for 2015-16 as we will carry forward a smaller surplus than we did this year, and we will have increased expenses next fiscal year.

Note: Going forward, board meeting minutes will be posted in the church office once the final version is approved at the subsequent board meeting.

## Search Process gets underway

All members will have received the letter from the Board, sent on December 8, announcing the special brief congregational meeting to be held after the second service on January 25. This meeting is being held to make by-law changes to bring us into line with the policies of the Unitarian Universalist Association (UUA), and an explanation of those changes and their rationale was included with the call to the meeting. If you have questions or comments about those By-Law changes, please contact a member of the Board no later than January 14.

As part of that meeting, the local UUA Search Consultant, Bob Meiss, will first lead the worship at both services and then explain fully how the Search Process works. He will be able to answer all your questions.

All members of the congregation are urged to attend this vital first step in the exciting process in appointing your next Settled Minister.

## Marion Peterson leaving: new Administrator starting...

For her own personal reasons, Marion Peterson is leaving us as Office Administrator, having pioneered the position since September 2013. We thank her most warmly for the excellent way she has performed her duties, and wish her well for the future.

The new Administrator is Conrad Sisk, who comes to us with a variety of skills which should be an excellent match for us. Conrad has recently moved to the area from the East Coast with his partner, Melissa. Conrad starts work on January 5th, working alongside Marion until her last day on the 15th.

Please make an opportunity to express your own appreciations to Marion, and to introduce yourself to Conrad.

## UUCM Board of Trustees

President:	Rob Ferroggiaro
Vice-President:	Amy Renee
Treasurer:	Janet Dunstan
Secretary:	Scottie Hart
Trustees at Large:	Dawn Bateman, Bonnie Bennett, Dave MacLeod, Carol Wong

# RE Reflections

By Snow Hernandez



The biggest piece of RE news is that we will be starting the Junior High OWL program early next year for youth in grades 7-9. OWL (Our Whole Lives) is a comprehensive sexuality education program that expands on what little information kids are given in school, if any. It offers a holistic approach, focusing on everything from anatomy to relationships to body image, and also includes sessions on LGBT issues, social media, and bullying. If you have youth in this age range, I highly recommend the program! I went through this program when I was a youth, and have led it several times in other churches. I cannot emphasize enough how valuable I believe it is! The program will be led by trained facilitators Emily Gallup and Paul Elias on Sunday afternoons and will likely include a couple of overnights. The program is open to the community as well, so if your children want to bring a friend, or if you know someone who has a youth that might benefit from the program, please stay tuned for the official informational announcement coming very soon! For more information on the curriculum itself, go to <http://www.uua.org/re/owl/>

The Adult RE booklet for the second half of the church year is coming soon as well. The classes have been finalized and just need to be compiled and put into your hands! There are some great sessions coming up that I believe will meet a wide variety of interests!

Our K-5 group, middle school Popcorn Theology group, and high school group continue to run smoothly, and some of our groups seem to be growing - which is always great news! We are also still looking to further grow our RE committee - we hold meetings once a month and no previous RE experience is necessary!

One last piece of news to remember - on January 4th when we move to two services, RE classes will be held during the second service only. Nursery care, however, for preschool aged children and below, will be available during BOTH services.

As always, feedback and input is appreciated!

In faith,

Snow Hernandez,

Director of Lifespan Religious Exploration

## Joys and Sorrows



Because of the change to two services, starting on January 4 there will be a change to the way we will do Joys and Sorrows. If you have something you wish to share, please write it briefly and legibly in the Pastoral Care Book which will be placed at the rear of the sanctuary before each service begins. During the service, you will be asked to come forward to place a stone in the water bowl as before but without speaking, while some gentle soft music is being played and the service leader weaves whatever has been written into a pastoral prayer.

The Pastoral Care Book will be a written record of what has been shared, and will enable people to see what has been shared during the service they have not attended.

## Would you like to be a Worship Associate?

On Thursday, January 22 at 7.00pm David Usher will lead an introductory training course for existing and potential Worship Associates. Learn what is involved in preparing and leading worship, and pick up some general tips in public speaking. It would be helpful if you could tell David in advance if you plan to attend.

