

the Mountain Chalice



Unitarian Universalist Community of the Mountains

September 2015

UPCOMING SERVICES

LAST Summer Service!
One Service at 11 a.m. on September 6, 2015

September 6 Rev. David Usher
Last service of the summer

Two Service Times Return Starting September 13:
9:45 a.m. and 11:30 a.m.

September 13 Rev. David Usher
Water Communion Service
Worship Associate: Lindsay Dunkel

Our traditional start to the new year, both services will be a Water Communion, and the first service will also be an intergenerational service with the children remaining throughout.

Please bring a small vial or jar of water representing somewhere you have been during the summer or which has special sentimental significance for you.

September 20 Rev. David Usher

September 27 Rev. Lucy Bunch
Worship Associate: Beth Karow

Rev. Lucy Bunch is starting her third year as the Assistant Minister at the UU Society of Sacramento. She is a 2011 graduate of Starr King School for the Ministry. Before entering the ministry she was an Assistant Dean for Administration at the University of California Davis. She lives in Sacramento with her wife and two German shepherds.

October 4 Service Leader: Tom Lewis, DDS, MDV
 Worship Associate: Jerry Jacoby

Please see Tom Lewis' bio on page 13 of this issue.

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*Rev. David Usher
UUCM Interim Minister*

Minister's Letter

Dear Friends,

It has been gratifying to see that attendance at Sunday services during the summer has been so exceptionally high, even though traditionally things quiet down during July and August and we have had only one service for those months. There have been Sundays when the sanctuary has been full, a fitting response to the excellent services offered by those leading them, guest speakers and our own home-grown talent alike.

And now in September we revert to two services, starting with the Ingathering Water Communion on September 13th which will herald a new year in which much promises to happen. The early service will be Intergenerational, as will the early service each second Sunday of the month this year, when the children will stay in the sanctuary for the whole hour.

While the excellent Search Committee does its work in clarifying the congregation's priorities for the next called minister and then seeks that suitable match, there is much for everyone else to do to make UUCM as attractive as possible for that prospective candidate. The success of the search is ultimately everyone's responsibility.

What will make UUCM attractive to a potential candidate?
There are several things.

One is UUCM openness to innovation - new people, new ideas, new programs, new challenges. Does UUCM have an adventurous spirit, willing to adapt to the challenges and opportunities of the moment, or does it cling to what is familiar, comfortable, safe?

Another is how well UUCM manages dissent and discontent. Does it pander to it, or rise above it? None of us actively enjoys discomfort, but discomfort is a vital sign of life. The only time we can be sure we will feel no discomfort is when we are dead. Ideally, there should at all times be something happening at UUCM which you do not personally like. When you identify that thing, ask yourself: Is there someone else in the congregation who does like it? Am I the only person here whose comfort and satisfaction are important? Might it be that when there is something I disapprove, that might actually be an opportunity for my personal growth rather than for me to vent about? As Josh Searle-White, former District staff

person, said to a gathering of the leadership in the Spring, "When you disapprove of something, take a deep breath and wait six months."

And a third factor which a potential candidate will likely consider is how engaged members and friends are in the life of the congregation. There is the 80/20 rule, which says that 80% of the work will be done by 20% of the people, and that rule applies to most organisations, but the question is, do most members actively contribute or are they passive consumers? Which are you? Are you more likely to ask "How can I give?" or "What can I get?"

This promises to be an exciting, challenging and very rewarding year, and I am very much looking forward to it. I hope you are too!

See you in church!

David

Worship Associates

As an experiment, this year instead of there being a designated Worship Associate every Sunday, they will be assisting only for those services when there is a guest preacher.

On those Sundays led by the Interim Minister, he will do so without an Associate but will find other ways to incorporate other voices into the service. If you are interested in being a Worship Associate, please speak to the Minister.

Joys & Sorrows

*By Rev. David Usher,
UUCM Interim Minister*

Since January we have been using a Book in which to record our Joys and Sorrows, which are then incorporated into a Pastoral Prayer after people have silently placed their pebbles into the bowl of water. Starting in October, whatever has been written in the book will be published in the following month's Mountain Chalice. In this way, more people will know whatever it is you have shared. If you want your joy or sorrow to be included in the Pastoral Prayer but not published in the Mountain Chalice, please make a notation to that effect beside whatever you write.

Some entries in the Book of Joys and Sorrows are vague (about the weather etc) and anonymous, making them difficult to incorporate into the Pastoral Prayer. Please remember to make your entry specific to your life, and to add your name.



Rob Ferroggiaro
UUCM President

President's Perspective

Board of Trustees August Meeting Highlights

Please Note:

Both the president and the President's Perspective are on vacation. See you next month!

- Rob

Board of Trustees July Meeting Highlights

- The July 1, 2015 membership list was certified at 123 members, one more than last year. This list is used at the basis for UUA/PCD dues payments and for determining eligibility for voting at congregational meetings.
- The Treasurer's Report was reviewed and accepted as presented. Our 2014-15 financial year is projected to close with a \$5,152 loss versus the budgeted loss of \$18,383.
- The Board appointed Claire Miller as volunteer RE Coordinator for this coming year.
- A paid leave policy was approved as required under new state law. For UUCM this currently applies only to the office administrator position. The Board voted to credit Conrad Sisk for the hours he worked in 2014-15.
- There was a planning discussion for the Board of Trustees retreat which is scheduled for Sept 16-17. As part of the retreat, the Board will do a review of the 2014-15 year and develop action plans for the 2015-16 year.

