

# the Mountain Chalice



Unitarian Universalist Community of the Mountains

December 2017

## UPCOMING SERVICES

**Two Service Times on Sundays: 9:30 A.M. or 11:30 A.M.**

Social hour is between the two services; either stay after the first service, or come early to the second one.

Religious education classes for all children and teens are offered during the 9:30 A.M. service.

Nursery care is available for both services.

### DECEMBER THEME: HOPE

What does it mean to be a community of hope?

#### Dec. 3 Where is the Light? Awakening to What Is

We'll enter our December exploration of hope through the story of the Buddha's awakening and an invitation to be present to what is. With the choir and your participation, let's enter this season with open eyes, open minds, open hearts.

#### Dec. 10 Discovering Hope and the Gift in What Is Rev. Kevin Tarsa

The seasonal holy days in many traditions celebrate finding hope in surprising and downright unlikely places. Maybe there is a gift in your life lurking at the edge of what at first appear to be unfortunate limits.

#### Dec. 17 Finding Stillness Gail Johnson Vaughan, Leader; Tom Wilson, Assoc.

This service provides a respite from the hectic holiday season. Allow yourselves to be soothed with inspirational readings, ethereal harp music, and the peace of meditative silence.

#### Thursday, The Longest Nights: a Solstice Celebration Dec. 21 Service at 7:00 p.m.

Come, rooted in the rhythms of the earth and its – our – cycles, sing the quiet, gentle darkness into the exuberant light of the new. With music, ritual, chant, reflection and movement (as space allows), let the turning of the wheel of the year call us to our own turning and light. If you would like to be part of the planning, contact Rev. Kevin. *(If you wish, bring a celebratory finger-friendly edible to share.)*

#### Dec. 24 CHRISTMAS EVE - ONE MORNING SERVICE 9:30 a.m. Why Not a Star? Rev. Kevin Tarsa

It's Christmas Eve, albeit early in the day, so we'll sing with joy the carols of Christmas and explore its central story as well as our hope in this season, no matter our personal theology.

#### Dec. 24 Tidings of Great Joy! – 5:00 p.m. A No-Fuss Christmas Pageant for all ages

We'll sing the carols, tell the nativity story, reflect on its meaning, and invite people of all ages to become part of the physical and spiritual tableau. Come, see if you can hear the story as if for the first time.

#### Dec. 24 Love Come Candescent: 8:00 p.m. Candlelight, Lessons and Carols

A gentle vespers style evening of words and music anchored in the heart of this holy night and Christianity's central message of love and compassion.

#### Dec. 31 Cider Sunday - ONLY ONE MORNING SERVICE 9:30 a.m. Anita Wald-Tuttle

On this Sunday between Christmas and New Year, all are invited to join in our UUCM tradition of sharing personal joys and concerns from the past year, and hopeful expectations for the next one, while sipping cider and enjoying cookies.

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Rev. Kevin Tarsa  
UUCM Minister

## Panning for Gold

### What are the Moral Issues of our Time?

Inspired by colleague Nate Walker, I invite members and friends, well, anyone really, to name what you see as the moral issues of our time. This will generate for us a list of possible services/sermons. Two stipulations: 1) Your response must be written in the form of a question (*for example: "What's a 'good death?"; or "Can morality be objective?" or "Is public education a public responsibility?"*) and 2) it must be brief enough to serve as a sermon title. Please send your moral issue questions to Rev. Kevin: [minister@uugrassvalley.org](mailto:minister@uugrassvalley.org).

Our reflection from Soul Matters this month asks, "Are we listening to everything hope has to say?" As you'll read, the point is that we are not merely passive recipients of hope's palliative soothing. Hope also asks something of us, sometimes pushes us and makes us helpfully dangerous. We act courageously out of the possibilities that hope offers.

What is hope asking of you these days?

All month long, through small groups, Sunday services and holy stories, we'll call each other to focus attention on our hopes and their invitations and urgings. A religious community is not simply a place to gather in good company, it is a sacred kiva, a workshop, a laboratory in which we explore and experiment and discover the bright stars that can guide us when the path is not clear.

In the midst of refining UUCM's mission-covenant, bring this question of what hope is asking of you to your feedback and response. In the small group gatherings to respond to the first draft, people were asked whether the new statement excited them, which would be an indication that it spoke to their deep hopes. On Sunday, December 10, after the 11:30 service, you'll have a chance to respond to the second draft together. When it arrives, listen for and wrestle with the 2nd draft's ability to inspire and excite you, to tap into your deep hope. It is important that UUCM's mission do so if it is to be of real and sustained use.

We'll be entering the new calendar year with the theme of "intention," and in February we'll focus on "perseverance". This holiday and holy day-filled month discerning our hopes and their demands is the doorway to each. Our intentions and our capacity to persevere will be rooted in our hopes. Your sense of hope is the doorway to UUCM's future.

May this December, with all of its rituals and stories and interactions help you see your own hope more clearly.

And if you are in pain and most need to be soothed and comforted right now, may you find that in this month's hope as well. We are here for you.

With care,

- Rev. Kevin



*There was fun for all ages at our UUCM Family Potluck in November... Singing around the piano, arts and crafts, playing games and, of course, eating!*

### REV. KEVIN'S OFFICE HOURS

Tuesday: 10:30 A.M. TO 12:30 P.M.,  
Wednesday: 4 P.M. - 6 P.M. and Thursday: 11 A.M. - 1 P.M.  
Other times by appointment.

Contact Rev. Kevin to schedule an appointment:  
[minister@uugrassvalley.org](mailto:minister@uugrassvalley.org) or (231) 883-1058



Taylor Carey,  
President,  
UUCM Board of Trustees

## Board of Trustees

December is the signature month of my favorite time of year. I think of December as lasting from Thanksgiving through the end of January. In the days leading to Thanksgiving we start planning and practicing to be nice to each other. For some this is merely an extension of their usual behavior. For others, it is a test of courage and endurance.

Thanksgiving to the Christmas/Solstice holidays is a time to forget what being stuffed feels like and to begin training for the food and merriment that will take us staggering and waddling into the new year with new and even more determined resolutions to lose weight, swear off our favorite guilty pleasures, and start backsliding our way toward next fall.

Between now and then, we will consider and — I hope — embrace the Board’s recommendation to overhaul our Church governance model, which will be introduced to the Congregation in the next couple of months. The plan that has been crafted by the Governance Working Group at the instance of the Board, strives to provide for organizational and decisional separation between the Board and the Minister on matters of business and ministry.

Currently, many decisions that affect the ministry are required to be made by or cleared through the Board. Some of you will recognize this phenomenon immediately when you recall that time you tried to offer a helpful suggestion for a fundraising or even a social activity only to be told that for your project to take root you needed to clear it through two committees

and five different people before presenting it to the Board for approval. We are planning to get away from that sort of thing.

Under the new governance model, what most of us consider the life of our Community will fall logically under the authority of the Minister who will be delegated broad authority to make day-to-day decisions on UUCM’s religious activities and practices. Most of what we now refer to as “Committees” (denominated “Teams” under the plan) will also fall directly under the ministry side of our remodeled house, and to that extent most volunteer work will go forward as if no change had occurred, except we hope with the frustration level over delays and indecision vastly reduced.

In the mean time, the Board will be able to address itself to the Big Picture and to keeping our house in sound fiscal order. None of this means that the Minister will be given dictatorial powers. In our view, the Board, which is the representative embodiment of the congregation, will always remain the final authority. But the new model will permit the Board to empower the Minister to create and nourish a coherent and consistent philosophy of ministry, one that serves the Mission as you have created it, not only for the benefit of our congregation, but for the benefit of our entire community. Consider this: How long do you suppose a musical company would last if the President of the Board did all the singing and Elvis spent his time stuffing envelopes? Our plan seeks to keep Elvis in the pulpit while the President helps count the money.

- Taylor

### UUCM BOARD OF TRUSTEES

JULY 2017 - JUNE 2018

Taylor Carey, *President*  
Lindsay Dunckel, *Vice-President*  
Charlie Zimmerman, *Treasurer*  
Sandi Lauher, *Secretary*

**Members at Large:**

George Dunstan, Beth Freedman, Yvonne Mills

*Board of Trustees meetings are held on the second Tuesday of each month at 5:15 p.m. in the Channing Room at UUCM.*

*UUCM members and friends are cordially invited to attend!*

*If you wish to address the board, please give two days notice so the agenda timing can be adjusted.*

## Christmas CAROLING

Wednesday, December 13th at 5:00 p.m. - UUCM  
Downtown Caroling with the Youth Music, Choir  
and All Interested UUCM Music Lovers:

We'll warm up our voices, then walk down Church St. to the Bret Harte Retirement Inn, sing for a half hour, then head back to UUCM for Chicken Tacos and Cheese Quesadillas, Hot Cider and Cocoa.