## Giving - The Sacred Art



Submitted by Beryl Beckwith

When practiced consistently and intentionally, giving can become a spiritual discipline and, even more, a sacred art. When we practice giving regularly and understand that our motivation has some connection outside of ourselves, we have the opportunity to radically transform our lives, the life of **another person, even the lives of entire communities...**It's about creating an entire lifestyle of generosity. ~ Lauren Tyler Wright

## Social Justice Committee



Keith Johnson and Bonnie Bennett are the newly appointed Co-Chairs of the Social Justice Committee. At the November SJC meeting the committee voted to revitalize their efforts using a program from the UUA Witness Ministries INSPIRED FAITH EFFECTIVE ACTION. Details to come in the next Mountain Chalice.

Black Lives Matter - In response to David Usher's sermon on December 7, twenty one people gathered on the evening of December 15 to discuss what UUCM might meaningfully do as part of the nation-wide protest against recent Grand Jury decisions not to prosecute police officers who had killed black men. Several practical ideas were suggested which would help to educate ourselves about the issues, engage with the local community and especially with the law enforcement agencies, and to contribute to the state-wide and national debate. A number of people undertook to do some research and to report back to a follow-up meeting at 7.00pm on Monday, January 5. Whether or not you attended the first meeting, you are warmly invited.

In addition, SJC appreciates the inspiring social justice sermons of late by Rev. David Usher.

Hospitality House Dinner Prep and Serve at Utah's Place: Frist and Third Fridays of each month. January 16 & 30. Food/cooks/servers are all needed. We meet at Utah's Place between 4 and 4:30 to cook and serve. Please contact Leal Portis at 265-3887 to sign up.

Interfaith Food Ministry – First Sunday of each month. Please remember to bring nonperishable food for IFM (of which we are a Member Church), and our furry friends.

Fourth Friday Film Series: “**The Future of Food**” distills the complex technology and consumer issues surrounding major changes in the food system today - genetically engineered foods, patenting, and the corporatization of food - into terms the average person can understand. It empowers consumers to realize the consequences of their food choices on our future.

Green Power Points - A few hints to start off the New Year!

Clean Sweep - Whenever you can, use a broom instead of a vacuum or dust-buster. You can even sweep flat-weave and low-pile carpets and rugs for quick cleanup. Ventilate - Remember to open your windows early and often (maybe even a door) and even in the winter. Plants help, too, sucking up carbon dioxide and spitting out sweet oxygen.

Happy New Year to your family and your home!!!



# Facing Mental Health Challenges Together



by Scottie Hart

In mid-November I shared with those gathered for Sunday service that I was struggling with depression. The good news is that after the service sixteen people came up to me to express their concern and support - love made visible. The sad news is that about half of them told me that they, too, had personal experience with depression.

Statistically about twenty percent of the participants in our Beloved Community face a mental health challenge, and their families are also deeply affected. That's a lot of us who need the special support a spiritual community can offer.

I wonder how we can best "stand on the side of love" with the sufferers in our midst?

That will be the focus of a special gathering after the second service on Sunday, January 18, 2015. From 12:45 until about 2:15 p.m. all of us who have wrestled with any "no-fault brain condition" and their family members are invited to gather to consider how we can, as a congregation, best respond to those among us who are suffering. A light lunch will be served.

If you have lived with a mental health condition or are a family member of someone who has, please join us.

To learn more, contact Scottie Hart at 272-5022 or Rev. David Usher at 274-1675.



# Sing With Us in January

By Annie Haymaker, Director of Music Ministry



Morning Choir starts on Sunday, January 25. This pickup group, led by Annie Haymaker once a month, will practice the hymns of the day in the sanctuary after the first service, and help lead the congregation in song during the second service. If you like to learn songs well and add some pizzazz to our hymns, with no commitment or evening rehearsals, call Annie at 477-0701 to get on the email list, or just show up!

