

# the Mountain Chalice



Unitarian Universalist Community of the Mountains

January 2018

## 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.

### JANUARY THEME: INTENTION

What does it mean to be a people of intention?

**January 7 In the Beginning...**  
Rev. Kevin Tarsa and Co.

A service to launch us into the new year thoughtful about where we've been and where we're going, each and together.

**January 14 Freedom for...**  
Rev. Kevin Tarsa

Celebrate the 450th anniversary of one of the world's first proclamations of religious tolerance, the Edict of Torda, issued January 13, 1568 by Unitarian King John Sigismund. The Edict is "the beginning of our legacy to be a spiritual tradition that resists ...oppression, and the narrow view that there is only one way to be faithful, to be religious, to be free."

**January 21 We'll-power**  
Rev. Kevin Tarsa

The goal is not to worship our heroes and heroines, but to let their lives inspire our own courage and action. In the wake of Martin Luther King Day, on this anniversary of the 2017 Women's Marches, and after months of surfacing public awareness of sexual assault and harassment, consider what we will do together to bend the moral arc of the universe toward justice?

**January 28 UUCM Worship Committee**

Watch your email for more information about this service.

**February 2 Imbolc Celebration**  
Laura Zimmerman  
Friday Evening at 8:00 p.m.

Join us in a sanctuary circle at 8:00 p.m. on February 2nd to celebrate Imbolc, or Brigid's day, one of the eight pagan holidays

celebrated by pagans throughout the western world.

Imbolc is an ancient Celtic festival that marks midwinter in the solar calendar and is a time for preparation for coming out of the dark time of the year and into the light of spring. This is the time of celebration for the Goddess Brigid, which teaches us about healing, home, hearth, birth, inspiration, and the work we must do inside and outside ourselves to walk out of the cold of winter and into the warmth of spring.

Laura Zimmerman shares tried and true rituals she has led for many years. Come, learn about ways to prepare our bodies, our minds, our spirits, and our communities for the turning of the wheel of the year.

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Rev. Kevin Tarsa  
UUCM Minister

## Musings from the Minister

Let's resolve to live into our intentions, including whatever natural and energizing in-tensions might come with them.

*With care, hope, and anticipation,*  
- Rev. Kevin

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

Each January I, along with so many others, look back on the past year in order to discern and set goals and make commitments for the new year. I have a long list of things I want to do better, more often, and/or more consistently.

Our Soul Matters authors invite us to think of intention as about self-alignment rather than self-improvement (see page 10), to consider what it would mean for us simply, radically, to be true to our core selves. As Parker Palmer invites, "Let your life speak."

This notion calls to me, and I expect that I will draw upon it in my personal reflection time as well as in Sunday services and sermons throughout the month. I'm not quite ready to let go of my self-improvement urge, however. Our Unitarian Universalist tradition does, after all, lift up the cultivation of character as a path of salvation.

It's another psychologically and spiritually demanding both/and for me, and as I consider this month's theme I find myself thinking about what it means to be a people healthily "in tension."

Theologian Paul Rasor claims that liberal religion lives with a set of inherent tensions that can never be fully and finally resolved. This is one of them, for me: that we are called to celebrate, accept and live into who we already are (we are already 'saved,' already complete), AND called to grow in our knowledge, understanding, awareness and behavior toward ever greater compassion, justice and love.

I'd much prefer a full and final resolution, at least for the ease it would offer.

As I make my personal New Year's resolutions in the weeks ahead, I'll be sitting with this inherent intention tension. I'll also be sitting with it as I reflect on how best to help the congregation approach and live into its about-to-be-voted-upon mission.

### 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.

So far I've received:

- What would it mean to move 'from greed to giving'?
- Is inequality of opportunity a moral issue?
- What is our moral responsibility to the non-human species of our planet?
- What is a good death?

Please send your moral issue questions to Rev. Kevin:  
[minister@uugrassvalley.org](mailto:minister@uugrassvalley.org).



### Well-Deserved R&R

Rev. Kevin will be on vacation December 27, 2017 through January 5, 2018. For Pastoral Care Emergencies, contact Caring Committee Chair Anne Lyon: 619-933-1618 or [mountan6@gmail.com](mailto:mountan6@gmail.com) or UUCM President Taylor Carey: 916-595-9351 or [tsckeyuu@gmail.com](mailto:tsckeyuu@gmail.com).

### 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

Intention is our theme for January. Although I do not know what lessons Rev. Kevin plans for us around this concept, the Board of Trustees has some things in mind for you to consider. As the beleaguered readers of my monthly ramblings may recall, two themes have recurred. First, the ideal that stewardship is the functional equivalent of membership in our beloved Community. Second, that we are in the midst of a period of rapid evolution in our governing structure. While the Second is of the most immediate moment, its intention also addresses the needs of the First.