Freewill donations gratefully accepted toward dinner costs.

**RSVP:** René Wiley, [renemarie@gmail.com](mailto:renemarie@gmail.com)  
(So we can print enough song sheets & make enough food!)

ANNOUNCING OUR

# Annual Holiday Bazaar

*Sundays, December 3 & 10 between Services*

*(All proceeds to benefit UUCM)*

*Thank you for all the donations you've been leaving in the big box in the office.  
Keep them coming! We're going to have a great sale!*

We welcome handmade crafts, artwork, jewelry, knitting & crocheting, sewing, woodwork, metalwork, quilts, pottery, canned fruits\* and jams\* and pickles\*, chutneys\*, sauerkraut\*, re-gifting treasures.

**QUESTIONS? OUR TEAM MEMBERS ARE:**

Janet Bullock, [janetbullock41@gmail.com](mailto:janetbullock41@gmail.com) and Bob Miller, [bob@sierramiller.com](mailto:bob@sierramiller.com)

*\*Foods we will gratefully accept: high-acid canned and pickled fruits and veggies, salsa, chutney, sauerkraut, kimchi, jams, jellies, applesauce. Foods we, regretfully, will not accept: sauces; dressings; canned foods containing meat, fish, dairy; pesto; baked goods; dried foods; beverages.*

**Come Shop for Unique Gifts & Have FUN!**

*Please come to our annual*

## Tree Trimming Party

**Saturday,  
December 9,  
6-8:30 P.M.**

***Activities for ALL ages!***

- ☆ **Decorating & Crafts**
- ☆ **Music & Caroling**
- ☆ **Finger Food Potluck**
- ☆ **Ice Cream Sundaes**



ENJOY A  
**CHRISTMAS  
FEAST AT  
UUCM**  
MONDAY,  
DECEMBER 25  
AT 2:00 P.M.

*Come to UUCM's Second Annual  
Christmas Potluck with  
Rev. Kevin Tarsa  
and your UUCM family and friends!*

***Everyone is Welcome! Please sign up in the Foyer!***

# Membership & Hospitality Committee

## Last Class of Fall UU Series

By Claire Miller, Membership Chair

### THE NEW UU -

#### HOW DECISIONS ARE MADE: GOVERNANCE AND POLITY

Tuesday, December 5, 6:30 to 8:00 p.m.

Everyone – from long time members to very new visitors – will find this interesting and informative. No RSVP necessary. Just come.

The entire series will be repeated early in 2018; see Rev. Kevin's article following.

## Learn more about UUism,

### UUCM and You!

By Rev. Kevin Tarsa, Minister

The New UU series, our "introductory" sessions for those who want to learn more about Unitarian Universalism, about UUCM and/or about becoming a member, are a rich chance to get to know others as well as to learn and reflect. They are helpful opportunities for and open to long time members, and important introductions for new and curious folks.

In the new year, we'll hold the main series during the daytime: mostly Tuesdays early afternoons, with a Saturday morning session at the end. Mark your calendars now:

Tuesdays, 1:00-2:30 p.m. at UUCM:

February 6 - Theology and Worship

February 20 - Where Do We Come From? UU Roots

March 6 - How We Grow in Faith:  
Philosophy of Religious Education

March 20 - Social Justice Philosophy and Practice

April 3 - How Are Decisions Made? Governance and Policy

Saturday, April 14, 9:00 a.m. - 1:00 p.m. -

Welcome to UUCM! and What does it Mean to be a Member?

## MEMBERSHIP COMMITTEE

Claire Miller, chair

Marilyn Young, Hospitality Coordinator

Contact Claire Miller, [truckeeclaire@yahoo.com](mailto:truckeeclaire@yahoo.com)  
if you have any questions about membership, or are  
interested in joining the committee.

## Snack Teams for December

By Marilyn Young, Coordinator, UUCM Hospitality Hour

Every Sunday we enjoy snacks and refreshments along with socializing, between the two services - 10:30 until 11:20 a.m.

This month's schedule for contributing snacks:

December 3 Last names beginning with A to E

December 10 Last names beginning with F to J

December 17 Last names beginning with K to R

December 24 One Service only, names from S to Z

December 31 Cider Sunday -- contact Anita Wald-Tuttle

([awaloldtuttle@gmail.com](mailto:awaloldtuttle@gmail.com)) if you can contribute cider or cookies

If you plan to bring a snack, please contact Marilyn Young ([marilyn04@gmail.com](mailto:marilyn04@gmail.com)).

## Thank You from Claire

By Claire Miller, Chair, Membership Committee

As the year comes to an end, I would like to say how happy and honored I am for the privilege to serve as Membership Chair. My heartfelt "Thank You" to each and every one of you who has made this past year so very rewarding.

However, there are some who have gone over and above in their dedication, commitment and support. Without you folks it truly "wouldn't have happened!!" Here is a very special "Thank You". It truly "takes a village"!

Thanks to Kathryn Young for her many years of leadership, and for her continuing support in numerous ways.

Thanks to Kathy MacLeod for her years organizing the greeters and ushers

Thanks to Marilyn Young and her team (Elizabeth Bloom, Penelope Williams, Marilyn Harton, Ginny Hoyt, Lynn Whitson, and many others) for their work this year in organizing the Sunday morning refreshment table.

Thanks to Brenda Morgan for the organization, energy and good spirits she brings to social events.

Thanks to Carmen Riley and Karyn Packard, for stepping up to cover for me when fate tripped me up in the spring.

Thanks to Connie Wright and Bonnie Lattin-Hensel for their commitment to ushering.

And to Rev. Kevin – for your ongoing support, inspiration and encouragement.

# Membership Committee introduces...

## Introducing our New Members...

By Claire Miller, Chair, Membership Committee

Sunday November 12th, we were delighted to welcome eight new members into the UUCM community. Their unique personalities will add to the richness of our community. We look forward to getting to know them better.



### JOYCE BANZHAF

I taught high school Health Education in Southern California. I followed Wendy, one of my two daughters, and her husband Tom Wernigg and their family here twelve years ago.

The twelve steps form the core of my spiritual disciplines. I also read from the world's perennial wisdom.

I am an activist and devoted to Alternatives to Violence Project, an all volunteer organization doing experiential workshops in prisons and the community.

I love reading and enjoy hiking in this beautiful area.

### BRIDGET BRACKLEY

I was born and raised in Bakersfield, California. Jim is my partner. I have lived in Penn Valley for two years. I have two adult sons, Joe and Tom, and one grandson, Ian. I am the youngest of seven. I have one brother and five sisters.

I worked for about 15 years as a paralegal before I retired, but worked in the legal industry for about 35 years.

I love to run and I also love to bake. I would love to have people to bake for.



**REV. DR. LEISA HUYCK** worked as an ecologist in sustainable agriculture research and education for 20 years before becoming a UU minister. She is called to help bring about the spiritual transformation our society needs in order to live on our beautiful blue planet sustainably, with love and justice for all. Leisa is the founder of Viriditas Ministries, whose mission

is "Healing the heart, nourishing the spirit, and greening the world." You can find it online at [viriditasministries.org](http://viriditasministries.org).

Leisa is married to Steve Temple. She has two adult children: Ben, who is a forester working for a restoration company in Arcata, California, and Melaine, who is a librarian at a girls' school in Palo Alto. Leisa loves to hang out with her 2 ½-year-old niece Skylar and 4 ½-year-old nephew Shane, as well as with Steve's 8 grandkids. She also loves to hike, swim in the South Yuba, read, write, sing, and eat delicious fresh local food. She is a sixth-generation Californian, one of whose ancestors, Captain Rideout, was a tugboat pilot on the Feather River.

### MAYA KNOWLES

I was born in Michigan in 1948. I moved to Nevada County in 2013 and live in Alta Sierra. Sage and I have been partners since 2002. In our first decade together we were actively involved in creating albums and performing original inspirational music, Indian bhajans, and mantra music.