Evening Choir will continue in January with Janet Bullock as facilitator, rehearsing on Monday evenings. Janet invites those interested in singing with this group on a monthly basis to contact her at 477-8760 to find out what song they are singing each month.

Also starting in January is Musicians' Night, where our Sunday pianist Jim Lowe will rehearse with individuals and groups who would like piano accompaniment. If you're a vocalist or instrumentalist who would like to add Jim's unique jazz camping and great classical and contemporary accompaniments to your service offerings, sign up with Annie at 477-0701 for half-hour practice slots on Monday evenings.

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## Covenant Groups



by Bonnie Bennett

Three UUCM Covenant Groups have been meeting for four months involving about 30 people connected to our congregation. It's a monthly gathering of participants forming a connection using topics for discussion such as Spiritual Journeys, Gratitude, etc.

We are considering forming a fourth group starting the first of the year. If you are new to UUCM, you might find this an excellent way to connect with others in a deeper way.

Please contact me if you are interested and/or need details.

Bonnie Bennett, Covenant Group Coordinator

E-Mail Address: [freedomwriter47@gmail.com](mailto:freedomwriter47@gmail.com)

Telephone Number: 530-615-4252

## Monthly Potluck Supper and Program:

A new monthly program is starting in January. On the second Wednesday evening of each month, there will be a Potluck Supper starting at 6.00. Please bring a dish to share: a casserole, side dish, salad, dessert etc. This will be followed at 7.00 by a different program each month, details of which will be published in the Prospectus soon to be distributed. You are welcome to come for the supper only, the program only, or both. In response to many requests, for the January program, on Wednesday, Jan 14, David Usher will tell *Outrageous Tales* from the Outback, a memoir of his four years as a jackaroo on sheep and cattle stations in Australia.

### Caring Committee

By Gwen Eymann



The Caring Committee serves the UUCM community by offering support, help, and contact to folks during times of special need. We, as a community, 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 to the following people:

Sharon Moore-please keep her in your thoughts

Sharon Kenedi as she heals from a recent hip fracture

The Barbieri Family

Bill and Joan Toensing-Joan is healing from a recent heart attack

UUCM Giving Tree Project was a wonderful success. All the gifts have been delivered and our UUCM community made a positive difference for 5 families in Nevada County. Please give thanks to Robin Hart for her great effort in coordinating this important community project. Thanks to all who were able to give.

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

## **New Adult Education Prospectus published**

With thanks to Snow Hernandez and Keith Johnson, a new Prospectus of Adult Religious Education programs has been published for January - June 2015. There is a variety of programs to choose from, such as Book Study, extended courses and one-off evenings. You are invited to see what appeals to you, and sign up accordingly.

## **Game Night! An All-Ages Event!**



**By Barbara Barr**

With cold winter days ahead, let's get together for a fun night of games and snacks. Bring your kids...grandparents, and your friends! Also, bring the games you like, though some will available, like Scrabble, Rummikub, Sequence, Cribbage. Don't forget the cards. Bring a snack and/or drink(s) to share. Mark your calendar for Friday, January 9th, at UUCM, 7:00pm till 9:30pm. We'll see you there! Questions? Call Shannon Dooley-Miller at 346-6995, or Barbara Barr at 273-6898.

## **Building and Grounds**

**By Wally Holtan**

I personally want to express my deep appreciation for all the hard working volunteers we had in 2014 who donated their time and talent to keep our building and grounds in such great shape. We accomplished a lot last year and are looking forward to a busy and productive 2015.

For those newer members and friends of UUCM, the Building and Grounds committee consists of two parts: First, we have many volunteers who participate in the work day projects and then will head home. Second, there is a committee of individuals who meet after the workday for a lunch meeting to discuss what the important projects are for the next month and we identify long term projects that need to be completed. This meeting is open to all who have an interest in helping work on these goals.

The B&G workday is a great place to start meeting other members of our community. We get together once a month on the third Saturday from 9 am to 12 pm, and strive to make our UUCM meeting area a better place through our personal physical participation.