- The Board approved a new Child and Youth Safety Policy to be implemented with the start of this new RE year. This policy will soon be available in the Member's section of the UUCM web site.
- The Board made two additions to the UUCM Personnel Manual; the first is the recently approved paid leave policy and the other is the requirement of criminal background checks for employees.
- The Board approved the Social Justice Mission and Action Plan which was developed through a collaborative process over recent weeks.
- Joel Houtman and Carol Wong were appointed to the Negotiating Team for the ministerial search process. Keith Johnson was previously selected by the Search Committee as their representative on the team. This three person team will be responsible for working out compensation details for our new settled minister.

- The Board recently did a site inspection of the five garage units facing School Street. The garages are in serious disrepair and alternative solutions have been developed by the Finance Committee. The Board decided that the course of action should be determined in light of a long term facilities plan.

**UUCM
BOARD OF TRUSTEES**

JULY 2014 - JUNE 2015

Rob Ferroggiaro, *President*
Amy Renee Patterson, *Vice-President*
Janet Dunstan, *Treasurer*
Scottie Hart, *Secretary*

Members at Large:
Dawn Bateman, Kern Hildebrand,
David MacLeod, Carol Wong

*Board of Trustees meetings are held on the second
Thursday of each month at 6:00 p.m.
in the Channing Room at UUCM.
UUCM members are welcome to observe
with prior notice.*

Search Committee

Search Committee Retreat a Success!

The seven members of your Search Committee and our Ministerial Search Representative, Bob Miess, spent two full days in retreat together on the weekend of August 1-2.

We got to know ourselves better individually and as a group. We shared personal information and examined our prejudices. We learned what motivates each of us and how we can work with different styles of leadership. All this and good food, too!

Part of our work was to develop procedural and voting rules and to work on the time-line for our search. There are at least ten functions on the committee, so each of us has at least one lead position and two back-up positions. Taylor Carey is our chair, with George Dunstan as back-up.

Over the next few weeks the Committee will be sending out a survey that each congregation member is urged to complete about your views of UUCM and what we want for our future. The surveys will be followed by small focus groups where the ideas can be further discussed. Please participate in these opportunities, so that the search committee can accurately describe to prospective candidates what UUCM is seeking in a new settled minister. We thank you in advance for your help.



SEARCH COMMITTEE

Taylor Carey, *Chair*
George Dunstan,
Associate Chair

Lindsay Dunckel
Beth Freedman
Keith Johnson
Bev Lyon
Corrie Silva

Focus Group Discussions

SEPTEMBER 13 AND 20, FROM 9:45 TO 10:45 AM,
AND AGAIN FROM 11:15 AM TO 12:15 P.M.

As you all know, UUCM is searching for a new settled minister. What may be less apparent is the critical importance your active participation plays in the search process. By now you have probably been contacted regarding the congregational survey, which is designed help the Search Committee identify the qualities the Congregation would like to see in its new minister. The survey also seeks to explore and, to the extent possible, reveal the heart and soul of the Congregation so we can make these known to prospective candidates. In addition to the survey, the Search Committee will facilitate a series of four Focus Group discussions offering you the opportunity to share your wishes in even greater detail.

The first two Focus Group discussions will take place on September 13, from 9:45 to 10:45 a.m., and again from 11:15 a.m. to 12:15 p.m. The second pair of Focus Group discussions will take place a week later, September 20, at the same times. We simply cannot over stress the importance of your contribution to our search process. We are honored by the faith you have shown in our team. We are happy to do the heavy lifting of finding candidates to serve our wonderful community. But we can't do it without you. Please complete the congregational survey as soon as you can and join us in at least one of the upcoming Focus Groups.

Gratefully,
– Your Search Committee



From left: Beth Freedman, George Dunstan, Lindsay Dunckel, Bev Lyon, Bob Miess, Corey Silva, Keith Johnson and Taylor Carey

Stewardship Committee

The Spiritual Roots of Stewardship

By Beryl Maclean Beckwith, Chair
Stewardship Committee

Recent reading of Wayne B. Clark's book "Beyond Fundraising - A Complete Guide to Congregational Stewardship", has brought expanding insight and awareness of some visionary next steps for UUCM's Stewardship program and committee. Stewardship - what is it? Why should we think about it? Why is it important? Isn't it just about asking for money? The answer is both complex and simple - stewardship is a spiritual, ongoing way of congregational life. It is a journey by our community so we may continue with learning how to receive gifts in order to learn how to give, to educate ourselves about what stewardship means to us as we move forward, to be experiencing joyful giving, and supporting our ministries and good works. Working with your UUCM Stewardship program and committee is an opportunity to nurture congregational ownership of our mission as a community.

Your Stewardship Committee and Board are planning to host an important congregational workshop this Fall that will also be open to our neighboring UU congregations. Stay tuned for more details about the exact date and goals of what promises to be an extraordinary experience towards searching for more first steps and discoveries toward long term Stewardship program planning at UUCM.

"Successful stewards not only protect but help something to improve and grow. Their actions are empowering."