Professions I enjoyed were Innovative Educator and Life Coach. I was part of the alternative culture of the 70's and went "back to the land" for almost a decade. Sage and I lived in Southern India at an ashram in 2006-07. We learned the wisdom of the Indian palm leaf manuscripts and ancient healing techniques.

I am interested in the mystery of life, the origin and evolution of humanity, what contributes to the way we are, how we come to our beliefs, and how we can make meaningful change. I enjoy deep discussions about soulful topics. I love having a little veggie and flower garden in the trees. I like volunteering at Hospitality House, daily walks, movies, reading, music, getting to know our littlest grandkids, and simple vegan cooking.



### SAGE KNOWLES

I was born in Southern California and grew up on a ranch in the Mojave Desert. I moved to Nevada County in the early 70s to the Ananda Cooperative Village, where I lived for 22 years, and raised my children there. I moved to Santa Cruz in the late 90s, and met my wife, Maya, there in 2002. We later spent some time in India, then in the Bay Area. I moved back to

Nevada County in 2013 because I love being here and being closer to my kids and grandkids.

I enjoy playing various kinds of musical instruments: guitar,

## Meet Our Newest Members...

percussion, didgeridoo, Celtic harp, Native American flute, and more. When playing in bands over the past 20 years I have most often enjoyed being a percussionist.

I currently work for the Nevada City company, Telestream, doing technical writing and video production. In the 80s and 90s I was an electrician and builder. I regularly help Hospitality House by creating videos.

I have practiced various types of mediation and spiritual paths my whole life, starting when I was 20. I love gardening, photography, videography, daily walks, time with family and friends, singing, playing music, nature, learning, and growing.



### BONNIE LATTIN-HENSEL

I was born in 1940 and named Bonnie Lee Lattin. My mother saw the movie "Gone with the Wind" when she was 8 months pregnant with me and named me after Scarlett's daughter Bonnie Blue. Yes I had curly blond hair and blue eyes!

I lived an idealistic life in the Bay Area spending summers at Lake Tahoe. In 1959, I left to attend the

University of Oregon in Eugene. After two years I married and finished my schooling at San Jose State, receiving a teaching credential. After five years teaching I had two children, boom, boom! (They were a year and one day apart!)

When the children were ready for school we moved to Nevada City where I taught Special Education classes for the county. After a divorce, I married Russell Hensel and we traveled through the Western United States in a 5th wheel. When I retired we settled in Ponderosa Pines with warm winter months spent in Casa Grande, Arizona. I still reside in Ponderosa Pines. My hobbies are quilting, painting, and games.

### STEVE TEMPLE

My early life was on a farm, and schooled in central Illinois. I came to UC Davis in 1969 for my PhD in Plant Genetics, then lived and worked 11 years in Central and South America as a Dry Bean Breeder/Researcher. The international center was an intensive effort to improve legume production and diets, working with national program scientists in 23 countries. I returned to work for 30 years at UC Davis in Bean Breeding and Genetics, with significant time devoted to Sustainable Ag research and education, and a bit in international programs. Retired from UCD (mostly) in 2012.



I have four wonderful children and eight delightful grandchildren from an earlier marriage. Leisa Huyck and I have been together for 22 rewarding years, and we share many passions for nature and the outdoors, and that is a big part of what brought us to Nevada County. We have both been UUs for most of our adult lives, and as such we share the UU community concerns with recent and current developments in this country and in our world.



### JIM WIENS

Youngest of four children, I grew up in Porterville, California. Bridget is my significant other.

I have three adult children and two grandchildren. I'm retired, after approximately 40 years of practicing law in Tulare and Kern Counties and am still licensed and do a little legal work. Two years

ago, I moved to Penn Valley – Wildwood Ridge.

I enjoy sports (a little tennis, biking, backpacking and skiing), woodworking, music and am active in our homeowners association. We are looking for more of a community.

## Stewardship Committee

### And, We're OFF!

*By Keith Johnson, Chair, Stewardship Committee*

The Stewardship Committee is off and running! Our mission is to create a congregation of generous people. Our members include Keith Johnson, chair, Lesley Champlin, Joyce Keane, George Dunstan, Maryann Currington, Bob Miller, Lin Jovanovic, Bob Packard, Wally Holtan, Lindsay Dunckel, and Corrie Silva.

We have set dates for 2017/18 pledge campaign events. Mark your calendars!

March 4 - Kickoff Sunday

March 9, 16, and 25 - Donor Receptions

March 4 through April 6 - Stewardship conversations with visiting stewards

April 7 - Congregational Dinner

The Committee will now focus on the development of a case statement. The statement defines the mission of the community and describes the relationship between generosity and the mission. What are your thoughts on this crucial question? Please let us know as we accomplish this work together.

## Building and Grounds

### Back in Business!

By Wally Holtan, Chair, Building & Grounds Committee

After a two month hiatus the UUCM work day was held on Saturday, November 18th, 2017. It was a beautiful day and we were able to work outside and accomplish many things that were waiting for the proper weather. Yard and garden maintenance was our primary objective and I'm happy to report that we were very successful.

The roof was prepared for the rainy season which started in earnest this week. Inside the chairs received their long overdue cleaning and maintenance.

Many of you may have seen our hole in the ceiling of the Alcott room. Hopefully, as you read this, the roofing repair will have started. It is scheduled for the last week in November. Our roof is experiencing a few leaks that we are personally addressing. If there is anyone with roofing experience that would like to help please contact me at [uucmgv@gmail.com](mailto:uucmgv@gmail.com).

As always, we can use help on these UUCM work days. It is only three hours in any given month and you can come when you are able. It is rewarding and most people say it is fun. If you don't believe me, note the smiles on the faces of a few hard-working volunteers in November!

Looking forward to seeing your smiling face in December.



## Caring Committee

### Sending Love for the Season

By Anne Lyon, Chair, Caring Committee

Caring Committee sends you love and many high hopes for your happiness and well-being this Holiday Season!!

We hope you will participate in our annual gift giving to needy families by choosing a family from our Christmas Giving Tree in the Foyer. It's fun to think of others in need and actually have an idea of what that person is like! Adults, children and babies are available for gift giving.

This past month has been hard on some of us, quiet for others, and joyous for yet others. Caring Committee has felt compassion and joy in those times. We have been gratified to be able to offer assistance to some of our congregation in need. Do consider joining us in our satisfying gestures to folks who have needed rides, errands, or an occasional meal or visit.

#### CARING COMMITTEE

Anne Lyon, *chair*  
Barbara Chesnut, Maryann Currington,  
Gwen Eymann, Robin Hart, Carol Hyndman,  
May Lawrence,  
Corrie Silva,  
and Lynn Whitson

Committee meetings are at 4:00 p.m. on the first Tuesday of each month in the Anthony Room.  
If you would like to reach out to members in need with rides, hot meals, home visits and more, please let us know.

Contact: Anne Lyon, (619) 933-1618  
[caring@uugrassvalley.org](mailto:caring@uugrassvalley.org)



## Social Justice News and Activities

### Family Circle Shelter & The Inter-Faith Homeless Project

By Keith Johnson, Member, Social Justice Committee

The Inter-Faith Homeless Project, co-hosted by Rev Kevin and Reverend Becky Goodwin of the Grass Valley United Methodist Church, has been meeting recently to consider ways that the local religious community can help the homeless. Case Manager Fred Skeen of Hospitality House has proposed that interested churches create a nomadic shelter for homeless families, which will be called the Family Circle Shelter. Fred notes that the family room at Utah's Place is often full and it is not always a good environment for children in any case. The proposal is that local churches, including UUCM, would agree to house one family at the church for one week or so at a time on an infrequent basis as the need arises. The family would live upstairs and UUCM volunteers would be responsible for welcoming our guests and providing food, linens, blankets, and other necessities.

Want to learn more? Fred Skeen has graciously agreed to attend the next Social Justice Night at UUCM which will be held on Thursday, December 14 from 5:30 to 7:00 p.m. Pizza and drinks will be served and child care is available. Please come and ask Fred any questions you have about this worthwhile and exciting project.

A purple poster for 'Justice Night' with a large yellow star in the upper right corner. The star contains the text 'FIND OUT WHAT YOU CAN DO!'. The main text is in a light purple, outlined font. The date and time are in the top right corner.