# Hungering for answers to your questions about Unitarian Universalism?

## Wanting to find out more about membership at UUCM?



If you have been attending UUCM and are curious about membership, we have a great opportunity for you.

Rev. David Usher is leading a class on Saturday, January 17, from 9 a.m. until approximately 1:00 p.m. at UUCM.

The class is designed both for people considering joining our community, as well as those just wanting to know more about UUCM and Unitarian Universalism.

During the class, you will:

- Learn about our UU faith and worship
- Share your personal spiritual journey
- Find out about the expectations and privileges of membership at UUCM
- Tour our building
- Meet other like-minded seekers
- Get more connected to our community

Coffee, tea and pastry will be provided in the morning, and a complete vegetarian lunch will be served at noon.

P.S. - Those wishing for a refresher course are also welcome.

To reserve a place in the class, please contact:

Kathryn Young  
Chair, UUCM Membership Committee

[kathryneyounguu@gmail.com](mailto:kathryneyounguu@gmail.com)

(530) 478-1329

## January Calendar

3		R.E. HS Sleepover Party
4	9:45 am 11:30 am	Sunday Service Sunday Service
5	5:30 pm 7:00 pm	Choir Practice Black Lives Matter (page 8)
6	9:00 am 4:00 pm	Morning Meditation Stewardship Committee
7	8:30 am 10:30 am 7:00 pm	<b>Men's Get-together</b> Humanism Discussion Group Drumming Circle
8	8:30 am 10:30 am 6:30 pm	<b>Men's Group at What's Up Coffee</b> Writers Group Board of Trustees
9	7:00 pm	All Ages Game Night (page 12)
11	9:45 am 11:30 am	Sunday Service Sunday Service
12	9:00 am 5:30 pm	2nd Monday Covenant Group Choir Practice
13	9:00 am 4:00 pm 6:00 pm	Morning Meditation Caring Committee <b>Women's Group</b>
14	8:30 am 11:00 am 6:00 pm 7:00 pm	<b>Men's Get-together</b> Habitat for Humanity Lunch Prep Potluck Supper (page 11) Outrageous Tales from the Outback (page 11)
15	8:30 am 2:00 pm	<b>Men's Group at What's Up Coffee</b> Barbara Covenant Group Afternoon
16	4:00 pm	<b>Dinner Prep at Utah's Place (page 8)</b> Mountain Chalice Articles Due

17	9:00 am 9:00 am 12:30 pm	New Member Class (page13) Building and Grounds Work Party Building and Grounds Committee
18	9:45 am 11:30 am 12:30 pm	Sunday Service Sunday Service Mental Health Discussion
20	9:00 am 9:45 am 4:00 pm	Morning Meditation Transition Team Meeting Membership Committee Meeting
21	8:30 am 7:00 pm	<b>Men's Get-together</b> Drumming Circle
22	8:30 am 10:30 am	<b>Men's Group at What's Up Coffee</b> Writers Group
23	7:00 pm	Fourth Friday Film Series (page 8)
25	9:00 am 9:45 am 11:30 am 12:45 pm	Social Justice Committee Sunday Service Sunday Service Congregational Meeting
27	9:00 am 6:30 pm	Morning Meditation Worship Committee
28	8:30 am 4:30 pm	<b>Men's Get-together</b> Finance Committee
29	8:30 am	<b>Men's Group at What's Up Coffee</b>
30	4:00 pm	<b>Dinner Prep at Utah's Place (page 8)</b>

## **UUCM Mission**

The purpose of our Community is to foster liberal religious living through worship, study, service, and fellowship. We seek the enjoyment of religion founded upon devotion to individual freedom of belief. Relying upon reason as our guide, and upon freedom as our method, we seek to grow in understanding of ourselves and of our world, to promote and serve the universal human family.

Recently added Sermons given by Rev. Usher are available on the UUCM website: [uugrassvalley.org](http://uugrassvalley.org).

“I Can Breathe” December 7

“Still No Vacancy?” December 14

“To Seek, To Savor, To Serve” January 4

Unitarian Universalist Community of the Mountains

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