I have been a UU for more than twenty years over which time, like most of our faith, I have not been shy about expressing my views on any number of subjects, some of which I actually possess a bit of knowledge. Because most of my legal career has been in government, my tendency to butt in – or more charitably “volunteer” – led me toward governance issues, for example onto the Board of Trustees of the Unitarian Universalist Society of Sacramento, where Kathryn and I were married and raised our kids. Later I served a stint on the UUA Pacific Central District Board before the Districts were reorganized into Regions. Issues of process and governance have been a lifelong interest.

The Governance Work Group has labored for many months to identify and recommend revisions to our governance structure intended to clarify roles and routes of responsibility and to make it easier for members to realize their stewardship aspirations and desires in the manner they find most meaningful. The Board has approved the vast majority of the recommendations of the GWG. In the coming weeks and months you will be introduced in ever greater detail to the proposed changes in the governance structure.

In a nutshell, governing responsibilities of the UUCM will be divided between the two most obvious hemispheres of Church governance; the corporate/fiscal and the Ministry. While our current structure does not preclude the proposed division of responsibility and authority, the lines are indistinct. If you have ever watched a baseball game in which an easy fly ball landed between two outfielders who believed that the other would catch it, you know exactly the dilemma we seek to resolve.

Under our Bylaws the “Board has general charge of the Community, the conduct of its business affairs, and the control of its administration, including the establishment of Committees.” Our proposal will reimagine the committee structure to a degree. The Minister will be given a broad delegation clarifying and strengthening his authority to superintend and manage the spiritual and ethical life of the Community. A number of what are now called “committees” will become “Ministry Teams.” Membership, Social Justice, Religious Education, and Worship committees, among others, will become Ministry Teams and will benefit from closer direct association with the Minister along with a more clearly defined delegation of decision-making authority to act on behalf of the Mission without Board approval.

The Board of Trustees will retain its authority to establish and dissolve committees as necessary to aid the efficient

administration of the Community, but will focus its attention on the fiscal and economic life and health of the Community while attending to its long-range needs. Committees of the Board, Finance, Endowment, Nominating, and others as they may be created from time to time will retain their identification as committees to help distinguish them from the Ministry Teams.

We are no longer a family-sized church. Though not yet large, we are growing and our governance structure needs to grow as well. The recommended structural changes do not radically depart from past practice, but they open doors to opportunities for

people to serve in ways free from many of the burdens associated with overlapping areas of responsibility. I believe that most committee/team members will quickly adapt to the new format because they will have more power to move forward with fewer bureaucratic obstacles to contend with.

Ironically, the Board of Trustees and aspiring future Board members are probably going to have the hardest adjustment. As things stand now, the Board has a say in just about everything. Some people really like that and may find the new structure less appealing for its absence. In the future, most of what I like to think of the “Fun Stuff” will be found under the Minister’s side of the governance equation. Music, service planning, and community outreach will be in the Minister’s bailiwick, while fiscal planning, long-range strategic planning, and budgeting will take on even greater significance for the Board. But for people who love to roll up their sleeves and really dig into these matters, a very rewarding journey awaits.

- Taylor

### UUCM BOARD OF TRUSTEES

JULY 2017 - JUNE 2018

Taylor Carey	<i>President</i>
Lindsay Dunkel	<i>Vice-President</i>
Charlie Zimmerman	<i>Treasurer</i>
Sandi Lauher	<i>Secretary</i>

#### **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 UUCM Channing Room. 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.*

## Stewardship Committee

### What is YOUR Wish List for UUCM?

By Keith Johnson, Chair, Stewardship Committee

Did you hear the news? UUCM just received a gift of \$100,000 from an anonymous donor. How are we going to spend the money?

#### *Just kidding.*

There is no \$100,000 gift. But the exercise of thinking about how we will spend additional treasure is quite valuable. In fact, it is the essence of stewardship. Stewardship can be defined as all the ways we encourage people to lead generous lives, and how we can use all our resources to make the world a better place. According to Michael Durall, author of *Beyond the Collection Plate*, churches should spend more, not less. Saving too much money creates congregations that are tentative and cautious. Further, the criteria for a healthy church includes a future orientation, risk-taking leaders, and generous giving to the community.