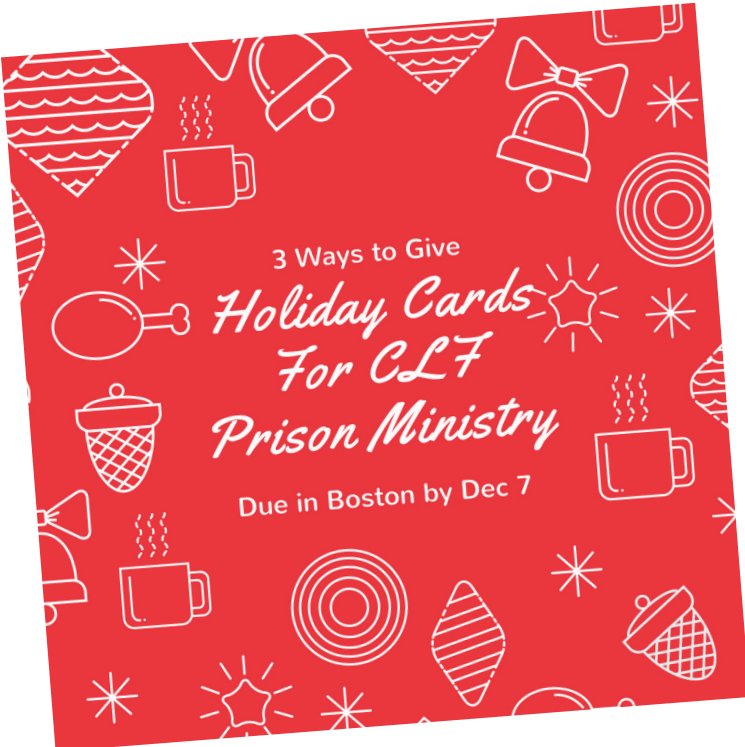
DEC 14  
5:30 - 7 PM

FIND OUT  
WHAT YOU  
CAN DO!

JUSTICE  
NIGHT

WITH SPEAKER FRED SKEEN  
FROM HOSPITALITY HOUSE

PIZZA, DRINKS, CHILDCARE PROVIDED  
UNITARIAN UNIVERSALIST COMMUNITY OF THE MOUNTAINS  
246 S. CHURCH ST., GRASS VALLEY

A red graphic with white line-art icons of holiday items like a turkey, hot cocoa, a bell, and snowflakes. The text is in a mix of white and red fonts.

3 Ways to Give  
Holiday Cards  
For CLF  
Prison Ministry  
Due in Boston by Dec 7

### Can You Help Send Holiday Cards to Inmates through the Church of the Larger Fellowship?

By Stu Matthews, Chair, Social Justice Committee

The Social Justice Committee is organizing the collection and sending of holiday cards for prisoners.

#### FROM THE CHURCH OF THE LARGER FELLOWSHIP:

*The Church of the Larger Fellowship (CLF) is sending 825 holiday cards to CLF members who are incarcerated. Can you help? Find a simple, flat, non-glitter card. Using a pen only, write a seasonal message. Sign your first name to the card, and place the card in a stamped, un-addressed (including no return address) white envelope.*

Bring your own card or use a blank that we have provided. The blanks are in a basket in the office and will be out at the services. Remember, just a stamp on the envelope, no addresses. Cards should be simple, flat, and non-glitter.

The Social Justice Committee will send the cards in bulk so they can be sent on to the prisoners.

# Social Justice News and Activities

## Volunteer Opportunities:

By Keith Johnson, Member, Social Justice Committee

The Social Justice Committee encourages all members and friends to volunteer for justice work with local non-profit organizations. UUCM'ers are already doing outstanding work for the following groups. Please read the brief description of the group and the volunteer help that is needed, and if you are moved to do so please contact the UUCM contact person to volunteer. The contact person will have further information about the organization and may suggest other volunteer opportunities. If you would like to recommend other service organizations to be included, or if you wish to join us on the Social Justice Committee, please contact committee chair Stu Matthews (530-362-8456).

### ANIMAL PLACE, SAMMIE'S FRIENDS SHELTER, GRASS VALLEY SHELTER

Animal Place cares for rescued farm animals. Sammie's Friends and the Grass Valley Animal Control Shelter care for rescued pets. All three of these organizations need help feeding, cleaning, walking, and socializing with animals. Contact Carol Hyndman (530-477-0693).

### HABITAT FOR HUMANITY

UUCM makes lunches for Habitat workers on the second Wednesday of each month at 11 a.m. at the church. Contact Keith Johnson (530-265-0277).

### HOSPITALITY HOUSE

Hospitality House manages and operates Utah's Place, the local homeless shelter. Hospitality House needs help in three program areas:

UUCM purchases, prepares, and serves dinner to our guests at Utah's Place on the third and fifth Fridays of every month. Contact Wally Holtan (530-559-0050).

Hospitality House manages the Bread and Roses Thrift Store and help is needed in all aspects of store operation. Contact Cassandra Holdeman (530-575-4428).

Utah's Place needs volunteer monitors. Contact George Dunstan (530-205-8159).

### IFM

Interfaith Food Ministry provides food to the needy at least two times per week. Current needs include drivers and packers. Contact Anne Lyon (619-933-1618).

### SIERRA ROOTS

Sierra Roots is a local homeless advocacy group which requests assistance in operating a cold weather shelter and their one-on-one advocacy program. Contact Keith Johnson (530-265-0277).

### SYRCL

The South Yuba River Citizen's League is dedicated to preserving and protecting the South Yuba River. Volunteer opportunities include river monitoring, becoming a river ambassador, and clerical support. Contact Yvonne Mills (530-802-5231).

## Donations for Nevada County Pets of the Homeless

By Carol Hyndman, Member, Social Justice Committee

Please remember donations for Nevada County Pets of the Homeless will be collected on the first Sunday of each month, when other food donations are collected for the Interfaith Food Ministry. Questions? [countrycattery@gmail.com](mailto:countrycattery@gmail.com)

## Soul Matters



### Soul Matters Circle

#### Gratitude Letters Table

By the Wednesday Soul Matters Circle

You've heard about the Soul Matters Circles at UUCM?

Each Soul Matters Circle is responsible for a service project during the year. Our circle, the Wednesday Soul Matters Circle, chose to focus on expression of gratitude for people who are taking courageous steps in the world to improve the lives of all; in this case for racial harmony. We submitted a "letter to the editor" to *The Union*, publicly thanking all the people whose efforts came together to create the amazing "Love Walk" in Grass Valley in late September. (Check out the Forum post of 11/3/2017 to see our letter and Bob Branstrom's video.)

We also set up a Gratitude Letters table at the November 10 inter-generational pot luck for people to use for both political and personal letters of thanks; in recognition of the value of sincere appreciation.

– **Wednesday Soul Matters Circle:**

Jo Waters, Kathryn Young,  
Wally Holtan, Nancy Finlay,  
Suzanne Ferroggiaro, Lynn Whitson,  
and Janet Bullock

# Community Connections – Social & Spiritual Activities

## Women's Circle in December: Annual Holiday Party

MONDAY, DECEMBER 11, 2017, 6 P.M.

Our holiday party will be hosted by Beth Freedman at her home located at 10389 North Ponderosa Way, off Rough and Ready Highway. We are doing a gift exchange -- if you wish to participate, please bring a gift-wrapped pair of gloves (\$10-\$15 value.)

We'll be sharing a holiday potluck feast... Theresa Houtman will be providing a turkey. We'll need everything else... main dishes, casseroles, sides like rice, potatoes, vegetables, salads, rolls, desserts and drinks...Be sure and email Beth with what you plan to bring. She has sent out a note to everyone on the group email. She'll send a reminder and directions to her home closer to the date. Carpooling is encouraged!

RSVP to Beth Freedman ([bethannfreedman@gmail.com](mailto:bethannfreedman@gmail.com), 530 575-9319).

All UUCM women are invited to any Women's Circle gathering. If you are not on the Women's Group email list and wish to be, please contact Kathryn Young, or send an email to Conrad Sisk at: [admin@uugrassvalley.org](mailto:admin@uugrassvalley.org) and he will add you.

Last month's PMS Party was a lot of fun. We shared pizzas, laughed and sang along to "Moonstruck" (with Cher and Nicholas Cage) and the Ice Cream Sundae Bar was a big hit... no surprise there!