~ Anonymous

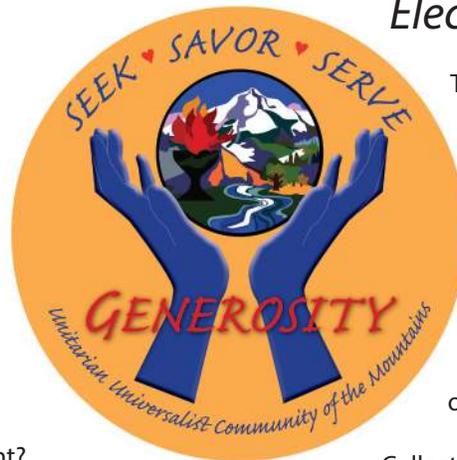
Electronic Giving at UUCM!

The Unitarian Universalist Community of the Mountains is pleased to announce the introduction of an electronic option for making your regular offerings. Contributions can now be debited automatically from your checking or savings account, or processed using your credit or debit card. Our new electronic giving program offers convenience for you and much-needed donation consistency for our congregation.

Collection basket offering can fluctuate significantly from week to week due to travel, illness and other circumstances, but when contributions are automated, the church receives funds on a steady, uninterrupted basis – and you don't have to worry about forgetting or getting behind on your pledge.

To set up your online donations at UUCM's website home page:

1. Go to www.uugrassvalley.org
2. Click the "Online Giving" button
3. Click the "Create Profile" button
4. Follow the on screen instructions to create your online profile and to schedule your recurring contributions.



A Night on the Vine: UUCM's Annual Fall Wine Market Fundraiser

FRIDAY, SEPTEMBER 11 AND

FRIDAY, SEPTEMBER 18, 7:00PM

ALTA SIERRA WINE SHOP & TASTING ROOM

10074 ALTA SIERRA DRIVE, GRASS VALLEY, CA

Please join us for this special annual benefit event, held this year on two nights. Wine broker Dave Luce promises a fun-filled evening as he unfolds the intricacies of a dozen hand selected top quality red & white wines at special prices accompanied by deliciously paired and lovingly prepared nosh. To reserve your seat, please see: goo.gl/aF4nVa (this shortened URL will direct you to our online event page, where you can learn more and purchase your tickets). Please contact Beryl Maclean Beckwith with questions: wine@uugrassvalley.org or 530-615-0248.



Our Next "Intro to UUCM" Class will be Held in October

The next class for those considering becoming a member at UUCM will be held on Saturday, October 10th. It will be an opportunity to share your personal spiritual journey with others, and to learn something about Unitarian Universalist theology, history and governance, as well as what are the privileges and expectations of membership. There is no pressure to become a member after taking the class, and it is open to newcomers as well as to people who have been around a while but would like a refresher.

If you would like to take the class, please let one of the greeters know next time you are at UUCM.

Looking for Members

By Kathryn Young, Chair, Membership Committee

The membership committee is looking for some friendly people to help with greeting, planning new member classes and services, and helping new and old members connect within our community. We meet once a month on the second Wednesday, from 5 to 6:30 p.m. Please let me know if you'd like to join our merry group! kathryneyounguu@gmail.com

Hospitality Training Available

If you would like to help set up and/or clean up the coffee and snack table, but don't know your way around the UUCM kitchen, please come back to the kitchen and look for Carol Kuczora or one of the other regular volunteers (David Ferrier and Donna Foddrell) and let them know you'd like to help. You can help provide a much needed and appreciated service for your fellow parishioners. This is a perfect job for someone who wants to contribute, but isn't ready to make the commitment to be on a committee.

Starting September 13 at UUCM, we'll just go back to two services each Sunday, so the coffee hour will be held between the two services, from approximately 10:45 until 11:25 a.m. If you are setting up, you can come during the first service, then attend the second service. If you are on the clean up crew, you can attend the first service, then clean up during the second one – you don't have to miss a service!

And, as always, if you would like to bring snacks, please sign up for a turn on the bulletin board just outside the kitchen. They will be gratefully received, and quickly devoured!

Caring Committee Notes

By Gwen Eymann, Chair, Caring Committee

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 extra support and caring to the following people:

- Scottie Hart is finding her way back after a very long respiratory illness.
- Anne Lyon is slowly getting back on her feet after her ankle fracture and surgery last spring only to be facing hip surgery in September in Santa Rosa. It has been a tough year for Anne and she can use our calls, care and support.
- Sunny Holmes suffered a recent spinal compression fracture and she is not able to drive. She would appreciate calls and the offer of rides to Sunday service or UUCM events.
- Pat Paddock has recently given up her car and could use help with rides.
- Marcella Hardt is back home at Eskaton and has recovered well from her broken femur. Marcella does need rides to UUCM Sunday Service.
- Otto Haueisen is 101 years young and he would enjoy having visits from old friends and the occasional meal. He is recovering at home after a recent hospitalization. Please call first.

The UUCM Caring Committee meets on the second Tuesday of the month at 4:00 p.m. We may be contacted via e-mail at caring.committee@uugrassvalley.org or by calling Gwen Eymann at 530.274.7965 for more information.

Jennifer Lunsford to be UUCM Pastoral Associate

Jennifer Lunsford has kindly volunteered to be a Pastoral Associate to UUCM members and friends. If you are shut-in and would like a visit or have some other pastoral need, Jennifer would be pleased to hear from you. You may contact her at jen12lunsford@gmail.com or 919.710.3787.