So how will we spend an extra \$100,000? Here is my personal list - no collaboration with the Stewardship committee or anyone else:

- Social Justice Coordinator - \$30,000
- Hire consultant to help us purchase new building - \$20,000
- Repairs to existing building - \$20,000
- Scholarships to GA and DA - \$10,000
- Youth service trips sponsored by UU Service Committee and UU Justice Ministry - \$10,000
- Director of Religious Education (part-time) - \$10,000

### WHAT DOES YOUR WISH LIST LOOK LIKE?

Put on your thinking caps and be ready to discuss and advocate for your list at the donor receptions sponsored by the Stewardship committee. The receptions will be held in March and everyone will receive a written invitation to attend one. See you there!



## Committee on Ministry

### Committee on Ministry Begins a Communication Assessment

By Janet Dunstan, Chair, Committee on Ministry

The Committee on Ministry is beginning our assessment of communications at UUCM. With an increase in membership and events, our systems and governance have become more complex, making effective communication more challenging. Methods of information flow have changed for our congregation during the last few years. We have moved from verbal announcements, word-of-mouth, and printed newsletters to greater use of electronic media: email, website, forum, and Facebook.

Some of the questions CoM will consider are: What communication methods do we use now? What information needs to be communicated and to whom? How are current communication channels used and are these effective? Are Members getting the information they want or need? What methods are available for Members to contact leadership?

There will be structured opportunities for everyone to contribute their thoughts, concerns, and ideas as we consider these questions. You are welcome to talk with CoM members at any time.

Members are Gwen Eymann, Kate Canan, Rev. Kevin, and Janet Dunstan. Our email addresses and phone numbers are in the online and printed copies of the UUCM directory. Conrad, our Office Manager, can help you get connected to the online directory.

## Library News

By Mary Orr, Chair, Library Team

The UUCM Library would like to thank the following congregants for their recent book donations: Bill and Clarita Nolan, Kathryn Young, Gail Johnson Vaughn and Mary Orr.

New books include:

*The Craving Mind: From Cigarettes to Smart-Phones to Love - Why we get hooked and how we can break bad habits*, by Judson Brewer, p. 2017 (In Addiction category, on shelf below the reference books, far right side bookcase)

*A series of Catastrophes and Miracles: A True Story of Love, Science and Cancer*, by Mary Elizabeth Williams, p. 2016 (in Health category)

We will be expanding the Addiction category very soon, and also be receiving a substantial donation of LGBT books. Stay tuned....

## Membership Committee

### 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?

## Hospitality Teams

### Snack Teams for January

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:

January 7 - last names beginning with A to E

January 14 - last names beginning with F to J

January 21 - last names beginning with J to R

January 28 - last names beginning with S to Z

If you plan to bring a snack, or if you can help set up or clean up the kitchen some Sunday morning, please contact Marilyn Young ([marilyny04@gmail.com](mailto:marilyny04@gmail.com)).

## Caring Committee

### New Life and Lost Friends

By Anne Lyon, Chair, Caring Committee

No snow but lots of CHEER! We applaud all of the ongoing fun and supportive venues being offered by our congregation. We share in the joy of Mags & Stu's baby girl, and look forward to the shower to come.

Losing a long-term and wonderful friend is always painful. We will miss Ernie Jackson, and continue to support Barbara in this difficult stretch.

Keep up the Hope and Giving Spirit! 2018 is bound to be fruitful, in ways that we can only guess. Good luck – bad luck – who knows?

### 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.

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

### Welcome Ixchel Huisa Matthews, UUCM's newest member!



*Ixchel Matthews (photo permission courtesy of Mags & Stu Matthews)*

Congratulations to Mags, Stu, and Ramon Matthews! We are elated that Ixchel has come into the world. Many blessings to her, and to all of you, from your UUCM family.

Ixchel (pronounced e-SHELL) was born at home on December 13, 2017 at 5:00 a.m., 6 lbs, 15 oz. Labor lasted about 36 hours.

Ixchel is jaguar goddess of midwifery and medicine in ancient Mayan culture. Huishu is Mags's mother's Chinese

name. It means relaxed and intelligent. Mama and baby are both healthy and remaining home for a few weeks. Papa and Ramon are happy!

## Mission Renewal Team



### Our One Year Anniversary...

By Beth Freedman, Member, Mission Renewal Process Team

Happy New Year! I am hoping everyone found some time to refresh and renew during the holidays. It's amazing to think that we will soon have a new Mission

Covenant Statement for UUCM. It has officially been a year since we kicked this process off. I believe that each step of this process has been inspiring and valuable to this congregation.

We have spent time educating ourselves on what Mission means, exploring our values and discerning why we are here together. We have had very good congregational participation (THANK YOU!) from the Mission Renewal workshop in September to our last feedback session on December 10th where 30+ members gathered to reflect on the words brought to us by the Refining Team in the second draft.

The feedback is positive and we have made great progress. There are, we will note, differences of opinion, imagine that! Some folks want to be nurtured and some want to be challenged. Brevity yes, words that motivate and speak volumes please!