## Meditation Group

Tuesday mornings at 9, a self-directed group of congregants meets for an hour of meditation in the Sanctuary. Enjoy a time of inner peace and reflection with others. For more info: Shelley North Gerson, 272-8930, [shelley10493@gmail.com](mailto:shelley10493@gmail.com).

## 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.



## Humanism Discussion Group

By George Dunstan

### HAPPINESS - WHAT IS IT? WHERE ARE PEOPLE THE HAPPIEST?

Join us for our December 6th meeting when our topic will be Happiness. Among other sources of information we will discuss the World Happiness Report 2017 (<http://worldhappiness.report/ed/2017/>) and the six factors that most affect happiness; strong economic growth, healthy life expectancy, quality social relationships, generosity, trust, and freedom to the life that's right for you.

We meet on the first Wednesday of each month from 10:30 a.m. until noon at UUCM in the Channing Room. Hope to see you at our discussion. For further information, or to be added to the Humanism Discussion Group email list, please contact George Dunstan (530-477-7635 or [gvgeode@gmail.com](mailto:gvgeode@gmail.com)).

## Drop-In Support Circle

SUNDAYS FROM 10:50 UNTIL 11:25 A.M.

IN THE ANTHONY ROOM ANNEX

We have found our new designated space in the "library annex" to be cozy and intimate. Please join us if you would like a safe, confidential place to share your feelings about life's challenges and give support to others.

The group meets every Sunday, 10:50-11:25.

Circle Facilitators: (rotating) Janet Bullock (530-477-8760, [janetbullock41@gmail.com](mailto:janetbullock41@gmail.com)), Corrie Silva, Tom Wernigg, and Penelope Williams.

# Community Connections

## Speed Bumps of Life Affinity Group

2ND & 4TH WEDNESDAYS, 10:30 A.M.,

ANTHONY ROOM ANNEX

*Like all addictions, (Fill in the blank) kills the spirit.*

Individual addictions often cover a wide range of behaviors that far exceed the use of drugs and/or alcohol.

*Speed Bumps* is a newly established support group where both men and women can come together in a safe and confidential setting to explore the many challenges of addictive behaviors. This is not a Twelve Step program, nor is the goal to fix or offer counseling, but a drop-in gathering in which to provide UUCM members the opportunity to share any number of outside influences that distract from the sense of the spiritual.

Whether you're already established in long time recovery, new to recovery, or just exploring the possibly, please feel welcome to join us. For additional information: Carmen Riley - 272-2803, Scottie Hart - 388-8612, or Gwen Eymann - 274-7965.

## Mark Your Calendar for Regional Assembly!

APRIL 27-29, 2018, AT THE DOUBLE TREE HOTEL IN PORTLAND, OREGON

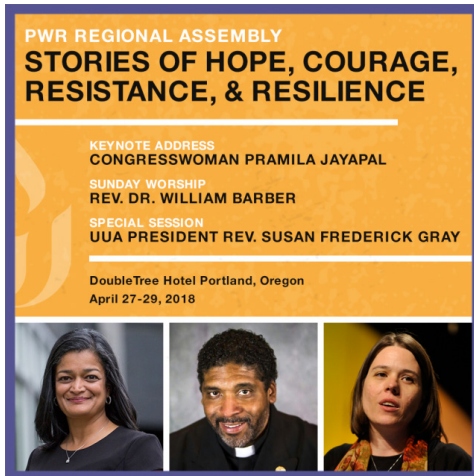
### "Stories of Hope, Courage, Resistance, and Resilience"

will be the theme of our UUA Pacific Western Regional Assembly, which will be held April 27-29, 2018, at the Double Tree Hotel in Portland, Oregon.

#### KEYNOTE SPEAKERS INCLUDE:

**Congresswoman Pramila Jayapal**, the first Indian-American woman to be elected to the U.S. Congress; **the Rev. Dr. William Barber**, NAACP leader and civil rights activist in North Carolina, leader of the "Moral Mondays" protests, and founder of Repairers of the Breach, an organization formed to train religious leaders across the country in social justice work; and **the Rev. Susan Frederick Gray**, the newly elected president of the Unitarian Universalist Association.

Consider attending. This is a great way to be inspired and to connect to the UU world beyond our Grass Valley walls. Registration will open soon.



# Mission Renewal Team



## Mission Statement Work Continues

The Mission Renewal team wants to thank everyone who participated in the small group discussions around the first draft of the mission statement. Lively discussions provided lots of good feedback which the refining team has taken and is considering in developing a second draft.

We also want to thank the mission refining team for their exceptional work in taking all the congregational feedback and developing such a thoughtful first draft. That team is

comprised of Leslie Champlin, Susan Merrill, Gail Johnson Vaughan and Tom Wernigg. They are now diligently working with the small group feedback to develop a second draft. As soon as that draft is available we will send it out by e-mail to our members.

**PLEASE COME DECEMBER 10TH!**  
An opportunity to give feedback on the second draft will be held after the second service on December 10. Soup and bread will be served so please plan to stick around and give your input.

We want everyone to feel like they have contributed to the development of our mission statement.

Based on that feedback, a third and final draft will be written and released sometime in January. This version will then be voted on at the annual congregational meeting on February 4th. We appreciate all the support the congregation has given to this process and look forward to embracing our new mission statement.

Your Mission Renewal Process Team:  
Beth Freedman,  
Jim Perkins,  
Rev. Kevin Tarsa  
and René Wiley

## From Soul Matters – on the Theme of Hope

### What does it mean to be a people of hope?

*Faith, wherever it develops into hope, causes not rest but unrest, not patience but impatience. It does not calm the unquiet heart, but is itself this unquiet heart in [all of us]. Those who hope...can no longer put up with reality as it is, but begin to suffer under it, to contradict it. [True hope] means conflict with the world, for the goad of the promised future stabs inexorably into the flesh of every unfulfilled present."*

– Jürgen Moltmann,  
Theologian

It's not always easy to hear well this time of year, especially when it comes to hope. The dominant messages are about hope offering us calm: "The light will come." "A new day is on its way." "Justice and joy are growing in the womb and will soon be born." Hope, from this point of view, is a voice that reassures. It's a welcomed whisper that says, "Yes, the sky may be dark now. Yes, the road you're on at this moment may be hard. But trust me, just over that horizon, there's a new world waiting for us all."

This soothing message comes to us as a gift. During dark days, we all get tired. The fruits of our efforts are hard to see. We feel alone. The promise that things will change offers us relief. We are released from the burden of believing that "it is all up to me" or that it all must be solved now.

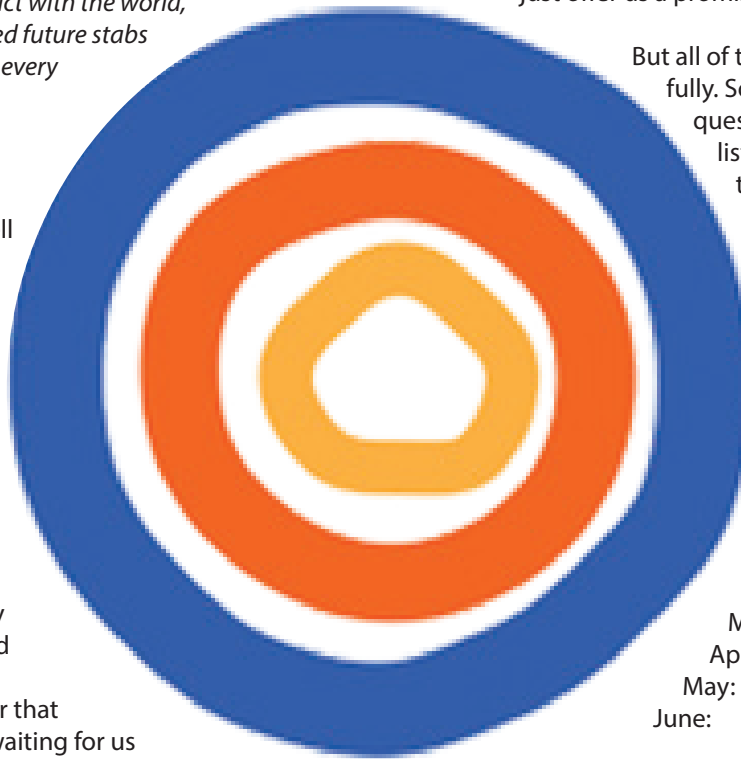
It's a beautiful and needed message. But, as Moltmann and others remind us, it's also only half of what hope is trying to say. Hope doesn't just whisper "It will be different," it also shouts "It should be different" and "It can be different." Yes, it speaks soothing words about trusting and waiting, but it also takes the form of a holy impatience that declares, "Enough is enough. The time is now!" As Moltmann puts it, hope is not just that which calms the unquiet heart; it also is the unquiet heart.