MEMBERSHIP COMMITTEE

Kathryn Young, *chair*
Kathy MacLeod, Claire Miller,
and Sarah Scott

Committee meetings are from 4-5:30 p.m.
on the third Monday of each month
in the Anthony Room

*We're always looking for friendly people who
enjoy getting involved...Come join us!*

Committee Updates and More

Building & Grounds Review of Summer Projects and Goals for the Coming Year

WORK PARTY: SATURDAY, SEPTEMBER 19, 9 A.M.

*By Wally Holtan, Chair,
Building and Grounds Committee*

The UUCM monthly work party took a well-deserved vacation in August. We accomplished a lot this past year! One of our major goals was reduction of the outside watering which was achieved with a lot of hard work and some creative planning. All the outside water lines have been converted to a drip system, and we have new benches in the front and Walsh Street sides, and they look great! Work will continue on the patio area in the next year to continue making it a pleasant area for socializing. We'll also get started on our back yard.

The upstairs Emerson room was painted with help from Amy and Mike, and it looks terrific. We put in new windows in the teen room (aka Potter room) upstairs. The kitchen has been reorganized so it is not so crowded, and we hope to install a new stove this year. All this and more while keeping up on maintenance of our building and grounds both inside and out. Thanks to all those who helped with these projects during this last year. So much can be accomplished when we all work together.

WATER CONSERVATION:

Our effort toward conserving water will be greatly improved if everyone in our community consciously thinks about their water use while at UUCM. Our goal is to be one of the most water efficient buildings in our area, and live up to our commitment to being a green congregation. Shutting off the faucets in our bathrooms seems to be a continuing challenge. Please be sure that they are fully shut off after use – they need to be in the dead center position to be effective. Be conscious of water use especially in the kitchen. One of the problems noticed is continually running the sink faucet when rinsing dishes, etc. This is a waste of water. Using a dish tub for rinsing is a good alternative to running the faucet. Our water records show that our water usage is decreasing, but I believe we can do better. As we continue to become more water conscious, our usage will continue to decrease.

I am looking forward to getting started on the projects we've planned for the coming year. If you want to help us inside or out, we will find a job for you. You will have a good time, make friends, get a great feeling of accomplishment, and contribute to UUCM's welfare! The next scheduled work day is September 19th, 2015 at 9 a.m. *I hope to see you there!*

Chalice Circles: A Way To Seek; To Savor; and To Serve

By Rev. David Usher, UUCM Interim Minister

Chalice Circles will be an integral part of congregational life at UUCM this year. Chalice Circles are groups of between six and ten people who gather around a shared interest or availability of time. Chalice Circles enable their members to form deep connection with the others in the group, while at the same time exploring an issue of shared interest and finding ways to serve UUCM and the wider community.

There is a recognised facilitator and preferably a co-facilitator for each group.

Each Circle forms with explicit understandings and commitments

1. Maximum size is ten.
2. Meetings are at least once a month
3. Meetings follow an established format, with worshipful rituals and check-in at the start and end of each meeting
4. The facilitators are part of the Leaders' Circle
5. There is an empty chair, symbolising the group's openness to welcoming new people. If the group exceeds ten it will birth another group
6. Each Circle agrees to its own covenant, but commits to provide a service to UUCM at least once a year, and twice a year to the community

Chalice Circles (previously known as Covenant Groups) offer numerous benefits. As the congregation becomes larger and more diverse and therefore more difficult to know everyone else, they are ways in which individuals can find deeper and more intimate connections with others. This is true not only for newer members seeking their own place within the community, it is true also for those who have been here a while but who want deeper connection. Within that intimacy can come pastoral and emotional support in times of need, as well as getting to know each other at a more profound level. Chalice Circles can coalesce around a shared interest or merely a mutually convenient meeting time. Everyone in UUCM is warmly encouraged to join at least one Chalice Circle. See the Faith Development Prospectus for more details.

Phil Hart and David Usher will co-facilitate two introductory Circle Group evenings at UUCM in the near future. If you are interested in having a taster experience, or want to see which Chalice Circle you would like to join, and particularly if you are interested in forming your own Chalice Circle around a theme you think would interest others but you are not sure what is involved in facilitating such a group, come to one of our introductions. The dates will be announced soon.

We thank Phil Hart who has kindly undertaken the role of coordinating the various Chalice Circles. He can be reached at: philhart115@gmail.com, or 530.272.6870

Exciting Developments in Social Justice: Congregation Identifies Two Issues:

HOW WILL YOU BE INVOLVED?

By Rev. David Usher

UUCM Interim Minister

The three Social Justice Workshops led by Evan Junker of the UU Justice Ministry in May, June and July were exceptionally well attended and generated a lot of energy and enthusiasm. The process successfully and very clearly identified two main areas for the congregation to focus its efforts – Economic Justice and Environmental Justice, and the Social Justice Committee is now preparing the ground for that work.

Following the lead from the UU Justice Ministry, it is identifying local partners with which to work. For Economic Justice, those partners are Habitat for Humanity; Hospitality House; Interfaith Food Ministry; and Restaurant Opportunities Centers. For Environmental Justice, the partners are South Yuba River Citizens League; Sierra Streams Institute; Wolf Creek Community Alliance; Environmental Justice Coalition for Water/Safe Water Alliance; and Food and Water Watch. The UU Justice Ministry will continue to partner with us in all we do.