The amazingly talented and oh so brave Refining Team is zeroing in on the final words to capture our dynamic balance. So hang on to your seat, the final draft will be launched very soon!

Once we know why we are here, we can then move on to our Vision and where we want to go in the future!

Your Mission Renewal Process Team:

Beth Freedman,

Jim Perkins,

Rev. Kevin Tarsa

and René Wiley

## Fun December Moments



Cutting snowflakes at our December 9th Tree-Trimming party



December 13th Christmas Caroling at Bret Harte Retirement Inn



The No-Fuss Christmas Eve Pageant for All Ages was entertaining!



We feasted, sang carols, listened to a wonderful Christmas story and made connections at the Christmas Day Potluck!

# 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).

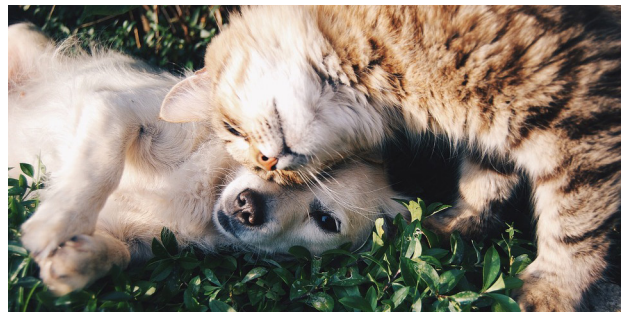
### **SYRCL**

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)



## Alaska UU Adventure

### WhaleCoast Alaska

JUNE 2018

Have you ever dreamed of visiting Alaska? If so, WhaleCoast Alaska 2018 is for you! Four Alaska UU fellowships invite you to experience our eco-cultural and spiritual program this summer. See Alaska through the eyes of local UUs, with friendly homestays and unique tour activities. See wildlife, including moose, bears, caribou, whales, bald eagles, seals, and otters. Visit Denali National Park. Experience Native Alaskan culture. Forget the cruise ships – our program is the best way to visit Alaska!

Tours led by Dave Frey, member of the Fairbanks UU congregation and Alaska travel expert. Find out more about this Alaskan trip of a lifetime. For complete information go to: [www.WhaleCoastAK.org](http://www.WhaleCoastAK.org), email [dfrey@whalecoastak.org](mailto:dfrey@whalecoastak.org) or call David Frey at 907-322-4966.

Discount for groups of 8 or more. We would love to share our Alaska with you!

David Frey  
WhaleCoast Alaska Tour Director

# Community Connections – Social & Spiritual Activities

## Women's Circle in January:

MONDAY, JANUARY 8, 2017, 6 P.M.

We'll share a potluck meal at UUCM, reflect on the past year's experiences, meetings, successes and "needs improvement" -- bring your ideas and energy and we'll put together a calendar for 2018!

RSVP to Kathryn Young ([kathryneyounguu@gmail.com](mailto:kathryneyounguu@gmail.com), 530 478-1329).

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 Christmas Feast and Glove Exchange at Beth's house:



## 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.

## 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

Join us for our January 3, 2018 (yikes, is it going to be 2018 already?!) meeting when our topic will be "Is Inequality of Opportunity a Moral Issue?". This ties in with Rev. Kevin's recent request in the Mountain Chalice for suggested topics on What are the Moral Issues of our Time?

The topic was picked at our last meeting, as we do each month, and the Humanist Manifesto III and our 7 UU Principles were suggested readings for discussion of this topic. I have included links to those two pages along with a few other links that you may find useful in researching the topic. I have forwarded our topic to Rev. Kevin for consideration for a future service/sermon.

- Humanist Manifesto of 1933  
<https://americanhumanist.org/what-is-humanism/manifesto3/>
- UU 7 Principles  
<https://www.uua.org/beliefs/what-we-believe/principles>
- What is Inequality of Opportunity  
<https://blogs.worldbank.org/opendata/data-minute-what-inequality-opportunity>
- Visualize Inequality  
<http://www1.worldbank.org/poverty/visualizeinequality/>
- Is it possible to measure inequality of opportunity?  
<https://www.weforum.org/agenda/2015/06/is-it-possible-to-measure-inequality-of-opportunity/>
- Is Inequality a Moral or Economic Issue?  
<https://newpopulationbomb.com/2014/01/29/is-inequality-a-moral-or-economic-issue/>

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)).