In other words, hope doesn't just promise us that change will come in the future; it also changes who we are in the present. When we believe that a new day is dawning, we don't just sit down and wait. We get up and go out to meet the light. When

hope convinces us that there are unseen forces working for the good, we begin to look around more closely, and in doing so we notice that darkness and pain are not all that is there. When hope's holy impatience gets into our bones, we start acting as if we deserve that new day now. Which in turn changes others by convincing them that we all have waited long enough.

Bottom line: listening fully to hope makes you dangerous, not just soothed! It doesn't relieve us of duty as much as it reminds us that wind is at our back and unseen reinforcements are at our side. Yes, hope reassures, but it also emboldens. It doesn't just offer us a promise; it gives us a push.

But all of this only happens if we listen fully. So maybe the most important question this month is: "Are we listening to everything hope has to say?"



## Soul Matters Themes for 2017-18

### What does it mean to be a people of...

December:	Hope
January:	Intention
February:	Perseverance
March:	Balance
April:	Emergence
May:	Creativity
June:	Blessing

## Soul Matters Circles – an invitation to all

Almost one year ago we launched Soul Matters Circles at UUCM. These are small groups of 7-10 people who meet monthly for facilitated and structured conversation around the monthly themes, drawing upon a set of resources for reflection and spiritual practice. Such circles offer an important chance to find a small circle of intimacy and depth within the larger UUCM community.

Most current Soul Matters Circles will continue through June, with groups forming and reforming again in the early fall. In the meantime, if there is interest and we can find the facilitators, new groups could start up in January. If you are interested in being part of a Soul Matters Circle beginning in January or want to know more, please contact Rev. Kevin: [minister@uugrassvalley.org](mailto:minister@uugrassvalley.org).

## Adult Religious Education Opportunities

### Got a Sermon in You? A Message to Offer?

In the new year Rev. Kevin will lead an 8-session sermon seminar for a circle of 6-8 people. Using *The Shared Pulpit*, a book and a process developed by the Rev. Erika Hewitt, each person will gradually develop a complete sermon, with support, feedback and encouragement from the rest of the circle. Then, willing members will work with Worship Committee members and our Music Director to develop a service around the sermon and its theme.

This will be a significant and meaningful commitment, as the group will meet every two weeks for three hours from late January through May. The experience will function as both a space of learning and self-discovery as well as a small-group ministry, building deep connections en-route to deep expression in one's authentic voice. Our hope is that these sermons/services will then be offered on Sunday mornings over the summer and early fall, and so benefit the Community as well.

The specific meeting days and times will be determined based on the availability of members of the group and Rev. Kevin.

Our January theme will be "intention." If this message-crafting possibility calls to you for the new year and you are interested in being part of this experience, and/or if have questions, contact Rev. Kevin: [minister@uugrassvalley.org](mailto:minister@uugrassvalley.org).

### *The Wi\$dom Path: Money and Self* TUESDAYS, JANUARY 16, 23, AND 30

FROM 4:00-5:30 P.M. AT UUCM

Keith Johnson and Rev. Kevin team up to facilitate the first 3 workshops of *The Wi\$dom Path*. Come build an awareness of your own "money story" and explore your attitudes and experiences with money. The ultimate goal of the series is to help participants align faith, values, and a sense of a life calling with their financial ways of being. Questions? And/or to register contact Keith Johnson: [kjohnson.uucm@gmail.com](mailto:kjohnson.uucm@gmail.com).

## Full Community Education



**6<sup>th</sup> to 12<sup>th</sup> Graders:**  
*You are invited to come to the*

## UUCM BRUNCH BUNCH

**WHEN:** Second Sunday of each month

**WHERE:** Meet in the UUCM Entry at 9:25 a.m.

**WHAT:** Walk to a Grass Valley restaurant for breakfast with other youth!

**COST\*:** Depends on what you order!

**WHY?:**

- Get to know other UU youth
- Have *authentic* conversations about things that matter
- Explore monthly themes such as: *Hope, Intention, Perseverance*

**...and have FUN!**

\* Financial assistance available... please talk to Butterfly or Rev. Kevin



## Full Community Education

Butterfly  
Montgomery  
Religious Education  
Coordinator

*'Hope' is the thing with feathers—  
That perches in the soul—  
And sings the tune without the words—  
And never stops—at all—  
  
And sweetest—in the Gale—is heard—  
And sore must be the storm—  
That could abash the little Bird  
That kept so many warm—  
  
I've heard it in the chilliest land—  
And on the strangest Sea—  
Yet, never, in Extremity,  
It asked a crumb—of Me.*

### Hope

Emily Dickinson, a fellow Unitarian wrote these words about hope. I took this photo in Monterey outside the Aquarium several years ago. If you have never been there, it is a very magical place, and a space that allows one to envision the world deep inside the Ocean.

The term hope when defined has been defined as a feeling of expectation and a desire for a certain thing to happen. It is also defined as a feeling of trust. As we move into the hopes of this Winter season, what are some of your hopes for the upcoming New Year?

The Winter allows me to be reflective, quiet my mind, body, and spirit, and be more mindful about moving from my intuition, and allowing time for stillness.

**Hope** provides us with a glimmer of what we all wish to experience deep inside of ourselves. The holidays can be a time where some have difficulty feeling hopeful. There are images in the media that present the perfect families, enjoying the holiday, and being recipients of many gifts.

During the month of November, we focused our community on the theme of abundance. As we leave November, and enter into December, I invite you to hold onto the abundance of practicing values of what matters most in your heart. **My hope** for my family, friends, and community is that you will share an abundance of your faith, continue to practice loving/kindness, and servings of gratitude. It is my hope that the lens in how we see the work that is required to be done can create a healthier world through our spiritual practices.

During the months of November, and December in Grass Valley, the nights are cold, and long. During the past three years, since moving to this area, I have discovered important aspects of myself. This time period has allowed me to be reminded of the shadow work that we often bury, or ignore during warmer seasons. The Winter often creates a fertile period for all of the discomforts to raise their heads, and allow you to see what is inside. Light can not exist without Shadow.

When we recognize the duality, we can then accept what needs to be done, and what areas need to fall away in order to be our highest, and most authentic selves. This is a time period reminiscent of the similar pattern of a Bear going into hibernation. The time change has come through daylight savings time, and now our body clock has been forced to recalibrate to become more in tune with nature.

It may feel difficult to move through the next month with hope being the theme. Especially at such a time as this where the energy of the world is filled with uneasiness, uncertainty, and discomforts. As we move throughout the world, it is my hope that we take time to center ourselves, gather in circles for justice, and bring hope back for manifesting a world that supports everyone.

As a child, growing up, hope showed up in various forms. We would begin the month of December with our Advent calendar. It provided a sense of hope to us as children as the gift was to honor the reading of the day, as we checked off each day with joy, and anticipation. It taught us to be patient, and to be mindful about each day, and to be grateful for one another.

Many of our close family friends were Jewish growing up in New York, and we were frequently invited to celebrate Hanukkah. I have fond memories of eating kosher foods like Potato Latkes with Apple Sauce, playing games with our friends, singing the song about the Dreidel, listening to music, and the joy of the festivities of lighting of the Menorah during Hanukkah week.

We experienced hope as we looked forward to setting up the Nativity, decorating the house, hanging the Mistletoe, and adorning our Christmas tree. We always placed the Angel who was the star on the top of the tree. This represented hope to me. We had a tradition where we were allowed to open one present on Christmas Eve. We hoped that it would be the one gift Santa knew that we had hoped where our wish would be granted. We left Christmas cookies, and a glass of milk out, in the hope of catching a peek that Santa would come down the chimney, to visit our home that evening. We awaited the arrival of Christ on Christmas morning, and there was often a feeling of happiness, and peace in our home. The story of the birth of Jesus has many magical moments: the tale of the three kings,

# Full Community Education, Continued

the miracle of the baby Jesus being born in the manger, and the hope that the light of the world was coming to save the world. Christ to me represents a consciousness that reminds us all to be loving, and kind to one another. This is the purpose of the season. **Hope** is a gift for all.