A Social Justice Planning Team is contacting all these partners so that at our Service on September 13 and throughout September there will opportunities for you to sign up for the action projects that most appeal to you. How wonderful it would be if every single member and friend of UUCM was involved in some way in this new energy for Social Justice! You might do hands-on work; you might lobby or advocate; you might help organize; you might donate or raise money. All of us can do something. Let's hope all of us will.

MISSION OF SOCIAL JUSTICE COMMITTEE

The mission of the Social Justice Committee is

- a. To provide focus and clarity to our social justice efforts as a congregation.
- b. To facilitate the framework through which the congregation selects its focus issues.
- c. To encourage, enlist, and support UUs in acting on our UU values through our congregationally selected justice issues.
- d. To maintain and develop relationships with our justice partners.
- e. To select the partner organizations that receive our Pass the Plate offerings.
- f. To coordinate our justice ministry with worship, lifespan religious education, and other components of UUCM ministries.

Next Utah's Place Dinner Prep:

THIRD FRIDAY, SEPTEMBER 18 AT 4:00 P.M.,

By Leal Portis

UUCM's dinner crew provides dinner for residents of the Hospitality House on third and fifth Friday of every month. We are always in need of volunteers to cook and folks to either provide part of the food or donate money to shop. We also leave food for breakfast – no more cereal as they have to take a bag breakfast now. If you can help, please contact Leal at 265-3887 or portis.leal@gmail.com.

GREEN Power Points

By Anita Wald-Tuttle, Chair,

Green Sanctuary Sub-Committee of SJCC

GREEN 411

Get the scoop on the ingredients of most any household product at this great site, assembled by the United States National Library of Medicine:

<http://householdproducts.nlm.nih.gov/>

You can browse products alphabetically by name or by category, or search for a particular ingredient that you're curious about.

HOMEMADE

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. Get going:

<http://readymademag.com>
www.makezine.com
www.instructables.com
www.makeyourcosmetics.com
www.epicurious.com
www.make-stuff.com
www.ehow.com
www.learnhowtomakeit.com

(Tip from my 2009 Page-A-Day Calendar)

AND ONE MORE TIP FROM A MT. CHALICE READER:

If you've had little ones as visitors during the summer and find finger smudges on your walls or there seem to be stubborn marks that won't wipe away with good old soap and water, there's no need to fret.

To clean your walls quickly and naturally all you have to do is take a piece of semi-stale white bread and remove the crusts. Then, roll it into a ball, wipe the wall with a soft cloth, and, finally, rub the bread roll over the smudge and watch it erase away. Similar to brand name erasers, white bread is absorbent and spongy allowing it to do just as good of a job without spending as much money.



By Jordan Thomas-Rose
UUCM Director of Music



Musical Notes

Greetings!

Greetings UUCM friends and congregants! My name is Jordan Thomas-Rose and I have the great pleasure of being your new Director of Music. While some of you have met me, I am new to the UU community and thought it would be a good idea to introduce myself here. As part of my duties as the Music Director I am taking over the choir, and am hoping to grow the choir both musically and in numbers. If any of you are interested in joining us, contact me at darthtr@gmail.com for more information. We plan to rehearse on the first three Wednesdays of each month.

Thank You, Annie!

By Janet Bullock

On behalf of the choir, I wish to express our gratitude and appreciation to Annie Haymaker for gifting us (in her capacity as Music Director and Choir Director) with her dedication to the music program and with her clear love of music. She has stepped forward at times when the choir has faltered, and kept it alive. Thank you, Annie.

New Director of Music Appointed

By Rev. David Usher
UUCM Interim Minister

We are delighted to announce the appointment of our new Director of Music, Jordan Thomas-Rose. A 2008 graduate of Nevada Union High School, he is a music student at Sierra College and has been active for many years in the local music scene, singing in and/or directing numerous community choirs, performing in and directing music for local theatre productions, teaching voice and doing jazz composition. He plays piano and guitar, and has a fine singing voice in several ranges and styles. He officially begins his duties on September 1, but played for our services on the last two Sundays in August.

Jordan hopes to bring skill, vision and enthusiasm to the music program at UUCM, not only for our Sunday services but beyond.
Please welcome him warmly.

Where Are We Bound?

In the past three years we've had five ministers: our beloved Meghan, joyful co-ministers Lynn and Wendy during Meghan's sabbatical, the lively Denis after Meghan departed, and now our two-year interim, Rev Usher. In the coming year, we'll be looking to call a new settled minister to start in the fall of 2016. That's a lot of change – and the August 16th music service, entitled "Where Are We Bound?" gave us plenty of spirited musical support and encouragement for our continuing journey together.

The varied program, with Paul Bonani as awesome sound tech, opened with the choir leading the singing of "Where Do We Come From?" in four parts, accompanied by David Ferrier. Bill and Clarita Nolan, Matt Wilson-Daley, and Conrad Sisk performed a foot-tappin' version of the rock classic, "Stand By Me." Michael Bankston, Toon Vandevorst, and Conrad formed a vigorous jazz trio for "Softly as in a Morning Sunrise." The freedom song "Lonesome Traveler," was ably song by David Briggs, and Tom Wernigg sang his folk original, "We Make the Road by Walking." Kate Canan, who visited the monastery of Montserrat recently, played "Songs for Pilgrims to Montserrat" as the meditation. Beryl Beckwith and Janet Bullock movingly sang "Deep Peace," and the choir closed the service with "Here Is My Home," enthusiastically joined by the congregation.