# 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

Plan to join attendees from 185 PWR congregations as the four districts of the Pacific Western Region convene in Portland, Oregon, April 27-29, for the 2018 Regional Assembly. Three dynamic speakers will address the theme, *Stories of Hope, Courage, Resistance, and Resilience*. The Rev. Dr. William Barber, a national figure in civil rights activism, will be in the pulpit for Sunday's worship service. Saturday's keynote speaker will be Congresswoman Pramila Jayapal, the first Indian-American woman to be elected to U.S. Congress. Jayapal has spent the last twenty years working internationally and domestically as a leading advocate for women's, immigrant, civil, and human rights. The Rev. Susan Frederick-Gray, UUA president, will speak at Friday evening's opening ceremony. Frederick-Gray will share her emerging vision for the future of the UUA and the wider movement.

Several workshops will be offered during Saturday's programming. If you prefer, you may opt to participate in a

local social justice activity. Full details about workshops and the social justice activity will soon be posted on the Pacific Western Region website ([www.uua.org/pwr](http://www.uua.org/pwr)).

All four districts of the Pacific Western Region will hold concurrent annual meetings on Saturday afternoon. Meeting materials and delegate information will be distributed in February/March.

If you are a minister, religious educator, or music director you will want to attend the day-long Professional Day activities on Friday, April 27. Rev. Erika Hewitt, UUA staff Minister of Worship Arts, and Dr. Glen Thomas Rideout, Director of Worship and Music at the First Unitarian Universalist Congregation of Ann Arbor, will be presenting a workshop for religious professionals on multi-generational, multicultural worship. In addition, the Revs. Elizabeth Stevens, Emily Brault, and Susan Maginn will be presenting "From Burden to Blessing: Working with Secondary Trauma" for community-based ministers. Professional Day programming will be held at First Unitarian Church of Portland prior to the start of Regional Assembly. Registration for Friday's Professional Day will be available via the Regional Assembly registration form.

Regional Assembly registration will be open by January 4. You will be able to access full details and the registration form through the Pacific Western Region website ([www.uua.org/pwr](http://www.uua.org/pwr)).

PWR REGIONAL ASSEMBLY  
**STORIES OF HOPE, COURAGE, RESISTANCE, & RESILIENCE**

KEYNOTE ADDRESS  
CONGRESSWOMAN PRAMILA JAYAPAL

SUNDAY WORSHIP  
REV. DR. WILLIAM BARBER

SPECIAL SESSION  
UUA PRESIDENT REV. SUSAN FREDERICK GRAY

DoubleTree Hotel Portland, Oregon  
April 27-29, 2018

The Portland DoubleTree by Hilton Hotel, site of the Regional Assembly, is offering discounted room rates through March 29. You can reserve your room here: <http://doubletree.hilton.com/en/dt/groups/personalized/R/RLLC-DT-UU8-20180427/index.html>. If you book through another link or by phone, be sure to use the group code, UU8. Full details will be posted on the PWR website before registration opens January 4.

PWR staff is working hard to keep registration costs low. An Early Bird adult registration fee will be available through January 31 and fees for young adults, youth, and children will be discounted. Still, could your congregation consider either subsidizing or fully funding the costs for at least one person to attend Regional Assembly? What a great opportunity for someone identified as a potential leader in your congregation!

Be sure to check the PWR website ([www.uua.org/pwr](http://www.uua.org/pwr)) after the first of the year for full Regional Assembly details.

## Food for Thought and Reflection from Soul Matters

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

*"Here's what I discovered. Intention is different from setting goals or resolutions in that it "pulls us into" who we truly are. Goals and resolutions "push us out" into future possibilities. To set intentions, we listen to our inner voice which tells us who we truly are."*

*– Katie Covey, on what she learned from Soul Matters colleagues during their brainstorming session on being a people of intention,*

So here we are again, in the month of January with its talk of daring resolutions and its demanding call to "become better." It's hard not to buy into it. After all, it seems so well-intended. I mean, who could argue with the goal of self-improvement? And so most of us gladly go along and declare "This is the year I'm going to finally be a better me!"

But are we sure this is what we really want? When you read that quote above about being "pulled in" rather than "pushed out," what happens in your heart? Do you find yourself still excited about the New Year's work of striving to become a brand-new self? Or do you suddenly notice an internal whisper that says "I long to be pulled in more deeply to the self I already am"? In other words, maybe our real New Year's work is not about leaping into self-improvement, but about pausing, stepping back and asking "What hunger really has my heart?"

There is, after all, a big difference between becoming better and becoming ourselves. Self-improvement is not the same as self-alignment. Wanting to get from point A to point B is something quite different from longing to find your inner anchor. Goals and intentions may indeed be more distinct than we have thought.