If anyone is interested in creating a **Hope Vision Board** during the month or having a circle on January 31, please contact me. I make one every year to start my new year off with my intentions, and dream visions.

May we always be reminded that our hopes are simply manifestations of our own thoughts, and we can create exactly what we want.

Blessings to all of you throughout the season, and into the new year.

*Blessings of Hope,*

*Butterfly*

[education@uugrassvalley.org](mailto:education@uugrassvalley.org)

## MY AFFIRMATION FOR RE:

My hope is to continue to provide my creative gifts to share in the capacity to provide a truthful, transformational, and healing space where children of all ages can prosper in Religious Education.



## Find Out What's Happening!

Please "like" and join our RE at UUCM Facebook page in order to encourage more of the youth and families to be in the know of what is happening at UUCM.

Like us at: <https://www.facebook.com/groups/REatUUCM/>



## BUTTERFLY'S BEESSNESS HOURS

By appointment only.  
Email: [education@uugrassvalley.org](mailto:education@uugrassvalley.org)  
or (530) 274-1675

## UPCOMING YOUTH ACTIVITIES IN DECEMBER

- December 3 Full Community Service  
9:30 a.m. and 11:30 a.m.  
(\*No Religious Education classes);  
Holiday Bazaar (in between services)
- December 6 Youth Music Rehearsal with Jordan; 4:30 p.m.
- December 9 Tree Trimming Party 6:00 p.m. - 8:30 p.m.
- December 10 Youth Brunch Bunch 9:25 a.m.;  
Children's RE Classes 9:30 a.m.;  
Religious Education Curriculum Planning  
11:30 a.m. - 12:30 p.m.;  
RE Visioning Team meeting 12:45 p.m.
- December 12 Hanukkah begins; Celebration of the  
Virgin of Guadalupe
- December 13 Christmas Caroling in the Neighborhood  
4:45 to 6:30 p.m. followed by Pizza and more!
- December 16 *A Very Merry Christmas Concert* at 2:00 p.m.,  
contact Phil Hart  
Sierra Presbyterian Church in Nevada City
- December 17 Children's & Youth RE Classes 9:30 a.m.
- December 19 *A Very Merry Christmas Concert* at 7:30 p.m.,  
contact Phil Hart  
Peace Lutheran Church in Grass Valley
- December 21 Winter Solstice Service 7:00 p.m.  
(Please contact Jordan and Rev. Kevin to  
participate)
- December 24 Full Community Service 9:30 a.m.  
(\*No Religious Education classes);  
No Fuss Christmas Pageant 5:00 p.m.;  
Candlelight, Lessons & Carols 8:00 p.m.  
(Please contact Jordan, and Rev. Kevin to  
participate)
- December 25 Christmas Potluck 2:00 p.m.
- December 26 Kwanzaa begins;  
Boxing Day (Canada)
- December 31 New Year's Eve - Cider Sunday  
One morning service for all ages  
Childcare available - No RE Classes Today



## Full Community Education, Continued

### Butterfly's Recommendation for Beating the Holiday Blues

In the present day, as an adult, I recognize that this time of year may not feel like hope for all. It may even feel difficult to feel hopeful. The season can bring up some feelings of sadness, and some may experience Seasonal Affective Disorder (aka SAD). I want to say that it is alright to feel ALL the "feels" (good, bad, or indifferent), and that no one should ever feel ashamed if their life isn't created in the image of perfection that is often portrayed by society about the holiday season. There have been times when I have had family members or loved ones close to me experience depression, which is not a stigma. My hope is that all will make good use of the list I am providing, for tools in ways we can take best care of ourselves through the season.

Depression manifests in these ways: Changes in appetite, changes in sleep patterns, feelings of hopelessness, persistent feeling of sadness, anxiousness, or an empty mood, thoughts of suicide, feelings of inappropriate guilt, decreased energy, feeling fatigued, or being slowed down. If you are feeling or experiencing any of the following symptoms of depression, please seek assistance. \*John Hopkins Medical Center, resource.

#### BEAT THE BLAHS

Here are some recommendations on how you can help to provide yourself with self-care, which may provide healing to prevent depression.

- **Exercise** - 30 minutes minimum of walking, or doing some form of health routine helps to prevent depression (I.E. yoga, swimming, dancing, moving meditation).
- **Sunbathing** - Sitting in the Sun and soaking in the rays for a minimum of 15 minutes a day can help to remove the feelings of sadness. I sometimes take vitamin D during the winter months, and it has helped me.
- **Rest** - Try to get between 7 - 9 hours of sleep during the Winter months to help balance out your emotions.
- **Limit alcohol consumption** - 'Tis the Season to be jolly, yes, but it doesn't mean you have to overindulge. Sometimes alcohol consumption can increase feelings of sadness.
- **Be Kind to Yourself** - Bah Ram Ewe, To Thine Self Be True. Said Babe's Mom, reference from Babe, Pig in the City. We sometimes have an unrealistic expectation about how the holidays are supposed to be perfect. I say the perfect holiday is spent by a perfectly imperfectly you.
- **Spend time with animals** (who are comforting, and provide unconditional love).

- **Take time off to be expressive**, be playful, take a walk in nature, and enjoy life.
- **Cuddle & Hug ASAP** (as often as possible). It has been scientifically proven that hugging releases the "bliss molecule" anandamide, coined as such due to the fact that the brain receptors it activates lead to increased motivation and happiness.

### Soul Matters Hope Curriculum

Soul Matters curriculum provides the youth with four sessions of Hope for December including: *Birds & Hope*, *Light & Hope*, *Seeds of Hope*, *Hope and Children*.

All families are also welcome to peruse the Family, and Parent Resources guide below:

#### FAMILY AND PARENT RESOURCES

These resources support parents as they try to live out and engage our themes with their children. We can ask, "What does it mean to be a parent of Hope?" or "What does it mean to be a family of Hope?" As you use these resources to engage these questions, keep in mind some additional ways to use them with other parents or your church community:

- Reflect with those in your family.
- Share and discuss them with other parents or another family.
- Use them in a Parent Circle that meets on Sunday afternoon or mid-week.

#### A COMMON READ

*What to Do about Christmas? A Unitarian Universalist family rejects, then embraces, holiday season rituals and traditions.*  
By Michelle Richards, UU World Parenting Blog, 12/14/2015  
<https://www.uuworld.org/articles/what-about-christmas>

#### A BOOK AND WORKSHOP

*Unplug the Christmas Machine: A Complete Guide to Putting Love and Joy Back into the Season*  
by Jo Robinson (Author), Jean C. Staeheli (Author)  
<https://www.amazon.com/Unplug-Christmas-Machine-Complete-Putting/dp/0688109616>

A guide to reducing the commercialism of the upcoming winter holidays.

#### A FAMILY RITUAL

When you are lucky enough to see a rainbow, the symbol of hope, take hands and say or sing these words from "De Colores," Hymn #305 in Singing the Living Tradition:

*All the colors, as a rainbow appears when a storm cloud is touched by the sun.*

*Y por eso los grandes amores de muchos colores*

## Full Community Education, Continued

*me gustan a mi.  
All the colors abound for the whole world around  
and for everyone under the sun.*

### MOVIES

**Moana**, Rated PG <http://www.imdb.com/title/tt3521164/>  
In Ancient Polynesia, when a terrible curse incurred by Demigod Maui reaches Moana's island, she answers the Ocean's call to set things right. Suggested for "Hope" by Lynnlee Lee, Topeka, KS

**Mickey's Christmas Carol**  
<http://www.imdb.com/title/tt0085936/>  
Retelling of Dickens's Scrooge story with Disney characters.

**NEW Movie -**  
**The Man Who Invented Christmas**, PG,  
to be released 11/22/17  
<http://www.imdb.com/title/tt6225520/>  
British Unitarian Charles Dickens' writing of "A Christmas Carol"

**The Rosa Parks Story**  
<https://www.amazon.com/Rosa-Parks-Story-Angela-Bassett/dp/B00006LPHJ>  
Noting her arrest on Dec. 1, 1955

### Butterfly's Holiday Favorites

**Emmett Otter's Jugband Christmas**, Rated G, Jim Henson  
Emmet Otter and his Ma are dirt-poor, but very happy and good singers. But as Christmas is around the corner, both of them want to get something special for each other. And the talent show prize is \$50! So, Ma gets a song ready, and Emmet forms a jug-band with his friends. But the Riverbottom Gang, a bunch of rich kids with killer electric band equipment are going to be tough competition.