The synergy of musicians, choir, tech crew, and congregation made for an engaging, inspiring, and heartfelt community experience, and reminded us to be open to the music that we stumble upon, that surrounds us and surprises us.

Gathering for Jim Lowe

Jim Lowe's Gathering of Remembrance followed the Music Service on August 16th. We celebrated the life of our wonderful nine-year piano accompanist, shared

remembrances of his kindness, sense of humor and sheer musical talent, listened to some of his music, and afterwards toasted him with this lovely cake, baked and decorated by UUCM member Sarah Scott.



Community Connections – Social & Spiritual Activities

Drop-In Support Circle Meets in the Anthony Room on Sundays During the Coffee Hour

By Janet Bullock

Beginning Sept 13, the Drop In Support Circle will no longer meet at 12:05 p.m., Sundays, but will resume meeting between services (approximately 10:50 to 11:25). Join us if you need some extra support, or have some to give. Each group session will have a facilitator.

In May we launched the Drop-in Circle month-long experiment, a Sunday drop-in group for giving and receiving support. It was well-received and there was a general desire to have it continue. However, no one person was willing and able to be the head Coordinator of the circle. Instead, a group of interested facilitators decided to share coordination functions. These people are: Tom Wernigg, Janet Bullock, Corrie Silva, Leal Portis, Jerry Jacoby, and Pat Paddock.

If you are interested in joining the facilitation team, we ask that you first attend a couple of Sunday circles, and then ask one of the team members to orient you and help you sign up to be a facilitator. If you have questions, contact any of the facilitators listed above.

Bright Lights: A Program for All Ages

FOURTH

WEDNESDAYS

AT 5:30 P.M. AT

UUCM



Starting on Wednesday, September 23, Bright Lights is an opportunity for those of all ages to enjoy time together. There will be a time for some simple worship, an activity, and a shared meal. Those who attended Rev. Karen Foster's service and workshop about RE on July 26 will remember how she stressed that the success of any RE program will be determined and measured by the involvement of the whole congregation, not just the parents. Come and be a Bright Light for two hours of multi-generational connection and fun.



Women's Circle – Outdoor BBQ!

TUESDAY, SEPTEMBER 8, 2015, 6-8 P.M.

The women of UUCM will be meeting at the Bateman's backyard this month for a BBQ and socializing starting at 6 p.m. There will be hamburgers and veggie burgers available. Please bring salads and desserts or ? to share. Beverages are good, too! Dawn Bateman lives at 513 Walsh Street, just a couple blocks uphill from UUCM.

RSVP to either Clarita Nolan: photosbyclarita@att.net, 530.575.2229, or Kathryn Young, kathryneyounguu@gmail.com, 530.478.1329.

Men's Groups

On Wednesday mornings, 8:30 – 10:00 in the Channing Room, and on Thursday mornings at What's Up? Coffee, (1110 E Main St., Grass Valley), men gather to enjoy each other's company and discuss the issues of the day or whatever takes their fancy, in an open and free-flowing way.

New Men's Group Book Club

A group of men meet to discuss books at 10:30 a.m. on first and third Thursdays at What's Up Coffee. These meetings follow the regular Men's Group meetings that start at 8:30 a.m. every Thursday. Contact Mel Berry at melnannie@yahoo.com or 530-559-0904 for more information.

Meditation

Every Tuesday morning at 9, a self-directed group of congregants meet for an hour of meditation in the Sanctuary. Enjoy a time of inner peace and reflection with others. For more information, call Scottie on 530.272.5022 or scottiehart47@gmail.com.

UUCM Humanism Discussion Group WEDNESDAY, SEPTEMBER 2, 2015 AT 10:30 A.M.

By George Dunstan

Our next meeting will be Wednesday, September 2 from 10:30 until noon at UUCM in the Channing Room.

For further information, please contact George Dunstan (477.7635 or gvgeode@gmail.com) or David Briggs (274.9236 or davidbriggs100@yahoo.com)

Community Connections – The Larger Community

Re-Dedication of UU Society of Sacramento

SUNDAY, SEPTEMBER 13 AT 3:00 P.M.

2425 SIERRA BOULEVARD, SACRAMENTO, CA 95825

The Members and Friends of the Unitarian Universalist Society of Sacramento are delighted to be returning to their newly expanded congregational home with a special Service of Re-Dedication, and they warmly invite us to join them for the happy event. A reception will follow. If you plan to attend it would be helpful for you to let them know in advance by calling: 916.483.9283.



Fourth Friday Film Series presents

"CITIZENFOUR"

FRIDAY, SEPTEMBER 25, 2015 AT 7P.M. AT UUCM

When filmmaker Laura Poitras and journalist Glenn Greenwald flew to Hong Kong to meet Edward Snowden for the first time, Poitras brought her camera with her. The result is a 100% real-life espionage story unfolding minute by minute before our eyes, giving audiences unprecedented access to their encounters. Poitras had already been working on a film about surveillance for two years when Snowden contacted her, using the name Citizenfour, in January 2013. For more info, please see: <https://citizenfourfilm.com/>

Discussion to follow film. Refreshments will be available. \$6 - \$10 donation requested; no one turned away for lack of funds. Co-sponsored by The Nevada County Peace and Justice Center and the UUCM Social Justice Coordinating Council.