So, this month, maybe our most important work is to make room. All around us, there's going to be plenty of busy talk about being "a people of goals and resolutions." We are going to get more than enough advice about how to stay

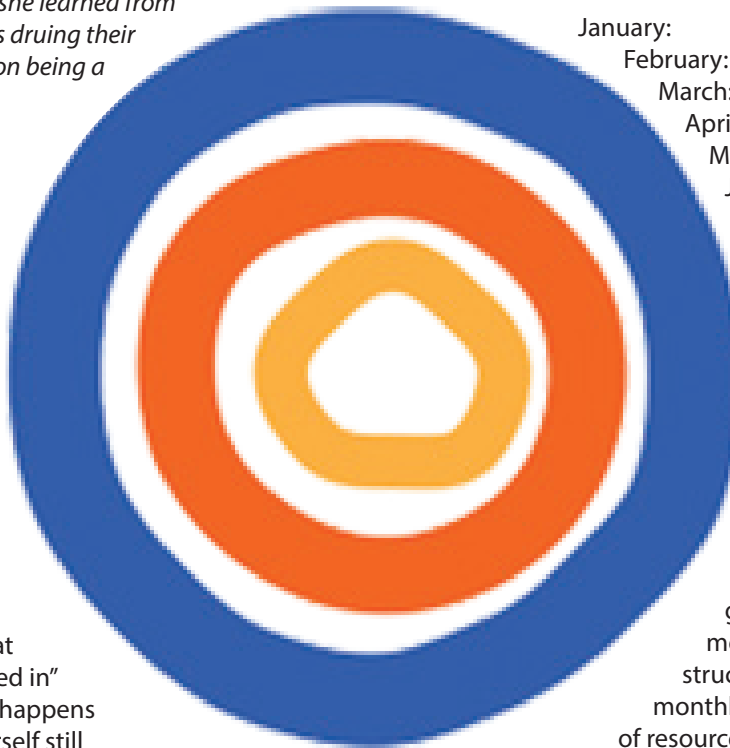
focused on a new future for ourselves. But in the midst of it

all, may we, as a people of intention, also carve out a quieter place that keeps our attention closer to the present and who we already are at our center. May we make space for listening before we leap into the striving. And as we do that, maybe we will discover that this isn't the year of "finally becoming a better me." Maybe we'll decide it's enough to simply "finally be me."

## Soul Matters Themes for 2018

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

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).

## 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,

## Adult Religious Education Opportunities

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.

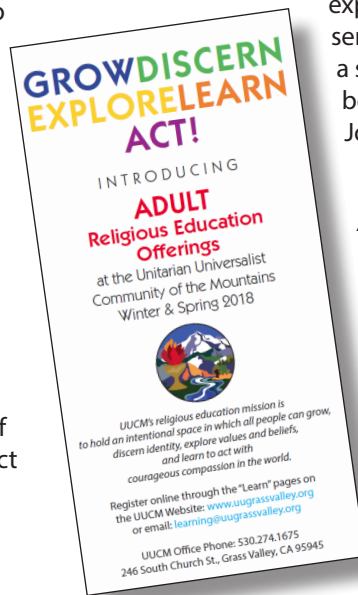
Our hope is that these sermons/services will then be offered on Sunday mornings over the summer and early fall, and so benefit the Community as well.

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).



### Adult RE Offerings

Exciting Adult RE offerings for Winter and Spring are listed in a new catalog: <http://www.uugrassvalley.org/wp-content/uploads/2017/12/2017-12-Adult-RE-2018-Brochure.pdf>. Pick one up in the front entry at UUCM.

For more information, please contact René Wiley ([renemarie@gmail.com](mailto:renemarie@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



Butterfly Montgomery  
Religious Education  
Coordinator

## Full Community Education

### January's Theme of Intention

By Lindsay Dunckel, Co-Chair, R.E. Visioning Team

This month in RE classes, the children and teachers will be exploring the theme of "Intention" with some discussion and activities based on the idea of an inner voice. We'll be talking about how, even when we intend to do something, we are not always able to and we'll be delving into mistakes, how we feel about them, and different ways we can handle them. We'll dig into the concepts of mindfulness and meditation as well as reparation. Teens will begin work on a podcast of interviews with UUCM elders.

### Job Opportunity:

#### SEEKING A CHILDCARE COORDINATOR

We wish to thank Kialely DeRock for serving our RE program through 12/17/17. She did a wonderful job taking care of our youngest ones. Kialely brought a ready smile, a kind presence and warm enthusiasm to her time with us. We offer our deep gratitude and wish Kialely well in her journey!

#### CHILD CARE COORDINATOR JOB SUMMARY:

We are looking for a committed Child Care provider to care for and play with our youngest children during our Sunday services. UUCM will provide activities, games and simple lesson plans. The ideal candidate will be babysitter/CPR certified, well organized, dependable, and have a reliable mode of transportation.