**A Charlie Brown Christmas**, Rated G, Charles Schulz  
[http://www.imdb.com/title/tt0059026/mediaviewer/rm2742941952?ref\\_=tt\\_ov\\_i](http://www.imdb.com/title/tt0059026/mediaviewer/rm2742941952?ref_=tt_ov_i)  
Repelled by the commercialism he sees around him, Charlie Brown tries to find the true meaning of Christmas. As well as one of the best seasonal soundtracks of all time by Vince Guaraldi Trio

**Whale Rider**, PG-13, Niki Caro, Witi Ihimaera  
A contemporary story of love, rejection and triumph as a young Maori girl fights to fulfill a destiny her grandfather refuses to recognize. (This is an empowering story where a young girl is the hope for the community)

**Miracle on 34th Street**, Rated G, George Seaton  
Academy award winner  
When a nice old man who claims to be Santa Claus is institutionalized as insane, a young lawyer decides to defend him by arguing in court that he is the real thing.

**How the Grinch stole Christmas**, Rated G, Chuck Jones  
Chuck Jones' animated version of the classic Dr. Seuss book How the Grinch Stole Christmas originally aired on television in 1966 and has since become a holiday family favorite. Voiced by Boris Karloff (who also narrates), the Grinch lives on top of a hill overlooking Whoville with his dog, Max. Each year at Christmas time, the Grinch's hatred grows stronger toward those insufferably cheerful Whos down in Whoville. Content to exchange presents, eat large banquets, and sing songs in the town square, the Whos live in a blissful ignorance of the Grinch's contempt. One year, he gets the idea to stop Christmas from coming by dressing up as Santa Claus. He cobbles together an outfit and makes his dog drag him around on a sleigh while sneaking into the Whos' homes and stealing their presents, food, and decorations. After he has stolen every last thing, the Whos wake up on Christmas morning to sing in the town square, causing the Grinch to question the basis of his nefarious plan.



**Elf**, Rated PG, David Berenbaum  
After inadvertently wreaking havoc on the elf community due to his ungainly size, a man raised as an elf at the North Pole is sent to the U.S. in search of his true identity.

**The Preachers Wife**, Rated PG, Penny Marshall  
An angel wonders if love can be Heaven on Earth in this family-themed romantic fantasy. Rev. Henry Biggs (Courtney B. Vance) is the pastor of a struggling Baptist church in a poor section of New York City. Biggs is devoted to serving his flock and his community, but things are not easy; membership is down, money is tight, the furnace is broken, and real estate mogul Joe Hamilton (Gregory Hines) wants to buy the property and put up condominiums. The strain is taking its toll on Biggs' marriage to his childhood sweetheart Julia (Whitney Houston), and in a moment of desperation, he prays to the Lord for help. The prayer is answered in the form of Dudley (Denzel Washington), an angel sent to earth to assist Biggs. The preacher doesn't believe that Dudley is a divine being, but he'll take any help he can get, while Julia, who thinks that Dudley is just another community volunteer, welcomes him into their home. However, Dudley is sidetracked in his earthly mission when he finds himself falling in love with Julia. Leading lady Whitney Houston takes the opportunity to sing several gospel numbers along the way.

# December 2017 Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
<b>DECEMBER</b>			
3	Sunday	<b>First Sunday: Bring Food for Pets &amp; People</b> 9:30 10:30 10:40 10:50 11:30	Full Community Sunday Service Annual Holiday Bazaar Social Time & "A Board Member Is In" Drop-in Support Circle Full Community Sunday Service
5	Tuesday	9:00 4:00 6:30	Meditation Caring Committee Meeting The New UU – Governance & Polity
6	Wednesday	8:30 10:30 12:00 4:30 5:00 6:00 6:30	Men's Group Humanism Discussion Group Committee on Ministry Meeting Youth Music (Beginner) Youth Music (Advanced) Mission Renewal Team Meeting Choir Rehearsal
7	Thursday	8:30 7:30	Men's Group - What's Up Coffee Singing Meditation Circle
9	Saturday	6:00	Tree-Trimming Potluck Party at UUCM
10	Sunday	9:30 9:25 9:30 10:30 10:40 10:50 11:30 12:30	Sunday Service Brunch Bunch for Youth Classes for Children Annual Holiday Bazaar Social Time & "A Board Member Is In" Drop-in Support Circle Sunday Service Mission Renewal All-Cong. Meeting
11	Monday	11:00 6:00	Nominating Committee Meeting Women's Circle & Potluck <b>OFF SITE</b>
12	Tuesday	9:00 5:00	Meditation Board of Trustees Meeting
13	Wednesday	8:30 10:30 11:00 4:45 6:30	Men's Group Speed Bumps of Life Habitat for Humanity Lunch Prep Carol Singing Event for All Choir Rehearsal
14	Thursday	8:30 10:30 5:30	Men's Group - What's Up Coffee Writers' Group Social Justice Night
15	Friday	4:00	Dinner Preparation at Utah's Place
16	Saturday	9:00	Building & Grounds Work Party
17	Sunday	9:30 9:30 10:40 10:50 11:30 12:45	Sunday Service Classes for Children & Youth Social Time & "A Board Member Is In" Drop-in Support Circle Sunday Service Religious Education Visioning Team
18	Monday	9:00	<b>Mountain Chalice Submissions Due</b>

DATE	DAY	TIME	EVENT DESCRIPTION
19	Tuesday	9:00	Meditation
20	Wednesday	8:30 4:30 5:00 6:30	Men's Group Youth Music (Beginner) Youth Music (Advanced) Choir Rehearsal
21	Thursday	8:30 5:30 7:00	Men's Group - What's Up Coffee Social Justice Committee Meeting Solstice Celebration Service
24	Sunday	9:30 10:40 10:50 5:00 8:00	Full Community Sunday Service <b>(ONLY ONE MORNING SERVICE)</b> Social Time & "A Board Member Is In" Drop-in Support Circle No Fuss Christmas Pageant Candlelight, Lessons & Carols Service
25	Monday	2:00	Christmas Potluck & Carol Sing
26	Tuesday	9:00	Meditation
27	Wednesday	8:30 10:30 4:30 5:00	Men's Group Speed Bumps of Life Youth Music (Beginner) Youth Music (Advanced)
28	Thursday	8:30 10:30 6:30	Men's Group - What's Up Coffee Writers' Group Worship Committee Meeting
29	Friday	4:00	Dinner Preparation at Utah's Place
31	Sunday	9:30 <b>(ONLY ONE MORNING SERVICE)</b> 10:50	Full Community Sunday Service No Classes for Children and Youth Drop-in Support Circle

## JANUARY 2018!

2	Tuesday	9:00 4:00	Meditation Caring Committee Meeting
3	Wednesday	8:30 10:30 12:00 4:30 5:00 6:30	Men's Group Humanism Discussion Group Committee on Ministry Meeting Youth Music (Beginner) Youth Music (Advanced) Choir Rehearsal
4	Thursday	8:30 7:30	Men's Group - What's Up Coffee Singing Meditation Circle
7	Sunday	<b>First Sunday: Bring Food for Pets &amp; People</b> 9:30 10:40 10:50 11:30	Full Community Sunday Service Social Time & "A Board Member Is In" Drop-in Support Circle Full Community Sunday Service
8	Monday	6:00	Women's Circle & Potluck
9	Tuesday	9:00 5:00	Meditation Board of Trustees Meeting



## *Unitarian Universalist Community of the Mountains*

246 South Church St., Grass Valley, CA 95945

**Telephone:** 530.274.1675

**Website:** [www.uugrassvalley.org](http://www.uugrassvalley.org)

**Two Sunday Services:** at 9:30 A.M. and 11:30 A.M.

**Office Hours:** Monday through Thursday, 8:30 A.M. - 1 P.M.

### **Rev. Kevin Tarsa Office Hours:**

Tuesday: 10:30 A.M. - 12:30 P.M.

Wednesday: 4 - 6 P.M.

Thursday: 11 A.M. - 1 P.M.

### **UUCM STAFF MEMBERS**

Reverend Kevin Tarsa, *Minister*

Conrad Sisk, *Office Administrator*

Jordan Thomas-Rose, *Music Director*

Butterfly Montgomery, *Religious Ed Coordinator*

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