For more information, call 530.615.7859, visit www.ncpeace.org, or email the Nevada County Peace Center at ncpeace@sbcglobal.net.

Parking at UUCM

There is no off-street parking at UUCM, and with two other churches as near neighbors, finding a spot close by can be a challenge, particularly for those with mobility difficulties. If you are able bodied, even if you are first to arrive on Sunday morning, please leave the spaces on Walsh St. between South Church and South School for those who need easy and close access. Thank you.



UUCM hosted Japanese Language Program this Summer

This summer, the upstairs apartment at UUCM was used by a language and culture program for eight Japanese teenagers who will be exchange students at American high schools for the 2015-16 school year.

**RESERVED
PARKING**



Claire Miller
Volunteer Religious
Education Coordinator

Religious Education Updates

a way for you to contribute to the life of UUCM, and have fun at the same time. We will be offering training and provide a 'duty schedule' with help along the way, so that you can feel confident that you are doing your very best. Talk to Claire or Rev. David to apply.

The New Sunday School Year Begins Soon

Homecoming Service or "Water Service", Sept. 13th, is the first week that we return to TWO Sunday services - at 9:45 a.m. and 11:30 a.m. Parent input to the question "which time works best for your family" has been about equally divided so far with no clear majority either way – so we would like to begin the year with 9:45 being the service time that includes children's programs. Later in the year we can switch — depending on responses from those I haven't heard from yet.

The next major event for the children's program is an Art Show, which will 'open' on Sunday October 11th. We have been given the opportunity to show children's art, professionally displayed and hung by adult helpers, in the foyer for several weeks. The theme of the Show is "What does UU mean to me?" The three weeks preceding October 11 – September 20, 27 and October 4 – children will begin each service with their families in the sanctuary. After the story, all children will gather upstairs to meet with adult mentors/ artists/ teachers to discuss the concept and work on their art. I hope that every child will be able to participate in this experience – from mature teenagers to little tykes; you all have thoughts and ideas. Please share them with us. See you on the 20th!!!

Another new idea for this fall – "Bright Lights" (a multigenerational gathering) is scheduled for the fourth Wednesday evening of each month, from 5.30 to 7 p.m. The evening will include a light evening meal (small charge to cover costs) along with sharing of joys and concerns, music, stories, crafts and games. More details will follow, but mark your calendars to save the dates. This event is suitable to all ages from 0-100, and is a way to get to know each other better.

Another opportunity for young people: We are looking for Chalice Lighters (for children aged 7 and older) and youth Greeters (for children aged 11 and older). Here is

UUCM Introduces Intergenerational Services

The early service on the second Sunday of each month will be an Intergenerational Service, with the children staying in the sanctuary with their families for the whole service. However, although the service will be less formal, with different music and an emphasis on story-telling, it is not only for families, it is for everyone. As Rev. Karen Foster pointed out to us in the worship and workshop she led for us in July, the truly successful children's program is one in which the whole congregation participates and with which it identifies.

Children to be Chalice Lighters

Children who would like to be Chalice Lighters are invited to come to UUCM at 10.30 on September 6 for a brief introduction to the significance of our Chalice and a training session on how to light it safely and reverently.

All-Ages Hikes

This summer, we have had a lot of fun traipsing through the mountains with other UUs, ranging from 6 to 70+ years in age. We climbed rocks, picnicked, swam in lakes, and burned thousands of calories on some beautiful trails in the Sierras

including Castle Peak, Lindsey Lakes, Frog Lake Overlook and Loch Leven, to name a few!

Top photo was taken at Loch Leven, and bottom one at Frog Lake Overlook.



Adult Faith Development Opportunities

Adult Faith Development Prospectus

There is a new Adult Faith Development Prospectus available, detailing everything which is being offered during the coming year. Please take one, and another for a friend, and sign up for whatever it is that captures your interest.

Why "Faith Development" rather than the more traditional "Religious Education"?

The purpose of all the various classes, courses, programs and groups being offered is not so that people can be educated about religion, but to help them develop a richer and more informed personal faith. Such faith development entails some learning; it is also about practical living.



Integral Spiritual Meditation Class

MONDAY EVENINGS, 7 – 9 P.M. IN THE SANCTUARY
SEPT 21, OCT 5 & 19, NOV 2 & 16, DEC 7

Have you ever wondered what exactly is enlightenment, spirituality, or waking up? Ever wonder why your minister, priest, rabbi, teacher, shaman, guru, or local spiritual reader can't give you a straight answer? Come join us for a six week class building on the work of many ancient and modern mystics, in particular Ken Wilber, to discover a new perspective on the topic. We will try to find the universal principles common to all major religions and explain them in plain English in a way that will provide you with "a unity of thought". Sorry, no supernatural rites will be employed.

The class will consist of occasional readings from mystics and spiritualists around the world, class lecture and discussion. In addition, there will be some simple beginning meditation practices developed. The class is open to all from a curious beginner to the "wise old meditator" who wants to gain a new insight.

Leader: Terry Holliman (terryholliman@gmail.com or 530.878.1427). Sign up by Wednesday, September 16.