This position begins 12/31/17.

Hours: Estimated 3.5 hours per Sunday (9:15 am-12:45 pm) plus monthly planning meetings (approximately 1 hour), and various after-service meetings or special events, as available.

Pay: The childcare coordinator will be paid \$13.25 per hour.

The Child Care Coordinator is supervised by the Religious Education Coordinator. Please email letters of interest and resumés to [employment@ugrassvalley.org](mailto:employment@ugrassvalley.org).

### Volunteer for R.E.!!

We are welcoming new Teachers and volunteers into the RE program to work with our children and youth, and are seeking volunteer commitments from January - March of 2018.

There are several ways you can support Sunday morning Religious Education:

### Intention

What does it mean to be a people of Intention? We leave the month of December with its theme of Hope, and enter into the theme of Intention. January marks the beginning of the new year. Many people have a practice of declaring or announcing their resolutions for the new year. In my experience, writing down your intentions, and practicing mindful meditation are two wonderful ways to start the intentional process to manifest. Each morning, I attempt to go into the silence, to take time to practice mindful meditation. I get quiet and still and allow my mind to be open, to get my creative juices flowing.

From that experience I sometimes create an "Intention Board" composed of images from magazines, newspaper clippings, and photos that inspire me (I always include one of myself in a happy state of being). I write out on paper, what it is I wish to design for my new year. I absolutely love creating intention/vision boards, and practicing mindful meditation. Let me know if you would like assistance practicing ways to quiet your mind, or if I may help you with creating an intention board. Here's an intention board that Pascal, and I used last year for 2017.



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

Blessings,

Butterfly  
[education@ugrassvalley.org](mailto:education@ugrassvalley.org)



### BUTTERFLY'S BEESSNESS HOURS

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

## Full Community Education, Continued

Serve as a *Lead Teacher, Co-Teacher, Storyteller, Guest Teacher, RE Liaison or Childcare assistant*. We also welcome parents to help provide books, supply materials for arts and crafts, and to provide support for possible 2018 field trips to connect with youth from nearby UU congregations in Reno and Auburn.

(Note: All volunteers who work with our children and youth are required to undergo a background check for the safety of our young people.)

Contact Butterfly at (530) 274-1675 or at [education@uugrassvalley.org](mailto:education@uugrassvalley.org) to serve and to seek answers to your teaching questions.



### Soul Matters 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 Intention” or “What does it mean to be a family of Intention?”

As you use these resources to engage these questions, reflect with those in your family and consider sharing and discussing them with other parents or another family.

#### REFLECTION

##### HOW TO CREATE A SANKALPA

by Kelly McGonigal, Yoga International

<https://yogainternational.com/article/view/how-to-create-a-sankalpa>

The yoga tradition offers a profound formula for realizing your heartfelt desires—without asking you to change who you are. It’s the practice of sankalpa (resolve), as suggested by Rev. Rebecca “Beckett” Coppola, Minister, Kingston Unitarian Fellowship, Kingston, Ontario, Canada

##### RIGHT INTENTION (SAMMA SANKAPPA)

From *The Noble Eightfold Path: The Way to the End of Suffering* by Bhikkhu Bodhi <http://www.vipassana.com/resources/8fp3.php>

A reading from the Vipassana tradition in Buddhism for those interested in more depth, as suggested by Rev. Rebecca “Beckett” Coppola, Minister, Kingston Unitarian Fellowship, Kingston, Ontario, Canada

**26 THINGS TO SAY TO NURTURE YOUR CHILD’S INNER VOICE**  
<http://schoolmum.net/parenting/parenting-tips/26-things-say-nuture-childs-inner-voice-free-printable/>

#### MEDITATION

**TWO-MINUTE MEDITATION FOR CRAZY-BUSY PEOPLE WITH WAYLON LEWIS**

[https://www.youtube.com/watch?time\\_continue=33&v=U5WT9eU2QaI](https://www.youtube.com/watch?time_continue=33&v=U5WT9eU2QaI)

Waylon Lewis of Elephant Journal leads Meditation.

#### VIDEO

**DORA CELEBRATES THREE KINGS DAY (30 MIN)**

<http://amzn.to/2xH77SP>

Outlines the celebration of Three Kings Day.

#### FAMILY GAMES

**GAME OF CHOICES**

<https://chaimommas.com/the-game-of-choices-a-fun-way-to-teach-kids-to-make-good-choices>

Help young children learn about choices and intentions.

#### MOVIES

**FIELD OF DREAMS (PG)**

[http://www.imdb.com/title/tt0097351/?ref\\_=fn\\_tt\\_tt\\_1](http://www.imdb.com/title/tt0097351/?ref_=fn_tt_tt_1)

A farmer is called to change his life and follow a dream—an inner voice—that guides him to turn his cornfield into a baseball field where extraordinary and magical things happen.

**RATATOUILLE (G)**

[http://www.imdb.com/title/tt0382932/?ref\\_=nv\\_sr\\_2](http://www.imdb.com/title/tt0382932/?ref_=nv_sr_2)

Remy, a resident of Paris, appreciates good food, and has quite a sophisticated palate. He would love to become a chef so he can create and enjoy culinary masterpieces to his heart’s delight. Despite the fact that he is, well ... a rat, he never lets that stand in the way of his pie-in-the-sky dream.

**OCTOBER SKY (PG)**

[http://www.imdb.com/title/tt0132477/?ref\\_=nv\\_sr\\_1](http://www.imdb.com/title/tt0132477/?ref_=nv_sr_1)

The future of the young Homer Hickam seems predetermined. Just like his father he is supposed to work in the mine – a fate that he shares with almost all men that live in his town. That is until Homer watches the rocket launch of the Sputnik satellite and is inspired by this to build rockets for the science fair.

# January 2018 Calendar of Events at UUCM

DATE	DAY	TIME	EVENT DESCRIPTION
<b>JANUARY 2018</b>			
2	Tuesday	9:00	Meditation
3	Wednesday	8:30 10:30 12:00	Men's Group Humanism Discussion Group Committee on Ministry Meeting
4	Thursday	8:30 7:30	Men's Group - What's Up Coffee Singing Meditation Circle
7	Sunday	First Sunday: <b>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 5:15	Meditation Board of Trustees Meeting
10	Wednesday	8:30 10:30 11:00 4:30 5:00 6:30	Men's Group Speed Bumps of Life Habitat for Humanity Lunch Prep Youth Music (Beginner) Youth Music (Advanced) Choir Rehearsal
11	Thursday	8:30 10:30 5:30 6:30	Men's Group - What's Up Coffee Writers' Group Social Justice Night Worship Committee Meeting
14	Sunday	9:25 9:30 9:30 10:40 10:50 11:30 1:00	Brunch Bunch for Youth Sunday Service Classes for Children Social Time & "A Board Member Is In" Drop-in Support Circle Sunday Service Soul Matters Facilitators Meeting
16	Tuesday	9:00 4:00	Meditation The Wi\$dom Path
17	Wednesday	8:30 4:30 5:00 6:00 6:30	Men's Group Youth Music (Beginner) Youth Music (Advanced) Mission Renewal Team Meeting Choir Rehearsal
18	Thursday	8:30 5:30	Men's Group - What's Up Coffee Social Justice Committee Meeting
19	Friday	4:00	Dinner Preparation at Utah's Place
21	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 Rel. Ed. Visioning Team Meeting

DATE	DAY	TIME	EVENT DESCRIPTION
22	Monday	9:00	<b>Mountain Chalice Submissions Due</b>
23	Tuesday	9:00 4:00	Meditation The Wi\$dom Path
24	Wednesday	8:30 10:30 4:30 5:00 6:30	Men's Group Speed Bumps of Life Youth Music (Beginner) Youth Music (Advanced) Choir Rehearsal
25	Thursday	8:30 10:30	Men's Group - What's Up Coffee Writers' Group
28	Sunday	9:30 9:30 10:40 10:50 11:30	Sunday Service Classes for Children & Youth Social Time & "A Board Member Is In" Drop-in Support Circle Sunday Service
30	Tuesday	9:00 4:00	Meditation The Wi\$dom Path
31	Wednesday	8:30 4:30 5:00 6:00	Men's Group Youth Music (Beginner) Youth Music (Advanced) Mission Renewal Team Meeting
<b>FEBRUARY 2018</b>			
1	Thursday	8:30 7:30	Men's Group - What's Up Coffee Singing Meditation Circle
2	Friday	8:00	Imbolc Celebration
3	Saturday	1:00	Creating Communities Beyond Bias Workshop
4	Sunday	9:30 10:40 10:50 11:30 1:00	<b>Bring Food for Pets &amp; People</b> Full Community Sunday Service Social Time & "A Board Member Is In" Drop-in Support Circle Full Community Sunday Service Mission Renewal Member Meeting
6	Tuesday	9:00 1:00 4:00	Meditation The New UU – Theology & Worship Caring Committee Meeting
7	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
8	Thursday	8:30 10:30 5:30 6:30	Men's Group - What's Up Coffee Writers' Group Social Justice Night Worship Committee 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*

### **E-MAIL ADDRESSES**

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