Understanding Mental Health

MONDAYS AT 7 P.M. IN THE CHANNING ROOM,
SEPTEMBER 28 AND OCTOBER 26

Learn things you thought you knew, but didn't, about mental health challenges:

- Mental illness myths and realities
- A new understanding of mental health
- Language that helps or hinders when discussing mental health concerns

This class is appropriate for those wanting to...

- Understand the daily challenge of living with mental illness
- Feel more comfortable discussing sensitive mental health issues
- Enlarge the welcome that UUCM offers to all comers

This lively class is sponsored by the UUCM Mental Health Initiative and presented by local Nevada County chapter of the National Alliance on Mental Illness (NAMI). For more information, contact Scottie Hart (530.272.3022) or Gail Johnson-Vaughan (530.477.9501)

Guest Speaker Bio

Introducing Tom Lewis, DDS, MDV

GUEST SPEAKER AT UUCM ON OCTOBER 4TH

Tom discovered his "untapped" UU values at Humboldt UU fellowship in the early eighties. He became very active in his new religious community HUUF. In 1995 his activity reached a peak as he also discovered his call to the ministry following the death of his mother. In 1996 he moved to Berkeley to attend Pacific School of Religion. After rigorous and eye-opening experiences (chaplaincy training in Humboldt C. Jail, and a large hospital in Atlanta) he graduated in 2001. He returned to the practice of dentistry for a few years before completing a parish internship at Monterey UU Church. Tom then accepted a parish minister position at the Sierra Foothills Congregation in 2004. He served that congregation for two years. He again returned to dentistry and worked for different Native American Clinics. He is now retired and spends most of his time volunteering his services at homeless shelters and other free clinics.

Tom now lives in Chico and is active in the UU Fellowship of Chico. He is collaborating with a Homeless Shelter to create a new pro bono dental clinic. Tom has four wonderful children and seven grandchildren.

September Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
SEPTEMBER			
1	Tuesday	9.00	Meditation
2	Wednesday	8.30 10.30 6.30	Men's Group Humanist Group Choir Rehearsal
3	Thursday	8.30 10.30	Men's Coffee Group (off site) Men's Group Book Club (off site)
6	Sunday	10.30 11.00 12.10	Chalice Lighting Training Service Drop-in Support Circle
7	Monday	5.30	Choir Sectional Rehearsal w/ Janet
8	Tuesday	9.00 4.00 6.00	Meditation Caring Committee Women's Group (off site)
9	Wednesday	8.30 11.00 4.00 6.30	Men's Group Habitat Humanity Lunch Prep Membership Committee Choir Rehearsal
10	Thursday	8.30 10.30 6.00	Men's Coffee Group (off site) Writers' Group Board of Trustees Meeting
11	Friday	7.00	Annual Fall Wine Market (off site)
13	Sunday	9.45 9.45 10.50 11.15 11.30 3.00	Intergenerational Service Search Committee Focus Group Drop-in Support Circle Search Committee Focus Group Service Ceremony of Re-Dedication at UUSS in Sacramento
15	Tuesday	9.00	Morning Meditation
16-17	Wed. & Thurs.		Annual Board Retreat
16	Wednesday	8.30 6.30	Men's Group Choir Rehearsal
17	Thursday	8.30 10.30 11.00	Men's Coffee Group (off site) Men's Book Group (off site) Social Justice Committee

DATE	DAY	TIME	EVENT DESCRIPTION
SEPTEMBER, CONTINUED...			
18	Friday	4.00 7.00	Dinner Prep Utah's Place (off site) Annual Fall Wine Market (off site)
19	Saturday	9.00 12.30	Bldg & Grounds Work Party Bldg & Grounds Meeting
20	Sunday	9.45 9.45 10.50 11.15 11.30	Service Search Committee Focus Group Drop-in Support Circle Search Committee Focus Group Service
21	Monday	7.00	Deadline for October Mt. Chalice Integral Spiritual Meditation
22	Tuesday	9.00	Meditation
23	Wednesday	8.30 4.30 5.30	Men's Group Finance Committee Bright Lights
24	Thursday	8.30 10.30	Men's Coffee Group (off site) Writing Group
25	Friday	7.00	Fourth Friday Film
27	Sunday	9.45 10.50 11.30	Service, Rev. Lucy Bunch Drop-in Support Circle Service, Rev. Lucy Bunch
28	Monday	7.00	Mental Health Class
29	Tuesday	9.00	Meditation
30	Wednesday	8.30	Men's Group
OCTOBER			
1	Thursday	8.30 10.30	Men's Coffee Group (off site) Men's Book Group (off site)
4	Sunday	9.45 10.50 11.30	Service, Tom Lewis Drop-in Support Circle Service, Tom Lewis
5	Monday	7.00	Integral Spiritual Meditation
7	Wednesday	6.30	Choir Rehearsal

Unitarian Universalist Community of the Mountains

Street Address: 246 South Church St., Grass Valley, CA 95945
Sunday Services at 9:45 A.M. and 11:30 A.M.

Telephone: 530.274.1675 **Website:** www.uugrassvalley.org
Office Hours: Monday, Wednesday and Thursday, 10 A.M. - 4 P.M.

UUCM STAFF MEMBER

Reverend David Usher, Interim Minister
 Conrad Sisk, Office Administrator

E-MAIL ADDRESS

minister.uugv@gmail.com
admin@uugrassvalley.org

TELEPHONE

530.274.1661
 530.274.1675